

April 2020

Bay Leaves



**FROM France TO
Whitefish Bay**

*Enjoying Cheese and
Music Along The Way*

Photo by Boutique Photographer



Best Version Media

The Official Village Weekly E-Newsletter



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Refuse and Recycling Spring Schedule Change:

Refuse and recycling normally collected on Friday, April 10 will be collected on Thursday, April 9.

Recycle Day in the Bay

Recycle Day in the Bay will take place Saturday, May 2, 2020 from 9:00 am to 12:00 noon at Dominican High School's west parking lot (5628 N Bay Ridge Ave). This is a perfect chance for village residents to recycle reuse or dispose of household items, electronics, appliances, and medications that are no longer needed. For a list of accepted items, please visit the Village of Whitefish Bay online at www.wfbvillage.org.

Election Information

Spring 2020 Election (April 7th)

- ▶ Offices to be elected include Presidential Preference Vote, Justice of the Supreme Court, Court of Appeals Judge, Circuit Court Judges, Village President, Village Trustee & School Board Members.

How to Request an Absentee Ballot by Mail or Email

- ▶ You may download an absentee ballot application under election information via our quick links section on our homepage; www.wfbvillage.org. You also may request a ballot be mailed to you by emailing elections@wfbvillage.org. Your request must include a copy of photo ID and be received no later than 5pm on April 2nd.

In-Person at the Clerk's Office (Village Hall)

- ▶ March 23rd – April 3rd
- ▶ 8am – 4:30pm (5pm on April 3rd)

Deadline for Returning your Absentee Ballot

- ▶ Your completed absentee ballot must be received by 8:00pm on Election Day.

If you would like further information about elections or registering to vote please contact Deputy Clerk Caren Brustmann at (414) 962-6690 ext. 122.

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Designer: Laura Wire
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Contact: Kathy Durand at (262) 716 4788, or kdurand@bestversionmedia.com and Christa Banholzer at cbanolzer@bestversionmedia.com

FEEDBACK/IDEAS/SUBMISSIONS

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

CONTENT SUBMISSION DEADLINES

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

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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Photo by Boutique Photographer

DEAR RESIDENTS,

While some people dislike cooking, I personally love it and even more so when I'm hosting a meal for family and friends. I love trying new recipes and enjoy the more laidback environment a night at home offers in comparison to dining out at a restaurant. Our feature family, Nicolas and Diane, also share a passion for having family dinners with home cooked meals. As you'll read in their article, Diane is part of an organization that offers at home cooking classes.

This motivated a cooking class at my house with a few close friends for the article's photo session. The evening was a lot of fun and the meal created was delicious. Enjoy reading their story and hopefully it inspires you to cook in your own kitchens.



Bon appétit!

CHRISTINE MCBRIDE



VILLAGE OF WHITEFISH BAY WISCONSIN

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THURS., APR. 2
KOHL'S THANK YOU THURSDAY
 @Milwaukee Public Museum
 All visitors receive free admission to Milwaukee Public Museum thanks to Kohl's.
Time: 9am-8pm
Cost: Free
 www.mpm.edu

FRI.-SAT., APR. 17-18
GALLERY NIGHT AND DAY EVENTS
 @Historic Third Ward
 This two-day art event has something for everyone.
Time: Fri. 5-9pm; Sat. 10am-4pm
Cost: Free
 www.historicthirdward.org

SUN., APR. 19
WISCONSIN PHILHARMONIC: "FLORAL FANTASIA"
 @Sharon Lynne Wilson Center for the Arts
 Honoring the blossoming of spring, the Wisconsin Philharmonic, with guest artist Kevin Pearl playing oboe, performs a whimsical concert of flowers greeting the season with pieces by Johann Strauss, Tchaikovsky and Jean Francaix.
Time: 3pm
Cost: \$42-\$48 orchestra, \$36 balcony, student tickets available
 www.wisphil.org

SAT., APR. 25
BREW CITY HALF MARATHON
 @1750 N. Lincoln Memorial Drive
 Half marathon, 10K and 5K options are available. Enjoy brats, beer and music at the finish line.
Time: 8:20am
Cost: \$60-\$110
 wisconsinruns.com

SAVE THE DATE

SUN., MAY 3
KETTLE MORAINNE SYMPHONY: WINDS & PERCUSSION
 @Slinger Performing Arts Center
 Enjoy Claude T. Smith's "Flight" (high school bands collaboration project) and Rachmaninoff's Symphony No. 2 (full orchestra).
Time: 3pm
 www.kmsymphony.org

THURS., APR. 2
FREE DAY MILWAUKEE ART MUSEUM
 @Milwaukee Art Museum
 Admission is free for individuals and families (excluding groups) on the first Thursday of each month thanks to Meijer.
Time: 10am-8pm
Cost: Free
 www.mam.org

SAT., APR. 18
DOG DAYS AT LYNDEN
 @Lynden Sculpture Gardens
 Bring your dog for an afternoon of fun in the garden, sponsored by Central Bark Mequon.
Time: 10am-5pm
Cost: Free for members or \$9
 www.lyndensculpturegarden.org

THURS.-SUN., APR. 30-MAY 3
ART IN BLOOM
 @Milwaukee Art Museum
 Venture into a world of art and flowers for a few hours—or all four days!
Time: Thurs. 10am-8pm; Fri.-Sun. 10am-5pm
Cost: \$12 adult, \$5 college student
 www.mam.org

April



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FROM *France* TO *Whitefish Bay*



Combining cheese and techno music might seem like complete opposites, but to Nicolas Lecuq and Diane Sauvage, that is just a typical night at home. While both are from France, they first met at a convention in San Francisco. At the time they were both working for cheese companies and while they were technically competitors, they would travel on the road together to visit customers.

"For years all of our customers would say 'You two will end up together' which we always laughed off," said Diane. "After being great friends for over three years, we decided to start dating and have been together ever since."

Their relationship started off living together in New York City, and for awhile Nicolas changed careers, operating the popular restaurant Le Moulin à Café. "Life had become busy having two children and getting married," said Nicolas. "Running a restaurant didn't offer the lifestyle hours I wanted to also be a family man. I was offered a position with Saputo Cheese, but in order for my career to grow, it meant we would have to move to Wisconsin."

While at first Diane, being a self-proclaimed 'city girl' had visions of sheep and cows in their backyard, she was pleasantly surprised when they came to look at houses. "I quickly realized how charming yet city-like Whitefish Bay is and we absolutely love it here," said Diane. "It feels very European in how the community comes together. When we first moved in, neighbors would come over with bread or a pie to welcome us and invite us over for a bbq or wine night. In New York, those type of things don't happen and you don't know your neighbors at all. Here the norm is to have dinner at home with friends, both as couples and even family dinners. In

New York the norm is to always go out to eat at a restaurant or meet for drinks at a bar."

Having been in the food industry, Diane was motivated to grow the farm-to-table movement. She joined the international organization Slow Food WISE, where she now sits on the board of the Milwaukee chapter. The mission of Slow Food WISE is to reconnect people with their food. This means knowing where it comes from and practicing both sustainability and taking pleasure in the food we eat. "In essence we are trying to bring good, clean and fair food to the most people possible," said Diane. "We focus on having people learn where their food is coming from, supporting local farmers and bringing back cooking to their own kitchens."

The organization also prides themselves on what they refer to as food justice, meaning working to bring healthy food options to everyone. Recently Slow Food WISE was successful in lobbying to have the amount of money allotted to food stamps increased so that people could purchase healthier food. They also focus on hosting at home cooking classes to highlight food producers and get people back to their roots of enjoying a meal at home.

The classes typically have ten people and participants are encouraged to help cook the meal. Classes are donation based

and after the meal is prepared the group gets to enjoy eating it together while conversing. "Our goal is to have host home kitchens in different communities that will encourage people to return to home cooked meals. Everyday food that is nourishing, healthy, and made with high quality ingredients while also showcasing that it is affordable and delicious," said Diane. More information on Slow Food WISE can be found by following their Facebook page.

While Diane has been busy growing the slow food movement, Nicolas has found a passion being a DJ, specifically for EDM music. Nicolas is still happily working in procurement for Saputo Cheese, but enjoys being a DJ at various clubs and bars when time allows. "I've always loved EDM music. For years we've attended Tomorrowland, which is the biggest EDM festival in Belgium," said Nicolas. "I have a passion for fast things - from the beats of music, to Formula 1 race cars. It's become a hobby to watch all the car races."

A typical night at their home will be Diane cooking a meal while Nicolas is working the turn-tables to produce musical jams. They speak only in French while at home with their children, Vadim (10) and Camille (7). Their kids love life in Whitefish Bay and the ability to run to friends houses to play. Life wouldn't be complete without their dog, Chouquette, named after a French pastry. Most nights their meal includes a cheese plate, bringing it back to their relationship roots.

BY CHRISTINE MCBRIDE
PHOTOS BY BOUTIQUE PHOTOGRAPHER



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MAKE GOOD CHOICES


Gastrointestinal Health


SPRING is an excellent time to refocus on gastrointestinal health which is increasingly understood to be linked to overall wellness. Warm weather means more outdoor activity and encourages thoughts of gardening. Moving more and eating healthy food are just 2 ways to improve GI health.


Your 30-foot long digestive tract is hard at work extracting nutrients from your diet that are then absorbed into the blood stream and carried throughout the body for cells to use for energy, growth, and repair. Shifts in stomach acid and gastrointestinal flora- the complex ecosystem of bacteria in your digestive system- also affect gut health. When gut health is good, damaging inflammation and lapses in immunity are less likely. While some factors affecting gut health cannot be changed such as how a body is built or family and genetic history, there are some factors each of us do have control over:

 **Increase fruit and vegetable intake** in any form-fresh, frozen, canned or dried. Plant foods are rich in fiber and disease fighting chemicals. Choosing whole grains also ups fiber intake. Avoid processed foods which often contain emulsifiers suspected of increasing inflammation.

 **Get more sleep.** Lack of sleep negatively effects the body by decreasing immune function and increasing the likelihood of obesity which is linked to digestive disorders.

 **Manage stress.** Learn relaxation techniques, practice deep breathing and have some fun!

 **Get regular medical check ups and screening tests,** such as colonoscopies to diagnose problems early.

 **Make good choices** to help your body stay on track to wellness.

Sources available on request.



BY CHRIS CORDOVA, RN, BSN



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1014 E. Chambers Street, Milwaukee. Ten years ago they built a new hardware store and lumber office at the same location as the original lumber yard location. They have been in Riverwest for over 115 years.

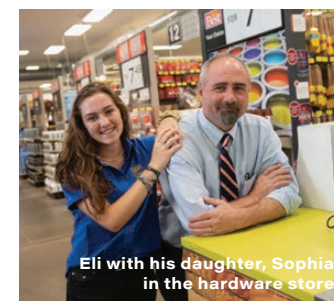
Bliffert Lumber & Hardware

Serving Wisconsin Families For Over 115 Years

BY CHRISTINE MCBRIDE

When tackling a home repair or new project, most homeowners need a little guidance with where to begin. For over 115 years, Bliffert Lumber and Hardware has been the 'go to' resource for both home owner and contractor needs. While the company started in 1904 selling lumber, coal and ice, their product offerings have greatly expanded in the last decades.

Bliffert Lumber and Hardware is now a full-service lumber yard and hardware store with seven locations in Wisconsin. They sell lumber, building materials, paint, doors, windows, and decking. Their headquarters located in Riverwest also offers screen repair, and small engine repair.



Eli with his daughter, Sophia, in the hardware store.

Currently run by a 5th generation family member, Eli, loves carrying on the family legacy. "The company was started by my great-great grandfather and I'm proud that we have been helping families in Wisconsin for five generations now," said Eli. "I love helping people solve problems and we take pride in connecting our customers with trusted contractors. Our goal is to help homeowners and companies with various maintenance and building projects."

The company has been around so long that they are even represented in the Milwaukee Public Museum's exhibit Streets of Old Milwaukee. When the space was reimagined in 2015, lumber from the original Bliffert Lumber building was used and today many of the original buildings artifacts are on display.

While Bliffert is a family company, jobs there are always earned and never just given to family members. "While I was in graduate school at UW-Milwaukee in



Eli with his son, Devlin in the lumber yard.

1993 I started off part-time in the lumber yard, and over the years worked my way up. The same is true for my own children who now both work part-time and during the summers," said Eli.

Philanthropy is a main cornerstone to Bliffert and the company is always thinking of creative ways to give back. For 2020, they painted one of their delivery trucks pink and will be donating twenty-cents for every mile driven in it to the Susan G. Komen Foundation, which is dedicated to the fight against breast cancer.



Bliffert has proudly served Wisconsin customers for over a century and look forward to another century offering exceptional service and products. They have seven area locations that can be found on their website at www.bliffertlumber.com.

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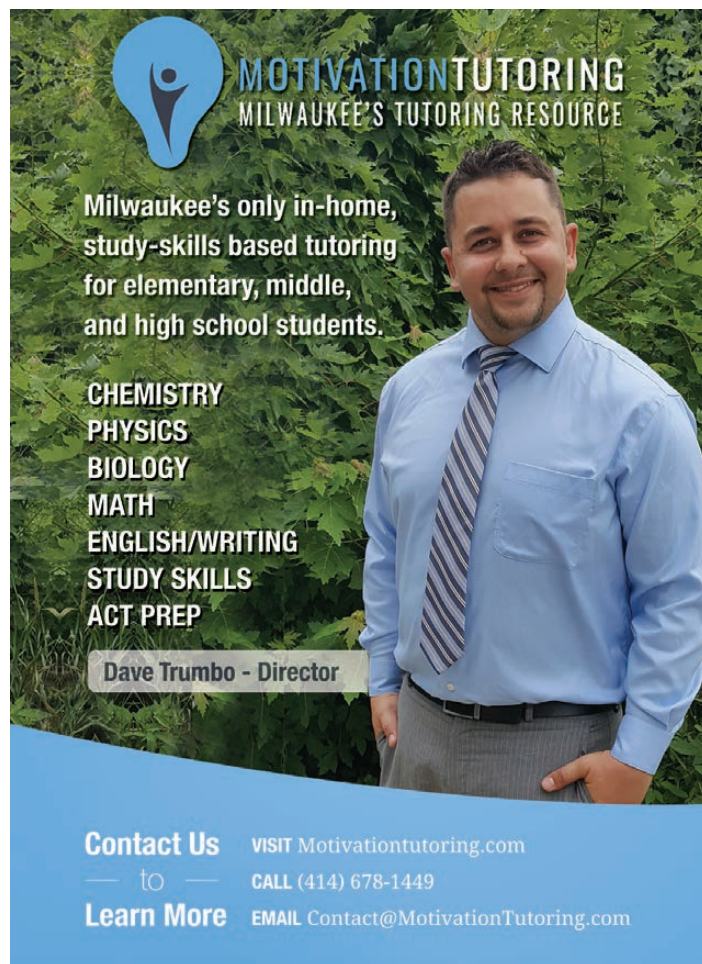
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MARK YOUR CALENDAR!

Connects enrollment for the 2020/2021 school year begins Wednesday, April 8th.

- ▶ **The Whitefish Bay School District** offers before and after school care for 4K-5th grade students at both Richards and Cumberland Elementary Schools.
- ▶ **Registration** forms will be available online or in the main office at your school. All registration materials should be returned to the Whitefish Bay Recreation and Community Education Department at 5205 N. Lydell Avenue.
- ▶ **The \$25 registration fee** is waived for families who register before June 30th.
- ▶ **Connects Before & After Program** can be reached by calling 414-963-3801.

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We live in a competitive world. The drive for success is affecting children at an increasingly early age with young people feeling pressured to achieve better grades, excel on standardized tests, and outperform their peers. All that can add up to stress and anxiety, even for high-performing students.

"It's all about balance," says Amanda Heins, PsyD, supervising psychologist in Rogers' OCD and Anxiety Center for adolescent residential care. "We want high achievers in the world. But it's important when pushing yourself to succeed that you ask questions like what do I want to accomplish? What are my personal values? Why do I want this particular goal? When it comes to setting goals, oftentimes there's a missing ingredient that unintentionally sets us up for failure."

What are SMART goals?

Dr. Heins says goals should be SMART:

- S — SPECIFIC**
▶ (Clearly define what you want to achieve.)
- M — MEASURABLE**
▶ (Establish a way to determine if you've met your goal.)
- A — APPEALING**
▶ (Pursue a goal that interests you.)
- R — REALISTIC**
▶ (Make sure your goal is achievable.)
- T — TIME BOUND**
▶ (Ensure you have time to achieve your goal.)

"It's important to set goals," explains Dr. Heins. "Make sure you have a realistic time frame for achieving it. If you decide to run a marathon, you need to start by setting smaller goals of running a few miles every day. Ask yourself what are the steps to get me from the starting point to the finish line and what do I need to do to break the goal into smaller milestones? Keep tabs on your progress, and if you hit a bump, be flexible and adjust as needed. Give yourself a break when things don't work out as planned," she says.

Setting ambitious goals and being driven isn't unhealthy, but for people with OCD (obsessive-compulsive disorder) and anxiety, who may also struggle with perfectionism, it's a lot harder to manage.

Symptoms to look for are:

- ▶ Inability to manage day-to-day activities
- ▶ Spending excessive time on tasks, needing to "start over" if they aren't perfect
- ▶ Frequent emotional meltdowns when unable to complete or perfect a ritual
- ▶ Withdrawing from things they used to engage in
- ▶ Significant change in academic achievement

"If you notice OCD tendencies creeping in, the good news is we know how to treat that," says Dr. Heins. "Going into treatment doesn't mean you will no longer be a high achiever. Treatment will actually help you be more effective in what you're passionate about."

Rogers offers evidence-based treatment throughout Wisconsin and nationwide for kids, teens, and adults dealing with OCD and anxiety. For more information call 1-800-767-4411 for a free screening or request a screening online.



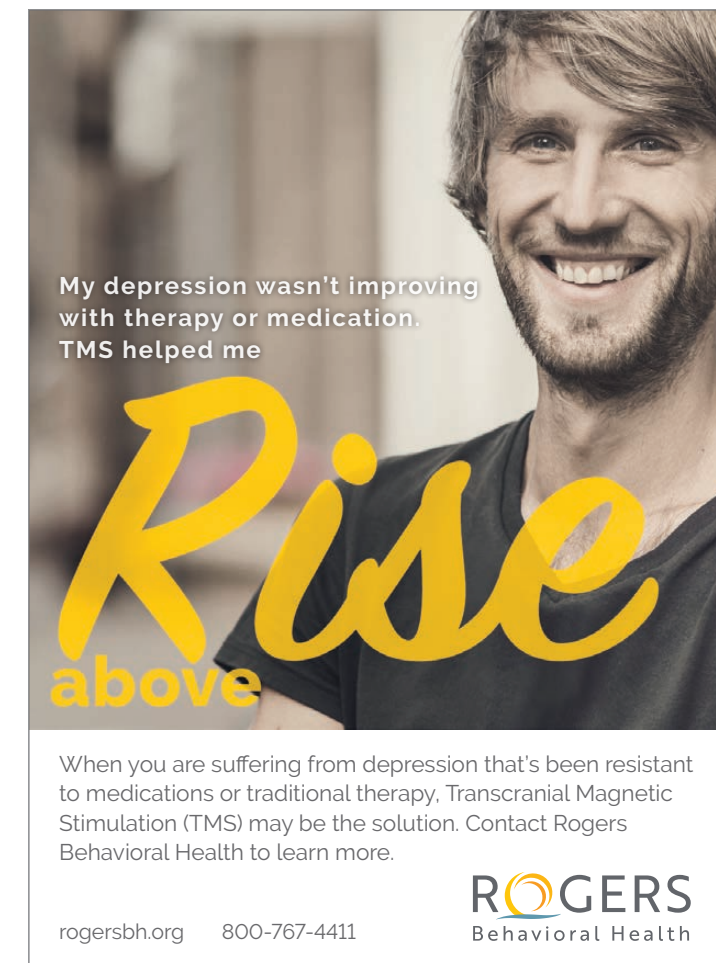
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SAVE THE DATES FOR SPRING/SUMMER GREAT EVENTS!



MARK YOUR CALENDARS AS THE MERCHANTS OF WHITEFISH BAY WILL HAVE ANOTHER SPRING/SUMMER OF GREAT EVENTS!

Bay Day

SATURDAY, MAY 2ND

Welcome spring with friends and neighbors at the second annual Bay Day on Saturday, May 2nd, 2020 from 8:00 am to 1:00 pm, at Klode Park. Bay Day is co-produced with the WFB Civic Foundation. WFB Education Foundation and Village are also a big part of this blockbuster event with live music, food and beverages, as well as eco-friendly recycling, all kicked off with a 5K/10K run/walk beginning and ending at Klode Park. Again, this year: Entertainment from three live bands plus a youth singing competition!



Many of the Merchants on Silver Spring have come together to create multiple "Baskets" to be raffled off at the park! Raffle Tickets will be available for purchase on Silver Spring under the clock on April 11th, 18th and 25th from 11-1:00. \$5 each or 5 for \$20. Proceeds will go to River Keepers a Water Eco-Vendor and The WFB Education Foundation.

The event is free to the public, and food and beverages will be available to purchase.

Whitefish Bay Farmers Market

SATURDAY MORNINGS 8AM-NOON, JULY 11TH TILL OCTOBER 17TH

Again, the Farmers' Market a 'Simply Unbeatable' event will be held in the Aurora Parking Lot, 325 E. Silver Spring Drive. Planning to have music every weekend along with "Artisans" on a few weekends throughout the season. The family-friendly outdoor green and local market will feature the great selection of farm fresh products. Join us each week as we celebrate in our community all things delicious. Watch for details at <https://www.facebook.com/wfbfarmmkt/>

AGAIN, THIS YEAR - WFB Art Festival

SATURDAY, JULY 11TH AND SUNDAY, JULY 12TH

The Merchants along with Amdur Productions will be closing Silver Spring from Santa Monica to Lake Drive so that 100+ artists from all over the county and local can set-up tier booths in the street Saturday & Sunday from 10-5:00. The juried artists, entertainment, music, food and beverage will prove to make this a wonderful event for the whole family.

Sidewalk Sale-A-Bration

FRIDAY, JULY 17 AND SATURDAY, JULY 18

The longstanding tradition of the Whitefish Bay Sidewalk Sale has grown to a full-out Summer Sale-A-Bration, featuring great shopping Friday and Saturday with super deals on distinctive merchandise. Saturday brings back the great outdoor fun for all ages at our Adventure Zone. Join us and bring your family, friends and neighbors. Watch for details at www.merchants-of-whitefishbay.com and <https://www.facebook.com/ShopWFB/>

These four summer events are produced by the Merchants of Whitefish Bay, with great help and support of volunteers and sponsors, including many of the businesses in the shopping district.

Each month on our website we highlight a business on the street. Check it out - you will learn more about each business and who they are!

BY KATIE COMMER

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Whitefish Bay Bird City



THE WHITEFISH BAY GARDEN CLUB and the Village recognize birds are vital to maintaining a balance in our ecosystem. One of our missions is to create a healthy and sustainable environment for our birds. One way to help is by reducing the amount of plastic used in our community. According to the organization, World Migratory Bird Day, "An estimated 8.3 billion metric tons of plastic has been produced since its introduction in the 1950s. 91% of plastic is not recycled, but rather discarded as waste, accumulating in landfills and the natural environment." **Here are a few ways you can help:**

- ▶ Bring reusable bags to the grocery store, including produce bags for fruits and vegetables
- ▶ Purchase reusable silicone bags for food storage - most are freezer and dishwasher safe
- ▶ Don't buy bottled water; use refillable bottles
- ▶ Skip the straw or carry your own reusable straws
- ▶ Purchase items packaged in glass or aluminum
- ▶ Consider a bamboo handled toothbrush
- ▶ Skip plastic utensils when picking up takeout
- ▶ Stop using balloons; try paper garland instead



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BY MORGAN VILAR

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Sister Act Jr.

We are excited to announce Whitefish Bay Middle School's musical: Sister Act JR! This show is based on the hit 1992 film and Tony-nominated Broadway musical and features original music by Alan Menken (Newsies, Beauty and the Beast, Little Shop of Horrors).

When Deloris Van Cartier, a show stopping disco diva on her way to the big time, witnesses a murder, her show biz plans are put on hold. She is placed in protective custody in a place the police are certain she won't be found: the local convent. Disguised as a nun, Deloris finds her new rigid lifestyle a difficult adjustment, butting heads with the strict Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community. In doing so, she blows her cover. Soon, the gang is giving chase, only to find themselves up against Deloris and the power of her newly found sisterhood.

Sister Act JR. is filled with powerful disco-inspired music, toe-tapping dance numbers, and a truly moving story which celebrates the power of friendship and the importance of community.

With the involvement of more than 150 Whitefish Bay Middle School students, two casts, and a stage crew that works to create incredible sets, this show is sure to bring energy, laughter, and entertainment! Tickets go on sale April 5th. Contact Whitefish Bay Middle School for more information.

Whitefish Bay High School Auditorium

- ▶ **April 24, 2020** at 7:00 pm
- ▶ **April 25, 2020** at 2:00 pm and 7:00 pm
- ▶ **April 26, 2020** at 2:00pm

Save the Dates!

- ▶ **April 4 & 5** 2:00 pm High School Pops Concert
- ▶ **April 7** 7:30 pm Middle School 7th grade Band Concert
- ▶ **April 10-13** No School
- ▶ **April 16** 7:30 pm Middle School 6th grade Band Concert
- ▶ **April 24, 25, 26** Middle School Musical Sister Act Jr.
- ▶ **April 30** 4:30-6:30 pm Richards All School Art Show
- ▶ **April 30** 8:00 pm Middle School 8th grade Band Concert

ALUMNI

Are you a Whitefish Bay alumni? If you have good news to share we would love to hear from you! Please email: districtnews@wfbsschools.com

BY PATRICE MILZER, ASSISTANT TO THE SUPERINTENDENT



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WHITEFISH BAY CIVIC FOUNDATION events not only provide a great way to enjoy our community, but also a great way to give back to our community. It takes hundreds of volunteers to serve at our Ice Cream Socials, run games at the 4th of July celebration or distribute pumpkins at the Great Pumpkin Festival to ensure our friends and neighbors enjoy the event.

We'll again be looking for volunteers for our 2020 events, and sign up links for volunteering will be shared about 30 days prior. If you are interested in getting involved, please watch our website and Facebook page for more information. We guarantee you'll be among some of the best people -- our awesome volunteers and the great people of Whitefish Bay!

There is also a specific need to find volunteers to lead our 4th of July Parade Committee for 2021. Duties would involve shadowing our 2020 Parade Committee and then coordinating parade entertainment for the following year. If interested, please send us a note at board@wfbccivicfoundation.org.

Mark your calendars for all of our 2020 events!

- ▶ **Bay Day:** Saturday, May 2
- ▶ **Memorial Day Ceremony:** Monday, May 25
- ▶ **Ice Cream Socials:** Wednesday, June 17 and Wednesday, August 5
- ▶ **4th of July Celebration:** Saturday, July 4
- ▶ **Sounds of Summer:** Saturday, August 15
- ▶ **Great Pumpkin Festival:** Wednesday, October 28 to Saturday, October 31



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Kiwanis Pancake Breakfast

Pancake Breakfast with the Bunny

IS SATURDAY, APRIL 4, 2020



Come celebrate Spring at the North Shore Kiwanis Pancake Breakfast with the Bunny on Saturday, April 4, 8:00 to 11:00 a.m.

The event will take place at the Bay Shore Lutheran Church, 1200 E. Hampton Road, Whitefish Bay. Guests may enter at the north door from the parking lot on Wildwood Avenue.

Enjoy photos with the Bunny, raffles, face painting, and a delicious breakfast featuring pancakes, sausage, juice, milk & coffee. Tickets are available at the door, from Kiwanis members or at Winkie's - just \$8 per adult (10 & up) and \$5 per child (over 2 years of age).

Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time. All proceeds will benefit Kiwanis youth charities.

For more info: kiwanisnorthshoremke.com

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REAL ESTATE Q AND A

Q • What was the name of the popular lakeside resort located just north of Henry Clay Street from 1889 to 1914?

A • Pabst Whitefish Bay Resort.

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WHITEFISH BAY LIBRARY

UPCOMING LIBRARY EVENTS

ON SATURDAY, APRIL 18 from 10:30am until noon, we're transforming the upstairs program into our own Library Tape Town! At this drop-in program, we'll have roads made of tape as well as some community landmarks perfect for exploring. Little ones will learn about road signs, what makes a community, and safety rules through imaginative play! This program is for ages 1-5 with an adult caregiver. Siblings welcome and no registration required. On Tuesday, April 21 at 6:30pm, join us for a program called "411 for Veterans." During this session we're hosting Quentin Hatfield, Executive Director of the Wisconsin's Veterans Network (VetsNet), and Dan Driscoll from the Veterans of Foreign Wars. In this informative hour we'll share resources about benefits, no cost-assistance, and a variety of other reference materials relating to veterans and their spouses.

For our Whitefish Bay TALKS in April we're thrilled to host Dr. Lorrie Wenzel, former Associate Professor at Cardinal Stritch University, for her program "If These Walls Could Talk—the stories of the Notre Dame Cathedral." She'll be at the library on Wednesday, April 22 at 6:30pm. Through a PowerPoint presentation Dr. Lorrie Wenzel will share the art and imagery, the stories over the years, as well as the future facing the Cathedral after the recent fire. What is lost and what is able to be salvaged? Having spent over 50 hours in the Cathedral, she has a unique perspective on its artistry and importance to the French and travelers from all over the world.

BY SCOTT LENSKI, COMMUNITY & ADULT SERVICES LIBRARIAN

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SUMMER RECREATION GUIDES HAVE BEEN MAILED!!

The anticipated Summer WFB Recreation Guide filled with youth, adult and senior opportunities in recreation, summer camps, exercise and sports was distributed to homes in March! The priority registration period for Whitefish Bay residents is April 6th-April 27th. For the best chance to secure the program you are interested in;

residents are encouraged to register during priority registration. Over-filled programs will go to lottery selection on April 27th and non-residents can begin to register on April 28th. After non-resident registration starts programs are filled on a first-come, first-serve basis. Many of our summer programs do fill please do not hesitate to register.



Whitefish Bay Recreation Department Senior "55 and Better" Programs

Spring Senior Luncheon

TUESDAY, APRIL 28- INSECTS CLOSE UP

- ▶ **Insects** have been on earth over 400 million years! In this interesting presentation we will see some amazing close up photographs, and learn the surprising adaptations, abilities and roles insects have had in the global ecosystem. We'll learn about the causes of the world-wide rapid decline and what we can do to help. Presentation given by Tom Kroeger retired Lake Shore Park manager.
- ▶ **Menu:** Beef stroganoff with noodles, julienne carrots and zucchini, four bean salad, rolls, apple pie, milk and Starbucks coffee.
- ▶ **Doors open** at 11:30 to socialize, lunch at 12:00 and lecture at 12:45.
- ▶ **Cost \$9.00** *Must be paid and registered by April 22 to attend.

Learning Never Ends Workshops and Offerings

WEDNESDAY, APRIL 1 • 2:30-3:30PM

- ▶ **Learn the new "Hands Only CPR" method.** This instructional class is given by the North Shore Fire and Rescue Department. Have confidence you will be able to aid and assist with this updated technique!
- ▶ **Free** - Must be pre-registered to attend!

Trips and Tours

WEDNESDAY, APRIL 22

Planes, Trains, & Autos Green bay and Oshkosh

- ▶ **The National Railroad Museum** - Come along and see the grand collection of historic rail road memorabilia and the world's largest steam locomotive called "Big Boy"! Then on to the Automotive Gallery where we'll see cars spanning from the 1912 Maxwell through a 2015 Cadillac CTS-V!
- ▶ **A delicious lunch** is served at the Tittletown Brewery! After that on to 200 historic planes at the most extensive aviation attraction in the world! The EAA Aviation Museum where imagination takes flight!
- ▶ **Lunch menu choices:**
 - ▷ Chicken with stuffing, rice, vegetables
 - ▷ Short ribs with mashed potatoes, and vegetables
 - ▷ Vegetable stir fry over rice.
 - ▷ Bread, salad, cheese cake dessert, coffee and soda.
- ▶ **Depart Lydell** at 7:15am return at 6:45pm
- ▶ **Cost \$125.00** per person. * Space is limited, please call for availability.

WEDNESDAY, MAY 20

How is it Made? Grant County, Wisconsin

- ▶ ****Registration deadline** April 9
- ▶ **Tour includes:** The Mustard Museum with samples and mustard to take home!
- ▶ **Grandview Folk Art Sculpture Garden in Hollandale.** This is a Kohler Foundation site featuring the works of immigrant artist/ farmer Nick Engelbert. Then Circle M Farm in the beautiful Drift Less Region. This is an old fashion farm with all the barn yard animals and garden! You can even needle felt with wool and take home your square! We will have a fabulous "farm to table" lunch (can't get any closer than this!) We end our tour with Hook Cheese where they been making cheese for 45 years! 50 different varieties to choose, and you get 1 pound to take home!
- ▶ **Depart Lydell** at 6:30am return at 7:15pm
- ▶ **Cost \$125.00** person.

JUNE 3

Dairy Air of Two Rivers Two Rivers, Wisconsin

- ▶ ****Registration deadline** April 28
- ▶ **The London Dairy Alpacas farm.** On this interactive tour you can participate in feeding, petting and fiber sorting. There is an Alpaca Threads gift shop on sight to purchase a unique gift! We will have a spectacular lunch at the beautiful Lighthouse Inn with panoramic views looking over Lake Michigan! Our last stop will be the ever so popular Cedar Crest Ice Cream Factory for a delicious scoop!
- ▶ **Departs Lydell** at 8:30am returns at 4:45pm
- ▶ **Cost \$95.00** per person.

Unless noted all programs require pre-registration, for additional program and registration information, Contact Carolyn Noori, WFB Senior Program Supervisor at 963-3992.



BY CARIN KELAND,
DIRECTOR OF RECREATION
AND COMMUNITY EDUCATION



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5075 N Kent Ave.	\$284,900	\$275,000	4869 N Diversey Blvd.	\$549,900	\$542,000
4766 N Berkeley Blvd.	\$314,900	\$316,500	4820 N Diversey Blvd.	\$624,900	\$632,000
5060 N Idlewild Ave.	\$319,000	\$319,000	1567 E Blackthorne Pl.	\$649,900	\$665,000
5056 N Santa Monica Blvd.	\$324,900	\$326,000	870 E Birch Ave.	\$665,000	\$665,000
5065 N Kent Ave.	\$349,000	\$335,000	5341 N Diversey Blvd.	\$675,000	\$675,000
4945 N Newhall St.	\$447,000	\$447,000	837 E Sylvan Ave.	\$795,000	\$790,000
809 E Lake Forest Ave.	\$499,000	\$475,000	4634 N Cramer St.	\$1,300,000	\$1,280,000
1020 E Sylvan Ave.	\$499,900	\$490,000			

PENDING

Address	List Price	Sold Price	Address	List Price	Sold Price
6140 N Shoreland Ave.	\$419,000	\$419,000	5101 N Lake Dr.	\$749,000	\$749,000
5165 N Kimbark Pl.	\$479,900	\$479,900	4770 N Wilshire Rd.	\$915,000	\$895,000

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Heartworm Testing

CRITICAL FOR YOUR DOG

APRIL is when veterinarians recommend testing your dog for heartworm. Why? Because if your dog was bitten at the end of last mosquito season, they would test positive 6 months later. If you have adopted a dog last year and it was heartworm negative, it could still be positive this year because of the way the disease works. When an infected mosquito bites a dog, the larvae are deposited into the new host, enter the bloodstream, and travel to the right pulmonary artery. There they mature, mate, and begin producing new microfilariae within about 6 months. Left untreated, heartworms can multiply dramatically over

time. Mature heartworms range from 6 to 14 inches in length and can live as long as 7 years in dogs. These parasites cause severe lung problems, heart failure, organ damage, and ultimately death in dogs.

Heartworm is very common in the southern half of the United States, where many dogs/puppies are being sourced for transport for adoption and Wisconsin gets thousands of dogs from areas where heartworm is endemic in the population every month. As these animals continue to come up here without an accurate heartworm status, they will increase the risk for animals here to become infected.

Please see your vet every April for heartworm testing and keep your dog on a year-round preventative to ensure that if they are bitten by an infected mosquito that the larvae will not develop into adult heartworms.

BY KAREN SPARAPANI, MILWAUKEE AREA DOMESTIC CONTROL COMMISSION




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Makeup Tricks

THAT HELP YOU LOOK WELL-RESTED



Who among us wouldn't love to look as though we got a restful eight hours of sleep each night, even if we maybe got five and tossed and turned through most of it? Coffee only gets you so far, and then comes concealer. Here are a handful of trusty makeup tricks that will help you look like you got more pillow time than you actually did.

White or nude liner

A light color in your waterline (the area between your bottom lashes and eye) will instantly make your eyes appear more open and awake. I prefer a nude eyeliner for this—since it is more natural looking—but white works, too.

Hydrating balm

When we look tired, the tendency is to pile on undereye concealer. While this does work, be careful: too much concealer and powder in that area can make the thin skin under your eyes appear crepey and dry. Try using a hydrating eye balm or brightening balm under your makeup to plump up that skin and smooth the texture. These can be found in stick form, which makes them great for gals on the go. Also, should you need to touch up throughout the day, many balms sit nicely on top of makeup.

Blush

When you're sleep-deprived, adding color to your cheeks can do wonders! Rosy cheeks give a youthful, fresh appearance. Don't know which color to choose? Go for something with the same undertone as your skin.

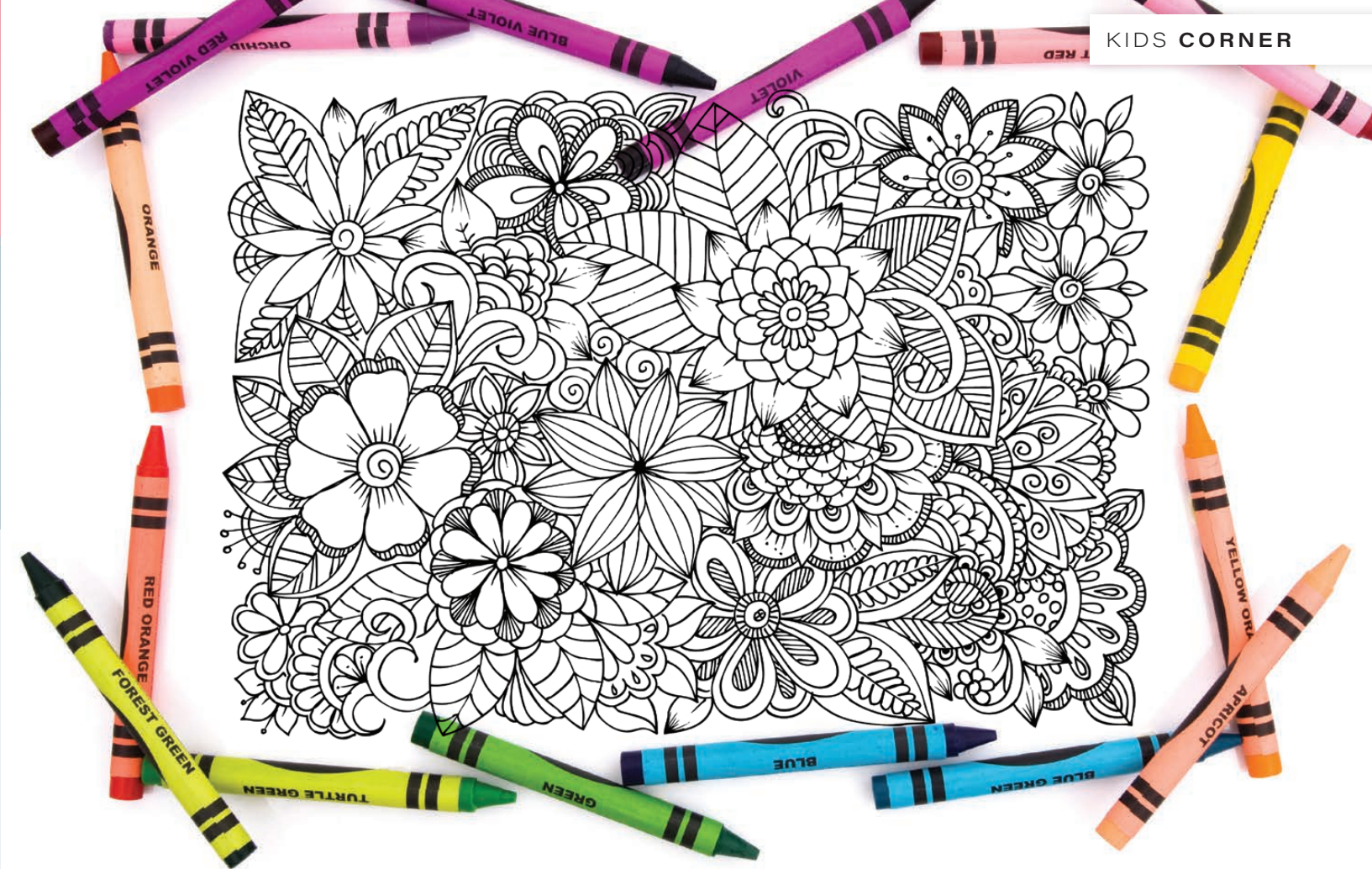
Color-Correcting concealer

If you're sporting some dark circles, it's tempting to grab the lightest concealer on your vanity and layer it under your eyes. But remember this: peach and yellow-toned concealers actually work to cancel out the purple and blue color, rather than just cover it up. Set with a bit of translucent powder and you're out the door.

Light eyeshadow

But not on your lids. No, this trick involves dabbing a bit of your favorite light eyeshadow in the inner corner of your eyes (that hollow area near your tear ducts). Since this is another place that can appear dark when you haven't gotten enough shut-eye, strategically placing a light shadow (with a bit of shimmer) to that spot creates the illusion that you're awake and restored.

BY CHELSEA SCOTT



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Vietnamese NOODLE BOWLS

BY ROSE ALEXANDER

IF YOU'VE EVER BEEN TO A VIETNAMESE RESTAURANT, these noodle bowls, or bún, are always a staple. You could make them with beef, satay chicken or vegetarian options, but I'm a fan of marinated pork. This recipe makes two servings, and the amounts can easily be increased to serve more.

INGREDIENTS

- ▶ Bowls
- ▶ 2 romaine lettuce leaves, washed and sliced
- ▶ 1 oz. rice vermicelli noodles
- ▶ 1/2 carrot, peeled and sliced into matchsticks
- ▶ 1/4 cucumber, sliced into matchsticks
- ▶ 1/4 cup bean sprouts
- ▶ 2 Tbsp. fresh mint
- ▶ 2 Tbsp. fresh basil
- ▶ 2 Tbsp. fresh cilantro
- ▶ 2 spring rolls (homemade is great, but frozen ones also work)
- ▶ Sliced beef, chicken or pork (see below)
- ▶ Hoisin sauce, for garnish (I like a lot of this)
- ▶ Chopped salted peanuts, for garnish
- ▶ Nuoc cham sauce, for dipping
- ▶ Sweet Lemongrass Pork
- ▶ 1 quick-fry (thin-cut) pork chop, thinly sliced
- ▶ 1/2 stalk lemongrass (white stem only), very thinly sliced
- ▶ 1 clove garlic, crushed
- ▶ 1/2 Tbsp. ginger, minced
- ▶ 1 Tbsp. cilantro, minced
- ▶ 2 Tbsp. soy sauce
- ▶ 1 Tbsp. fish sauce
- ▶ 1/2 Tbsp. honey
- ▶ 1/2 Tbsp. brown sugar
- ▶ Mix all ingredients and marinate pork slices overnight.



ASSEMBLY

- ▶ Cook the spring rolls according to package directions. If using homemade, heat them up in a toaster oven so they stay crispy.
- ▶ While the spring rolls cook, soak the vermicelli in hot water until the noodles are soft, (about 5 minutes). Drain, then run cold water over them. Leave them in the colander and toss them in a little neutral oil so they don't stick.
- ▶ When the spring rolls are ready, let them cool slightly, then cut them into bite-sized pieces.
- ▶ Place half of the sliced lettuce in the bottom of a large serving bowl, then half the noodles on top. Working your way around the outside of the bowl, place half each of the bean sprouts, carrots, cilantro, cucumber, basil, spring rolls and mint.
- ▶ Just before serving, stir-fry the pork slices in a wok or skillet over medium-high until cooked through, (about 2 to 3 minutes). If you want to use the remaining marinade as a sauce, cook until it reduces by at least half to make sure it's safe to eat. Place the pork in the bowl.
- ▶ Top with a generous drizzle of hoisin sauce and a handful of chopped peanuts. If desired, serve nuoc cham in a small bowl on the side for dipping spring rolls, or pour some over the noodles.

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Local resident, Chip McBride, with his team celebrating victory at the basketball tournament.

Silver Spring Neighborhood Center Has **UNIQUE FEE** for Basketball Tournament



TO PARTICIPATE in most sporting tournaments, there is a fee associated with entering. These fees are typically a few hundred dollars per team. At the Silver Spring Neighborhood Center, located off of Silver Spring and 64th Street, they hosted a unique youth basketball tournament this past February. The entry fee was not monetary, but instead each child had to write an essay on Black History Month. The student could highlight any aspect or person from Black History Month of their choosing.

This resulted in students learning more about Black History Month while also enjoying physical activity through the basketball games. In addition to the very successful basketball tournament, the SSNC offers programs for every age and every stage of life. From after school programs, to a food pantry and literacy services, these are just a few of the many things offered at the center. For more information on volunteering please visit their website at www.ssn-cmilw.org.

BY CHRISTINE MCBRIDE



NO FOOLING: Outdoor Electrical Safety

Spring is finally upon us, at least in a meteorological sense. As we head outdoors to begin the process of cleaning up the salt and grime from winter, we also start to prepare the outdoors for

the beautiful weather ahead. For many, this is an exciting process filled with preparations for Spring and Summer celebrations and activities. But, if we are not careful, there can also be great danger.

As you begin projects this spring, take extra care to ensure you are following some key outdoor electrical safety tips:

- ▶ Always have a qualified electrician perform all electrical work. Be sure appropriate permits are filed with your local building inspector prior to work commencing.
- ▶ To prevent electrical shock, make sure all outside electrical receptacles are GFCI (ground-fault circuit interrupter) protected.
- ▶ Use lighting and power tools that are listed by a qualified test laboratory (such as UL) and make sure they are made for outdoor use.
- ▶ Store electrical tools indoors when not in use.
- ▶ Always keep electric tools away from children.
- ▶ Keep the area around your electric meter and other electrical equipment clear.
- ▶ Check lighting and extension cords for damage before using. Replace any damaged cords right away.
- ▶ Use extension cords that are listed by a qualified test laboratory and marked as approved for outdoor use.
- ▶ Only use extension cords on a temporary basis, never as permanent wiring.
- ▶ Have a professional tree cutting service trim branches that might fall on electric wiring. Always use a wooden or fiberglass ladder outside; being sure to keep the ladder at least ten feet from power lines.
- ▶ Never touch anyone or anything in contact with a downed wire. Always assume power lines are live, even if they have fallen to the ground. Stay a safe distance away and report them to emergency services right away.
- ▶ If you are performing any outdoor projects that involve digging, always call Diggers Hotline first by dialing 8-1-1 or (800)242-8511.

For more information and tips from North Shore Fire/Rescue, please visit our website at www.nsfire.org.



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