

December 2018

BayLeaves



Cover Photo by
Boutique Photographer
Linda Smallpage



Best Version Media

Wagner Family
Supports All-In Milwaukee

NEW TECHNOLOGY Provides Discounts From Allstate Insurance

By Christine McBride

While change is a natural part of life, some changes are more welcome than others. For example the parents of new teenage drivers can see the positive side being more personal free-time from driving cars full of kids to various sports and activities. The scary side for parents is not knowing how safe their children are driving when on the road solo. As a father of four, Andrew McCabe with Allstate Insurance understands the mixed emotions that come along with children finding their independence.

Change is inevitable at home as well as in the business world. With the significant increase in distracted driving, the auto insurance industry specifically has changed a lot in recent years and created new technology that helps monitor driving behavior. This technology modernizes the auto insurance by providing feedback on driving behaviors to give customers personalized, real-time insights into how they can drive safer and earn cash rewards for doing so.



Team of Allstate Insurance agents

Many of these industry-wide changes help make drivers aware of their driving habits, both positive and negative habits, and pass additional savings along to safe drivers. Andrew and his team work diligently to not only educate their customers about these changes but also do everything they can to provide information and resources to the general public as well. One of the greatest changes to the insurance industry is the way business is conducted and the ability for new technology to help determine pricing and discounts. "Not only are very large discounts offered to customers that enroll in paperless billing options, but the auto insurance industry is now providing individualized feedback and rewards

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Andrew J. McCabe
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235954



DEAR RESIDENTS,

With every passing year more friends and family members just naturally become ill and some sadly pass away. It always makes our entire family reflect on how quickly life can change, and that your health is truly the most important thing in life. Our feature family knows the reality of this all too well. When Allison was just six-years-old, her father was returning the rental car from their family vacation to DisneyWorld and sadly got into a deadly car accident. That shaped the rest of Allison's childhood and also motivates her to always help those in need. So much so that she helped start up All-In Milwaukee, a new non-profit. Allison also gives her all to anyone lucky enough to know her. I hope you enjoy reading their story but more importantly, I wish you all a healthy and happy year ahead!

Happy Holidays,
 Christine McBride



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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

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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

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SUDDEN LIFE CHANGES
Shaped Wagner Family

By Christine McBride
 Photos by Boutique Photographer

When Allison Auda Wagner first moved to Whitefish Bay from northern New Jersey in 1989, her then 9-year-old self would never have imagined that in her thirties she would again happily relocate her own family here. After a tragic car accident took her father's life, Allison's mom relocated Allison and her brother to Whitefish Bay because their extended family was located here, and a strong support system was needed. "At the time I thought we were moving to farmland, but I was pleasantly surprised to find that Whitefish Bay was a lovely suburb with lots to do," said Allison. "I gave my mom such a hard time about moving here but ironically I wanted to move back and raise my own family in Whitefish Bay even after living in larger cities like Washington, D.C., Boston, and Chicago."

The friends and family support system that drew Allison's mom to move back here, ironically also helped connect Allison to her now husband, Alex Wagner, many years later.

Although Allison and Alex both attended UW-Madison for undergrad, it wasn't until Allison was moving to Chicago in 2005 that they met. Knowing that Allison was relocating, family friend Sunny Williams gave her Alex's number suggesting that he could show her around the Chicago area. While visiting Madison for homecoming weekend at the popular Kollege Klub bar, Allison and Alex randomly started chatting. "Within a few minutes I realized that it was the same Alex who I had been meaning to call once in Chicago," said Allison. "I showed him that his number was already in my phone and we shared a good laugh over the craziness of the situation." The pair were clearly meant to be because they have been together ever since that fateful first encounter.

For two years they dated while both living and working in Chicago, Alex in investment management and Allison for an education non-profit. After being married for four years and having both their children in the city of Chicago, they wanted to move back to Milwaukee to be near friends and family. "While living in Chicago we would always jokingly say that we 'Summered in



Milwaukee' because we were up here almost every weekend with family," said Alex. "When an opportunity came to move back we jumped at the chance to raise our family here. We were both keen to be closer to family, and enjoy the better quality of life Milwaukee offers.." Alex, who earned his master's degree at Marquette University after they moved, now works as the director of investor relations for Continental Properties, a national commercial real estate developer.

Allison's heart has always been in the education world. After working for the Gates Foundation in education research, Allison received her master's degree in education

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RESIDENT FEATURE



policy from Harvard University. Fast-forward to present day and Allison is now the executive director for the new nonprofit, All-In Milwaukee. Their end goal is to help low-income, high-performing students in the Greater Milwaukee Area graduate from college. The initial goal is to identify 40 ambitious high school seniors from low-income families and in need of both financial assistance and personal coaching. "We have labeled it the Million Dollar Mile because research shows that the life-long earning potential between a person who has their undergraduate degree compared to someone who doesn't is on average a million dollar difference," said Allison.

All-In Milwaukee has hit the ground running making their first year goal to raise a million dollars by January. That amount will guarantee 40 students a spot within their program for the next four years. By connecting with area businesses and leaders, All-In Milwaukee matches each corporate or individual donor with an ambitious student. The cost of fully sponsoring a student is \$25,000, broken down to \$6,250 per year for four years. They also gladly accept any donation given in the hopes that enough \$20 or \$100 donations will create another fully-funded scholarship. The organization mirrors a Minneapolis nonprofit that Darren Jackson, a successful CFO and CEO with ties to both cities, was a part of and thought was desperately needed in Milwaukee. More information can be found at www.allinmilwaukee.org.

When not busy promoting All-In Milwaukee, the Wagner family remains active with sports in every season. Their children Will (9) and Kate (7) both enjoy soccer, tennis and downhill skiing. "One thing about living in Wisconsin is you have to embrace the winter weather, so finding ways to stay active

in the cold months is key...along with a warm weather vacation in February," Alex jokingly said. Another favorite winter event for Alex is his annual guys family steak dinner followed up with a session of strong holiday ale tasting at his brother's restaurant, Café Hollander.

"What I have always said about Whitefish Bay is that when you move here, you might get a good house, but you get a great community," said Allison. "Our block is truly one of a kind with everything from Friday evening gatherings while the kids play to a yearly Christmas cookie exchange with neighbors who have become great friends."



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BUSINESS PROFILE



said Andrew. Allstate Insurance uses a program called Drivewise to help collect this data and reward customers for safe driving. Drivewise is a smartphone app which collects data on driving habits from how far the car is being driven, the average and max speeds, along with the number of times hard braking was needed. Simply for enrolling in Drivewise, Allstate customers receive an immediate reward of 10% off their premium. Every six months of safe driving can earn customers up to a 25% discount as a reward. The app is available to both customers and non-customers of Allstate so anyone can learn more about their driving patterns. Parents of teenage drivers typically see great value in this technology so they can monitor their new drivers habits.

Since 2004 Andrew has grown his Shorewood based business to now include two additional offices. The second office was opened in 2013 in Bay View and the newest office opened this past August in West Allis. "I am proud to say that we now employee 11 full-time agents," said Andrew. "Having our growth be centered around providing unbeatable customer service along with strong community involvement, we saw a need to expand to a third office west of the city, and West Allis was a perfect fit."

As a resident of Whitefish Bay for over a decade, Andrew enjoys seeing clients outside of business dealings through interactions such as coaching the little league teams, walking the kids to school or visiting farmers markets. "Through all the changes over the years, our agency still remains focused on what we do best —being a trusted advisor and centering everything we do around providing service, value and trust," said Andrew.



To learn more about Andrew McCabe and his group or about the Drivewise app, please reach out to them at 414-961-1166 or andrewmccabe@allstate.com. They also welcome local visitors to their Shorewood office located at 4010 N. Oakland Avenue. The team looks forward to helping you with any needs that may arise.

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▼ Snow and Ice Control Info

Village Snow Procedures:

Village crews clear all streets, starting with main thoroughfares, next proceed to streets adjacent to schools, then clear residential streets and alleys. Sidewalks that abut village-owned land, such as parks and government buildings, are also cleared. At times a liquid anti-icing agent is applied to streets prior to a snow event preventing ice from bonding to the pavement.

Resident Snow and Ice Removal:

All residents and business owners are responsible for snow and ice removal from public sidewalks adjacent to their properties within 24 hours of a snow event. Please clear all corners with crosswalks;

handicap accessible ramps should be cleared out enough to accommodate a wheel chair.

Placing snow on property other than your own is not a legal practice. It is against Village Ordinance to push, pile, blow or shovel snow into and across the Public Street and alley. Please remind your contractors of this rule. Machine noise by private citizens or contractor is prohibited between 10 pm and 6 am. Please be considerate of neighbors when clearing snow.

With the new automated refuse and recycling program, collection carts continue to be required to be placed within 3 feet of the curb or alley edge and 3 feet away from any obstruction. Residents may use carriage walks and driveway approaches or shovel a portion of their parkway to provide adequate space for collection carts. Residents with an alley are required to shovel out and



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clear the top of their carts to ensure collectors have access to the carts. Village Public Works collectors may not be able to collect carts if they have not been shoveled out and cleared off.

Fire hydrants should be shoveled out in a 3 feet radius to allow access in the case of a fire. Residents whose property has an adjacent bus stop with concrete are requested to keep that area clear and free of ice to allow for bus patrons to safely get on and off the buses.

Your assistance with all of these above matters is greatly appreciated.

For more information please see the Village website at <http://www.wfbvillage.org/262/Streets>

▼ Residential Refuse and Recycling Collection Program

Please continue to place containers at least three feet from any obstruction and three feet from the curb, with arrows facing the street. Proper placement is imperative to automated collection.

Full information here, including A and B week route dates: www.wfbvillage.org/trashrecycle.

Holiday Refuse and Recycling Collection Dates:

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Refuse and Recycling normally picked up on:

December 24th will be picked up on December 26th
 December 25th will be picked up on December 27th
 January 1st will be picked up on January 2nd

DIY All Natural Cold Remedies



By Kailee Capela

It's that time of year when it seems like everyone you meet is fighting a cold. No matter how much you bathe yourself in hand sanitizer, some bug always seems to eventually infect you. The sniffles, cough, and aches are enough to make you feel "out of sorts" for days. Here are two natural DIY cold remedies that will hopefully make your sick days a little less miserable.

SORE THROAT GUMMIES

These gummies are not only a fun way to soothe your sore throat, but also a kid-friendly activity for those sick days spent home from school.

What You'll Need:

- 2 cups of water
- 2 tbsp of ginger zest
- 1/4 cup of lemon juice
- 4 tbsp of honey
- 4 tbsp of gelatin powder
- Silicone molds of choice

Directions:

- Put the water and ginger into a saucepan. Bring to a boil, then reduce the heat to low. Cover, then let it simmer for 20 minutes, allowing the ginger to infuse.
- After 20 minutes, strain the ginger from the water. Pour the remaining water back into the saucepan. (There will be less water than when you started; that's okay!)
- Over medium heat, add lemon juice and honey to the ginger water. Bring it to a simmer, then remove it from the heat.
- Check the taste, adding flavor as needed (i.e. more honey or lemon depending on sweetness/bitterness desired). Let the mixture cool.
- Over low heat, slowly add the gelatin to the mixture—

while whisking (to prevent clumping)—until it dissolves.

- Pour the mixture into your silicone molds of choice. Leave them in the refrigerator until they set (about 20-30 minutes).
- Remove the gummies from the molds and enjoy! You can store extras in a container or jar in the refrigerator.

NATURAL VAPOR RUB

When you're feeling stuffy and congested, vapor rub can be a lifesaver. As those cold months start to creep up, I always make sure to keep this all-natural version on hand. This recipe is great for adults; if your youngster is under six, though, make sure to swap out the essential oils for kid-safe oils.

Note: Any of these essential oils can be substituted with whatever you have on hand.

What You'll Need:

- 1/2 cup shea butter
- 9 drops peppermint essential oil
- 9 drops eucalyptus essential oil
- 6 drops rosemary essential oil
- 6 drops lavender or tea tree essential oil
- 1 small container with lid

Directions:

- Fill a pot 1/3 full with water and rest a stainless steel bowl on top.
- Add the shea butter to the bowl while bringing the water to a boil, slowly melting the shea butter.
- When the shea butter is completely melted, add your essential oils of choice and mix.
- Transfer the mixture to a small container. Let it cool before placing the lid on top.



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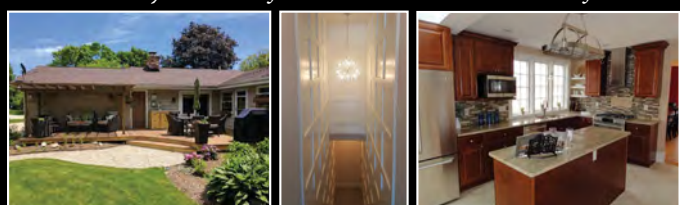
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THANK YOU!

Thank you for joining us for this year's Holiday Stroll! Many people came out to enjoy Whitefish Bay's winter celebration and we're honored that the annual event is a part of your holiday tradition. This special evening would not have been possible without you or our sponsors and volunteers, we are very grateful for the community's continued support. The lighting of the Christmas Tree at Consaul Commons with the Whitefish Bay Cantorei Choir performing was pretty special again this year.

Thank you to our Grand Marshal – Patrick McCarthy, the Public Works Department Foreman. Driving the Big Dump Truck, one of a fleet of over 40 vehicles and trucks was pretty impressive. This year was a busy year for the Whitefish Bay Department of Public Works, with the whole team transitioning to a new automated refuse and recycling collection program this past fall. A big thank you to them for all they do all year long.

Thanks, also, from the merchants on Silver Spring Drive for participating in the evening's festivities. Each of the businesses greatly appreciates your patronage throughout the year and is well poised to meet all your season's needs. Collectively, the stores on Silver Spring Drive have something for everyone on your gift list!!

Shop locally this holiday season while enjoying activities for the whole family. Exciting events are planned all month long, including reindeer visits, ice carving, trunk shows and great shopping specials from your favorite retailers.

Again, this year - We're offering shoppers the opportunity to win 4 themed gift collections filled with items you love from your favorite local stores while supporting The Merchants of Whitefish Bay this holiday season. LOVE LOCAL check it out in the Winkie's window– enter by Nov. 25th winner will be announced on Nov. 26. DATE NIGHT - check it out in the Indulge Salon window, enter by Dec. 2nd winner will be announced on Dec 3rd, FAMILIY FUN check it out in The Navy Knot window enter by Dec. 9th, winner announced Dec. 10th, WELCOME HOME check it out in the Fringe Home Furnishings window -enter to win by Dec. 16th, winner announced Dec. 17th. All you need to do

is visit the stores on Silver Spring Drive, enter to win each week, no purchase necessary and must be 18 years or older.

Winners will be announced on the updated WFB Website: www.merchantsofwhitefishbay.com

Again, this year – the Menorah will be located on the corner of Berkeley & Silver Spring, December 2nd – 10th. The Jewish Community Center will be out each night to celebrate the lighting of the candles – come celebrate with them.

Our unique establishments provide genuine service and special products while serving as an integral part of the village's distinctive character. Area residents own and operate many of businesses within the shopping district; their investments in the neighborhood and contributions to local organizations strengthen the community. We're proud to have each of them on Silver Spring Drive and honored to know that you value them too. Connect with the business district details online at www.merchantsofwhitefishbay.com. Also "Like" us on Facebook at <https://www.facebook.com/ShopWFB/> for daily and weekly updates.



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5 FUN WAYS to Get Your Steps in This Holiday Season

By Chelsea Scott

It doesn't matter which holidays you celebrate, they almost all entail huge meals, fattening appetizers, round the clock snacks and parties with pitfalls like champagne and desserts. It's easy to overindulge. And if you live in a part of the country that gets snow, holiday time also means more nights inside, huddled under the electric blanket watching movies. Not exactly the recipe for staying fit. However, we all know that walking and staying active helps to prevent those extra pounds from accumulating. Many of us wear fitness trackers that keep a tally of how much we move throughout the day. So here are five fun and creative ways to get your steps in this holiday season.

GO TO THE MALL



Duh! There is always someone to buy a gift for this time of year. Yes, online shopping is convenient. But shopping at brick and mortar stores does have some perks, like special buys or sales and local products. Take a few laps around the mall at the beginning and end of your trip and you will add a few thousand steps to your daily total. Bonus points if you park your car at the far end of the lot.

HOLIDAY THEMED 5K



My town can't be the only one with a turkey trot or ugly sweater run this time of year. Creatively named family friendly races are a great incentive to keep moving, especially during the time of year we tend to slow down. Don't think you must be a runner to do a 5k either, people walk them all the time. And since most races are in the morning, how cool is it that you will have logged over 5,000 steps before lunch?

BAKE AND WALK



Doing a fun activity with the family like baking holiday cookies or making a gingerbread house? Walk in place or play indoor tag/ hide and seek while your treats are in the oven (don't leave the house while the oven is on).

When you take the cookies out of the oven, take a leisurely stroll around the neighborhood while they are cooling. Not only will you get to your step goal quicker, you won't feel as guilty about eating a cookie or candy cane.

this is less expensive and—you guessed it—you'll log at least a few hundred steps tromping around the grounds looking for the perfect tree.

CUT YOUR OWN TREE



If you display a decorated tree in your home during the holidays, consider a live tree that you cut down yourself. Not only is the aroma of a real tree appealing, you can have different shapes and sizes each year. Rather than buying the tree at a lot, go directly to the tree farm and cut your own. Many times,

CROSS COUNTRY SKIING



Skiing is a genius way to get exercise since both legs and arms are moving the whole time. It's also a low impact sport that is fantastic to do in the snow with the whole family. In addition, skis and poles can be rented from many retailers, making the activity affordable. Work up a sweat and relax in the lodge with a hot chocolate afterwards.



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December 27 and 28 from 1:00-3:30pm
 \$3.00 students/\$4.00 adults
 Seniors and children 3 years and under are free

All children under 7 years of age must be accompanied (in the water) by a parent or guardian. Any child 7 years or older, but under 48" in height must prove their swimming ability to the satisfaction of the lifeguards. The pool will be cleared 10 minutes prior to closing.

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Early Childhood Program Age Requirement:

Children must be 2 years old by September 1, 2019
 Preschool Program Age Requirement:
 Children must be 3 years old by October 31, 2019

Open House

Tuesday, January 8th 2019 from 6:00-7:30pm

Enrollment Procedures for the 2019/2020 School Year

All enrollments MUST be done in person at the Recreation Department. Enrollment packets that are mailed, faxed or put in the drop box will NOT be accepted. Open Enrollment begins on Tuesday, January 8th from 6:00-7:30 during Open House and then resumes at 8:00am on Wednesday, January 9th.

Community Fitness Center Memberships Now Available

WFB High School Field House Fitness Center

Days:

Mon thru Fri 5:30 - 8:00am
 Mon thru Th 6:00 - 9:00pm
 Sat 8:00am - 12:00pm

Dates:

Jan 2 - May 31
 (Closed Mar 23 - 31, Apr 19 - 21, May 27)

Course code 390315

Section A1 Adults res/non-res \$150.00/\$160.00
 Section A2 Seniors res/non-res \$130.00/\$140.00
 Section A3 Walk Fit add-on \$15.00
 Section A4 Lap Swim add-on \$15.00

Thanks to the generous efforts of the BayFit Fundraising Committee, the Whitefish Bay School District is pleased to announce the opening of our newly renovated Fitness Center. Community members can purchase a seasonal membership and enjoy a rigorous workout on our new state-of-the-art cardio equipment and weight machines during the designated open hours. All participants must attend an on-site fitness center orientation facilitated by a fitness attendant prior to use. Lockers rooms are available ONLY during the morning weekday hours until 8:00am and Saturdays. Due to school day use by students, members cannot leave personal locks on high school lockers. All participants are asked to bring their driver's license or photo I.D. upon their first visit to be scanned into the high school visitor check in system. Registration materials available at the Recreation and Community Education Department.

"55 AND BETTER" PROGRAMS

Day Trips

Monday, December 3- Branson style holiday show in Wisconsin Dells!

Country, bluegrass, gospel and rockabilly combined with rhinestones at the Palace Theatre! A Branson show on the road, Christmas style! Enjoy this entertaining day at the Palace Theatre with lunch! Also a stop on the way home to the Fawn Creek Winery nestled in the midst of a maple, oak and pine grove for sampling and holiday purchases! Depart Lydell at 8:00am and return at 7:45pm. Cost \$99.00

Senior 3F Luncheons & Entertainment

Tuesday, December 11 Doors open at 11:30, lunch is 12:00 and entertainment at 12:45

Enjoy an afternoon with good food, friends and a hilarious holiday show put on by the Grafton Choir! A special catered lunch menu: seasoned to perfection pork tenderloin with gravy, roasted yams, fresh snap peas, mixed green salad, rolls, upside down cake, milk and Starbucks coffee. Cost \$9.00. *Must be registered by December 6.

Free Informational and Community Service Programs

Tuesday, December 11 at 1:30-2:30

Free blood pressure clinic provided by the North Shore Health Department

Friday, December 21 at 10:00am-11:00am Mindy and Body Awareness

In this session we will learn the hybrid technique of "Tapping"! Certain points of the body when "tapped" will release negative energy and encourage emotional freedoms! A positive approach to handling life's challenging experiences! *Must registered by December 19 to attend.

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

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Decades, Dahlias, and a Generous Donation

By Dan Tyk, RN, BS, NRP Lieutenant, EMS Manager/
Community Relations/Public Information Officer



Eighty years; that's a long time by anyone's standards. But that is how long Whitefish Bay resident Mardell Williams has lived in the Village. Some of you may know her as the "Dahlia Lady", or the "Flower Lady", due to her annual contribution of Dinner Plate Dahlia flowers to village mainstays

like the Library and Village Hall. Or, maybe you've walked past her home on East Chateau Place near Cahill – also adorned during the Spring and Summer with those gorgeous and hard to miss blooms.

Either way, after just a few minutes of time spent with her, you can see her love of the community, and her kindness and generosity. We were fortunate to get a little of her time as she presented our staff with a generous donation in memory of her late husband, Mark, who passed away last year.

Mardell kindly approached the department seeking a philanthropic opportunity that may assist with responses like the one for her husband. We quickly presented her with a proposal for a piece of potentially life-saving and state-of-the-art equipment.

Thanks to her generous donation, North Shore Fire/Rescue will become one of the few fire and EMS providers in the greater-Milwaukee County area to have a mechanical CPR device; also known by its trade name, the LUCAS Device.

According to data from significant scientific research, and thanks to guideline changes driven by this research; outcomes for patients

suffering from out-of-hospital cardiac arrest have greatly improved over the last 3-5 years. Nevertheless, cardiac arrest survival remains around 12% nationwide. Devices like the LUCAS have been proven to improve the chance of survival on patients whom the device is deployed. Recently, local news coverage from Janesville, Wisconsin, showed that the Janesville Fire Department was seeing survival rates as high as 45% following their deployment of the LUCAS device.

On the scene of a cardiac arrest, one of the greatest challenges is providing effective and continuous high-quality chest compressions; especially in cramped environments or while in a moving ambulance during transport to the hospital. The LUCAS, and other mechanical CPR devices like it, can be deployed quickly, allowing crew members to focus on other life-saving interventions, like starting an intravenous line to give medication, or providing respirations.

Beyond the increased survival, implementation of the device will also ensure that personnel can remain belted in the patient compartment of the ambulance; greatly reducing the risk of injury to emergency personnel providing life-saving care.

Our hope is to complete training and initial deployment of the first device by the beginning of 2019. Additionally, we continue to pursue grants and other opportunities for procurement of two additional devices, which would allow us to equip each of our front-line paramedic units with this state-of-the-art device.

We're grateful for the continued support of the seven communities we serve; and especially for residents like Mardell. We look forward to sharing the positive outcomes achieved with the assistance of this device.

You can become the first step in the chain of survival by learning CPR. To learn more about our CPR programs, and other services offered by North Shore Fire/Rescue, please visit our website, www.nsfire.org, or call our Administrative Offices at (414) 357-0113.

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LOOK, LISTEN, LEARN:

Be Aware, Fire Can Happen Anywhere

By Lieutenant Dan Tyk, North Shore Fire/Rescue

Together, with the support of our residents, the schools across the North Shore, and the communities we serve, we have had the privilege of visiting more than twenty schools and making contact with more than 4,000 children during these past few weeks as part of our 2018 Fire Prevention Month campaign.

Schools across the North Shore welcomed us into their classrooms to spread the message of safety using the National Fire Protection Agency's 2018 Fire Prevention Slogan: Look, Listen, Learn: Be Aware, Fire Can Happen Anywhere.

Children listened intently as our crews delivered age-appropriate fire safety messages surrounding these themes. From talking about escape planning basics and differentiating between tools (matches and lighters) and toys, to creating posters encompassing the messages and fire safety themes taught for the past several years; kids from preschool to fourth grade engaged our personnel, working to ensure safety.

But, nothing can be more important than getting that message into each and every home across our service area. Therefore, we would like to take a moment to highlight some of the important safety messages encompassed in this year's campaign:

LOOK- Look for places that a fire could start. Take a good look around your home, identify potential fire hazards, and take care of them. Don't know where to start? Reach out to our Community Risk Reduction Bureau and schedule a FREE home safety visit by one of our Community Relations staff. Assessments can be scheduled by visiting our website: www.nsfire.org

LISTEN- Listen for the sounds of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should know to meet.

LEARN- Learn at least two ways out of every room, and make sure all doors and windows leading outside open easily and are free of clutter.

While children under age 5, and adults over 65 are the highest risk for injury or death in a fire, people of all ages are vulnerable. In fact, the risk of a nonfatal fire injury is highest for those between 20 and 49, showing that fire safety education is essential for everyone.

To learn more about the programs or services offered by North Shore Fire/Rescue, visit our website, www.nsfire.org, or call our Administrative Offices at (414) 357-0113.

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NORTH SHORE HEALTH DEPARTMENT

By Sanja Miljevic, RN, BSN

The holidays are a great opportunity to enjoy time with family and friends, celebrate life and reflect on what's important. As you gather with family this holiday season, take some time to look for the following warning signs that an aging parent or loved one may need extra help at home.

Weight Loss- One of the most obvious signs of ill health, either physical or mental, is weight loss.

Changes in Balance and Mobility- A reluctance to walk, changes in gait or obvious pain during movement can be a sign of joint, muscle or neurological problems.

Emotional Well-Being- Look for signs of depression and anxiety, including withdrawal from social activities, changes in sleep patterns, loss of interest in hobbies, and changes in basic home maintenance and personal hygiene.

Home Environment- Take a walk-through of their home while you're visiting to see if they are keeping their house to the usual standards. You know your loved one and their habits best, so go with your gut if something seems off.

Organizations such as Milwaukee County Department on Aging have resources available to help older adults live independently in their communities. <https://county.milwaukee.gov/EN/Department-on-Aging>

The North Shore Health Department also provides services including blood pressure screening, flu shots for individuals who are home bound, and home safety assessments. These assessments include a home safety (including fire risk) assessment by a member of the fire department and a functional fall risk assessment by a RN from NSHD. Call the Health Department at 414-371-2980 to schedule an in-home visit.

WHITEFISH BAY PUBLIC LIBRARY



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

Join us for our December Whitefish Bay TALKS with local author Douglas Armstrong for his new book *The Color of the Sun* on Wednesday, December 5 at 6:30pm. This event is cohosted by Boswell Book Company who will be on hand selling copies of Doug's book.

About the book: The murder of a newspaper reporter during a 1967 riot pulls two of his colleagues deep into the contentious issues of race in America and into the secrets of a troubled inner city family. Did a nine-year-old boy pull the trigger? Alternately solemn and irreverent, Douglas Armstrong's *Color of the Sun* looks back at an era when the civil rights movement rocked the social underpinnings of a nation, including old-boy, newspaper journalism. Gabe Harden and Scott Patterson return in the second of Armstrong's *Life on The Sun* series.

About the author:

Critics called Douglas Armstrong's most recent novel *Life on The Sun* "authentic, frenzied, and suspenseful." In 2010, his debut novel *Even Sunflowers Cast Shadows* won the Wisconsin Writer's Award as the best in full-length fiction. Armstrong is a former reporter, editorial writer, columnist, and critic for *The Milwaukee Journal*. He was on the scene in the 1960s when this series of books about newsroom life in an era of love beads, teargas, and manual typewriters is set.



Douglas Armstrong

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WHITEFISH BAY SCHOOL DISTRICT

By Patrice Milzer, Assistant to the Superintendent

EVENTS:

- ▶ **December 3, 7:30 PM**
Middle School Choir Concert
- ▶ **December 6, 7:30 PM**
Middle School Band Concert
- ▶ **December 13, 7:30**
High School Music Department Concert
- ▶ **December 24- January 2**
Winter Break, No School for Students

INCOMING K4 STUDENT CLASSROOM VISIT/STORYTIME EVENT

- ▶ **Richards School**
-December 6, 2018
9:30am-10:30am or 1:30-2:30pm (choose one)
- ▶ **Cumberland School**
- December 7, 2018
8:30-9:30am or 1:00-2:00pm (choose one)

We look forward to meeting you and your child and welcoming you into the Cumberland and Richards School community!

All resident children who will be four on or before September 1, 2018 and their parents/guardians, are invited to see Jr. Kindergarten in action at Cumberland and Richards Schools.

For details and to register, please call our school offices at Richards School (414) 963-3951 or Cumberland School at (414) 963-3943.

SAVE THE DATE FOR THE FUN AND GAMES CABARET!



- ▶ **February 8 & 9, 7:30 PM**
- ▶ **February 10, 1:00 PM**

Coffee and Dessert Served

Join the Whitefish Bay High School Bands as they celebrate fun and games during the 2019 Cabaret! This year's theme focuses on music that celebrates sports, classic and contemporary video games, nostalgic cartoons, and more! This is the largest fundraiser for the WFB High School Bands and provides support to our program through scholarships, new equipment, sheet music, etc.

More information coming soon to the WFB Cabaret site: (<https://sites.google.com/wfbschools.com/wfbhsbands/cabaret-2019>)

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5901 N Shoreland Ave	7	\$249,000	\$225,000
4781 N Hollywood Ave	8	\$249,900	\$256,500
5101 N Idlewild Ave	5	\$255,000	\$260,000
5142 N Berkeley Blvd	1	\$289,900	\$295,100
1024 E Hampton Rd	2	\$359,900	\$363,000
6209 N Lydell Ave	3	\$389,900	\$382,400
4921 N Bartlett Ave	21	\$435,000	\$414,107
6317 N Lake Dr	79	\$449,000	\$450,000
5039 N Idlewild Ave	2	\$469,900	\$470,000
5247 N Hollywood Ave	23	\$525,000	\$470,000
5911 N Santa Monica Blvd	5	\$559,000	\$562,000
1130 E Lexington Blvd	6	\$619,000	\$609,950
6158 N Berkeley Blvd	161	\$649,900	\$600,000
6237 N Berkeley Blvd	73	\$650,000	\$660,000
4515 N Frederick Ave	6	\$679,900	\$675,000
4533 N Murray Ave	1	\$899,000	\$892,500
5242 N Diversey Blvd	17	\$899,000	\$867,000
6226 N Berkeley Blvd	14	\$999,000	\$985,000

PENDING

Address	List Price
4640 N Idlewild Ave	\$189,000
5023 N Shoreland Ave	\$325,000
6109 N Santa Monica Blvd	\$329,500
4627 N Newhall St	\$379,900
5504 N Berkeley Blvd	\$420,000
4874 N Woodburn St	\$479,900
4648 N Woodburn St	\$575,000
5578 N Shoreland Ave	\$579,900
5335 N Berkeley Blvd	\$720,000
4671 N Woodburn St	\$824,000
4851 N Larkin St	\$1,169,900

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SIMPLE BLACK BEAN SOUP

By Jordan King

I find around the holidays that I need simple, tasty and healthy recipes; my body craves nourishing food. This soup is perfect all year round, but especially when I am feeling like I could use a detox. The ingredients are simple; there is no need for complex spices, just let all the flavors do their job. Quesadillas pair deliciously with this soup. And, an added bonus: even my children gobble this one up!

Ingredients:

- 1lb black beans, soaked and rehydrated
- 2 tablespoons butter
- 1 large onion, chopped
- 2 cups celery, chopped
- 2 cups carrot, chopped
- 3 tablespoons minced garlic
- 2 tablespoons cumin
- 1/2 teaspoon red pepper flakes
- 32oz chicken or vegetable broth
- 1 bunch cilantro, chopped, divided

Garnish: Lime, Avocado, Chips

Directions:

Plan ahead, rehydrate the black beans and set aside. In a large pot, heat butter over medium heat. Add onion, garlic, celery and carrots, sautéing until soft. Stir in spices. Add beans and broth; simmer until beans are soft. Puree half of the soup in a blender. Mix together and stir in half of the cilantro. Garnish as desired.

Prep time: 10-15 minutes,

Cook time: 30 minutes, Serves 4



The Benefits and Uses of COCONUT OIL

By Kailee Capela

Recently, coconut oil has been all the rage. But what's all the hype about? Is coconut oil some kind of miracle superfood? A beauty phenomenon? Some people swear by it, and I happen to be one of those people. Here are some of the proven benefits and uses of coconut oil that you can try at home!

HEALTHY COOKING

Replacing your usual oil or butter with coconut oil can benefit your diet. It burns fat more effectively, and it increases your metabolism, making it a great option for those trying to reach or maintain a healthy weight. Because of its antibacterial and antiviral properties, coconut oil also eases digestion. This helps you combat any harmful bacteria or parasites that could cause indigestion or stomach viruses.

MOISTURIZER

One of coconut oil's most common uses is as a moisturizer. It's safe for use on both your face and body, making it a versatile substitute for your daily moisturizer. Coconut oil can treat cases of extreme dryness and other skin conditions. Due to its extreme hydrating, antibacterial and anti-inflammatory properties, it has successfully reduced symptoms like eczema and psoriasis.

DEEP CONDITIONER

Coconut oil is a great, inexpensive way to deep-condition your hair and scalp, making your hair healthy, glossy and smooth. Simply place a few tablespoons of coconut oil in the microwave until it becomes a liquid, massage it into your hair, then leave it alone for at least an hour or two. Because coconut oil adds moisture to dry hair while still being color-safe, using it as a deep conditioner is particularly effective for color-treated hair.

TREAT DANDRUFF

For the same reasons, coconut oil is also a viable solution for dandruff. It soothes dry and irritated scalps while killing any bacteria or fungi that might be causing the dandruff.

MAKEUP REMOVER

If you have sensitive or dry skin, coconut oil is the perfect alternative to your drugstore makeup remover. It gently (yet effectively) removes all types of makeup—even waterproof mascara!

LIP HYDRATION

Unless you want to walk around during the day with slick, glossy lips, this is more of an overnight option. Applying a layer of coconut oil to your lips before bed is a great way to keep them from cracking. This is incredibly helpful during the cold winter months, when your lips are more susceptible to becoming chapped.

SOOTHE YOUR PUPPY'S PAWS

Through walking on hot pavement, hiking and other daily activities, the skin on your puppy's paws can become cracked. Rubbing a little coconut oil on them before bed helps soothe and heal your furry friend's feet! Coconut oil has been proven safe for dogs, but (just to be sure) check with your vet first.



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Holiday Tea



By Bonnie Cass

You are invited to attend one of the most popular holiday luncheons in the North Shore on Wednesday, December 5th 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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www.county.milwaukee.gov

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Cost: \$2
www.milwaukeeholidaylights.com

**Dec. 6, Thurs.
KOHL'S THANK YOU THURSDAY**
@Milwaukee Public Museum

All visitors receive free general admission to Milwaukee Public Museum on Kohl's Thank You Thursday, the first Thursday of every month.

Time: 9am-8pm

Cost: Free
www.mpm.edu

**Dec. 6, Thurs.
MEIJER FREE FIRST THURSDAY**
@Milwaukee Art Museum

All visitors receive free general admission to Milwaukee Art Museum the first Thursday of every month.

Time: 10am-8pm

Cost: Free
www.mam.org

**Dec. 15, Sat.
DOG DAYS AT LYNDEN**
@Lynden Sculpture Garden

Bring your favorite canine and enjoy an afternoon in the garden. Winter snow sports enthusiasts welcome.

Time: 10am-5pm

Cost: Free to members or with regular admission to the sculpture garden
www.lyndensculpturegarden.org

**Dec. 21-22, Fri.-Sat.
A CHARLIE BROWN CHRISTMAS**

The Old Opera House will again have a musical show! St. Michael's Anglican Church presents a community casted and puppet-accented version of the 2013 musical A Charlie Brown Christmas. Extra carols will be sung at the end with all the Peanuts Gang. Call St. Michael's for ticket pickup information.

Time: 6pm

Cost: Free
www.stmichaelsanglican.church

**Jan. 1, Tues.
POLAR BEAR PLUNGE**
@Bradford Beach

Time: 12pm

Cost: Free
www.polarplungemilwaukee.com



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LOCAL WHITEFISH BAY STUDENT BECOMES 2018 Prevent Blindness Ambassador

By Prevent Blindness Wisconsin

Prevent Blindness Wisconsin is excited to introduce our 2018 Preschool Ambassador, Lizzy. In March 2018, volunteer vision screeners from Prevent Blindness Wisconsin provided a free vision screening at Lizzy's K-4 program in Whitefish Bay. Lizzy's parents were surprised to learn that their daughter did not pass her vision screening, saying, "Lizzy never showed signs of a vision problem and never mentioned anything, so when we got the brochure from Lizzy's teacher saying that she did not pass the screening, we thought that there must have been a mistake."

Nevertheless, Lizzy's mom promptly took her to an eye doctor for a complete eye exam. At her appointment, Lizzy was diagnosed with astigmatism and hyperopia (farsightedness) in both eyes as well as amblyopia (lazy eye) in her right eye. Without early detection from Prevent Blindness Wisconsin volunteers, Lizzy's vision problems may have gone undetected, untreated, and could have resulted in permanent vision loss. Lizzy's parents are thankful for the work done by Prevent Blindness Wisconsin, saying "We are incredibly grateful to Prevent Blindness Wisconsin for catching this and would 100% recommend a children's vision screening to friends and family with children. We are so thankful that Prevent Blindness Wisconsin came to Lizzy's school!"



WHITEFISH BAY CIVIC
FOUNDATION

By Cindy Seaman

The Whitefish Bay Civic Foundation is grateful for the financial support of so many Whitefish Bay businesses, individuals and families in 2018. Without your generosity the Bay would be less green, there would be no ice cream at the ice cream socials, the 4th of July would be less bright, the Sounds of Summer would go quiet and the pumpkins would dim.

To the endless list of volunteers who step up time after time to pick up trash, run carnival games, serve beer and help to put smiles on the faces of kids and pumpkins alike, thank you! It takes a small army to ensure that everything runs smoothly at each event and we are lucky to have so many community members willing to help.

Without the support, hard work, patience, enthusiasm and dedication of the Whitefish Bay DPW we would be in dire straits. They happily set up and tear down tents, signs, stages, tables, freezers and so much more. They are the best of the best and we appreciate everything they do!

Being a Civic Foundation board member is a big commitment and goes beyond planning great parties several times a year. It takes a person with a passion for our community and a willingness to dedicate time and energy to initiatives that help make Whitefish Bay a



wonderful place to live. Beyond the many events we all enjoy, Civic Foundation board members work to evaluate and award scholarships to civic minded students going off to college, support community improvements and provide financial support and coordination for new community initiatives. So, to our current board members who are wrapping up their term at the end of this year, we salute you. You leave behind very large shoes that we will work hard to fill.

The list of thank yous could go on and on. Apologies to anyone we missed, please know we appreciate you more than a couple paragraphs in a magazine can express. If your new year's resolution is to get more involved in your community 2019, please visit wfbcivicfoundation.org to learn more about the Whitefish Bay Civic Foundation, our mission and the various ways you can help.

Happy Holidays to all! See you in 2019!

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Kiwanis Pancake Breakfast with Santa

Saturday, December 15

Celebrate the Holiday at the Kiwanis Pancake Breakfast, 8:00 to 11:00 a.m. **Dominican High School** 120 E Silver Spring Drive, Whitefish Bay. 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 - \$8 per adult (10 & up) and \$5 per child (over 2 years of age). Proceeds benefit Kiwanis charities. northshorekiwanis1950@gmail.com

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WHITEFISH BAY HISTORIC PRESERVATION COMMISSION

Give A Gift OF HISTORY

By Tom Fehring and Jeff Aikin

It is holiday gift-giving time, and the best gift you can give to a Whitefish Bay resident this season is Historic Whitefish Bay: A Celebration of Architecture and Character. The 240-page book is available at Milwaukee booksellers and at Winkie's, Fitzgerald's, Village Ace, and other fine neighborhood stores. You can also buy it at the Whitefish Bay Library at a 20% discount. Celebrating the 125th anniversary of the Village's incorporation in 1892, Historic Whitefish Bay takes readers through the Bay's 182-year history from when the first settler arrived in 1835, telling the Village's story through the historic homes in our community. But this book goes beyond architecture and tells the tales of the residents, architects, and institutions that make Whitefish Bay special. Not only will you learn about the business titans and their grand homes; Historic Whitefish Bay is rich in scandals – the beer business baron's daughter whose elopement was a national sensation, the Village President who absconded with \$20,000 and was never seen again, Capt. Frederick Pabst's niece who disclosed her mother's sex scandal, the time Pandl's was busted as a speakeasy, the high school cheerleader who spent 10 years on the FBI's Most Wanted List, and more – the kind of yarns that make a book fun to read.

With more than 120 photos, maps, and images, Historic Whitefish Bay also 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.

PORTRAITS

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