



the parkword



THE PARKWOOD HILLS COMMUNITY ASSOCIATION NEWSLETTER

SPRING 2018

Meet Your New Board President, Lucas Wagner

Lucas Wagner is the new president of the Parkwood Hills Community Association, after serving as vice-president for one year. Lucas and his family moved to Parkwood Hills three years ago from the Valley Ridge Neighborhood (near Princeton Club), where they lived 2011-2015. Prior to 2011, Lucas and his wife Monica lived in the Minneapolis area.

Monica is Assistant General Manager with the Madison Mallards, and Lucas sells advertising and event sponsorships for a franchise publication. He has been at it for nearly a decade and enjoys the variety the job provides. They have five-year old Cora (a John Muir kindergartner in Ms. Davis's class), and Leo, an active three year-old. Rocky, their Pug, Beagle mix (Puggle) rounds out the home. On the weekends, the family enjoys going to live music events around town since "there is always something going on around town for us to find."

Lucas states the Wagner family moved to Parkwood Hills on the advice of friends who lived in the neighborhood and raved about it. Additionally, he says, "We fell in love

with our current home the moment we walked into it, and the rest is history." According to them, the benefits of the neighborhood could not be beat, including the proximity of the schools for their kids and the events that the neighborhood puts on throughout the year. The family does have a preferred event, however, "the Halloween Bonfire is our favorite. It brings together a ton of people in a casual environment, and it's a ton of fun for the kids to run around."



As PHCA President, Lucas is looking forward to keeping the community engaged and helping with the various events/activities the association puts together. He is excited to meet new people and get out more in the neighborhood. Similarly, he is hoping to find more people interested in getting involved and volunteering. In the next five years, he wants "to see the great neighborhood events grow and new members get involved."

If you are interested in getting involved, please contact Lucas at lucasjwagner@gmail.com.

Annual Neighborhood Garage Sale

Saturday, May 5th starting at 8am.

It's time to start thinking about de-cluttering and getting ready for the annual Parkwood Hills Neighborhood Garage Sale. A garage sale is a great opportunity to sell items you no longer use, shop for "new" treasures, and visit with neighbors. Sign up, and you will receive balloons for your mailbox and maps of other sales in the neighborhood. We also advertise in the local paper. Sign up by emailing your name, address, and a brief description of the items you are selling to Lucas Wagner: lucasjwagner@gmail.com.

The deadline to sign up and make sure you're listed on the map is April 28th.



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Annual Meeting Recap

The Parkwood Hills Community Association held its Annual Meeting at the Lussier Center Education Center (LCEC) on April 10th. This year's guest speaker, Cristina Johnson, LCEC Community Engagement Manager, discussed the center's current community programs. She stressed the importance of empowering residents and the fact that neighbors with fewer resources need help from those neighbors with more resources. She outlined the numerous ways for neighbors to get involved. Johnson also mentioned an exciting upcoming event: Gallery Night at LCEC, May 11, 5:30-7:30pm. ALL ages and forms of art are welcome. See LCEC's website for more information.

Also, an election was held to approve new PHCA Board members. After two years at the helm, out-going President Dave Mann passed the torch to NEW President Lucas Wagner. Also, after six years as treasurer, Beth Puleo handed over the "books" to NEW treasurer Amy Butrymowicz. Serving as Block Captain Coordinator for three years, Charlene Drumm welcomed NEW Block Captain Coordinator Jesse Gerhardt.

At-Large members include Kim Cowles, Andrea Slotten, Alena Jensen, and Grant Priehs.

A big THANK YOU to all our out-going officers!

Positions currently open include Vice President and Neighborhood Garage Sale Coordinator, as well as several at-large board member seats. To get involved, contact Lucas Wagner, lucasjwagner@gmail.com.

A Shout-Out to Block Captains

Block captain volunteers are the backbone of Parkwood Hills. They welcome new neighbors, help organize block parties so that neighbors can get to know each other, deliver directories, and gather donations to keep the Parkwood Hills Community Association active. We have a special neighborhood, and these dues continue to provide the wonderful benefits that make Parkwood Hills unique.

Thank you to our fantastic block captains!

Raymond Barbush
John Beard
Kari Bloedel
Beth Braun
Sue Brown
Amy Butrymowicz
Jill Ciske
Joan Collins
Bridget Disch

Charlene Drumm
Jen Dykema
Jana Eckerle
Maureen Ellsworth
Liz Green
Colleen Higgins
Sarah Jefferds
Kathie King
Amy Kishter

John Muir Playground Install

Thanks to an amazing outpouring of community support, John Muir Elementary has raised the needed funds (\$100,000) and is ready to start installing the new playground on April 27th. Can you help out? By doing a self-installation (supervised and assisted by the vendor) the school saves \$12,800. Visit: <http://www.signupgenius.com/go/30e0948a9ac2fa20-john> for more information and to get involved in this exciting day.



Volunteers are needed to help install the new playground on April 27!

The playground is just the beginning! Because of your generous support and funding from MMSD, we are planning on completing the following projects this spring and summer:

- replacing the aging equipment on the southern half of the playground with two large play structures, a climbing web and more!
- replacing the blacktop and installing new basketball hoops and tetherball poles
- improving fencing along the playground perimeter
- installing a creative play space corner
- constructing an outdoor classroom space.

Your block captain will be coming around in May to distribute the 2018-19 Directory and to collect dues.

Colleen Lassandro
Pam Midbon
Susan Mockert
Don Neumeyer
Phyllis Pleuss
Lynn Renner
Donna Rifkin
Dineen Seymour-Nahn
Leslie Shown

Elaine Simmons
Karen Stuesser
Lisa Thomas Prince
Jill Tomalin
Martha Vallon
Sandra Walters
Natalie Wiegmann
Jessica Yehle
Tyler Zunker

Parkcrest Events Celebrating the Pool's 50th Anniversary

By Jason Verhelst

There are three more reasons to join the Parkcrest Pool and Tennis Club. In addition to the special 50th anniversary rates, access to the pool, tennis, and basketball facilities, the swim and dive teams, the wonderful social events, and the various fitness lessons, Parkcrest has planned three new events this spring/summer to commemorate the club turning 50!

Here are three more reasons to join and ways to get involved:

1. Penguin Waddle 5K Run/Walk - The Penguin Waddle 5K Run/Walk will take place on Monday, May 28th at 11:00 AM. The run/walk will start and finish at Parkcrest and wind through Parkwood Hills. Participants will get a race t-shirt, food and drink at the finish line, and will get first dibs on the pool. The pool will open for everyone else that day at 1:00 PM. Interested runners and walkers will be able to register and get more info soon at www.penguinwaddle5k.run

2. Adult Bagels & Coffee - Catch up with friends and neighbors, eat bagels, drink coffee, and swim prior to the pool opening on Sunday, June 10 from 10 a.m. - noon. (Pool opens for members at 1PM).

3. 1st Annual PC Water Polo Tournament - The first annual Parkcrest Water Polo Tournament will be on Sunday, June 24 at 9 AM. More information will be posted online soon (pcwaterpolo.info)



July 4th Celebration

Wednesday July 4, 9:00 am

This year's Fourth of July celebration will begin on Wednesday, July 4th at John Muir Elementary School at 9am with pre-parade face painting and decorations available for bicycles, strollers, wagons, scooters, etc. Please don't forget to bring your helmets for the parade! The parade will start at 9:30am followed by field games, water balloons, races, food, and fun! This Parkwood tradition is the perfect opportunity to catch up with neighborhood friends and to potentially make some new ones!

We are looking for volunteers to help with the event, including food preparation and serving, game organization, and setup/cleanup responsibilities. If you or your teen would like to help with the event, please go to www.SignUpGenius.com/go/30E0948A9AC2FA20-2018 or contact Kim Cowles:

knkowles@gmail.com; 608-250-0031 to sign up.

See you on the 4th!

Come Out of Hibernation!

Annual Spring Fling

Saturday April 28, 7-11 pm
Vintage Brewing, Whitney Way

Catch up with neighbors and welcome new ones on Saturday, April 28, from 7-11pm at the Parkwood Hills Community Association Spring Fling! The event will once again be held at the Vintage Brewing Company on Whitney Way across from HyVee. Look for us in the banquet room near the rear of the restaurant.



The Spring Fling is a great way to relax, chat with neighbors, and celebrate the end of another Wisconsin winter. It's a FREE event for all Parkwood Hills residents. Enjoy drinks and light food while they last.

Friends who are not residents of Parkwood Hills are welcome to attend for \$15 per person, payable at the door. Last year's event was very well attended, so make sure you don't miss out this year.

Annual Easter Egg Hunt

Despite a morning that began with sloppy snow and high winds, the weather calmed down a bit by the start of the egg hunt, and plenty of kids showed up to scour the park. The golden egg was found by Elliot Majka. This year the Easter Bunny had new helpers in Grant Priehs, Sienna Priehs, and Bev Willer, with Sandy Gregorich playing a special role.

If you have any plastic eggs that you'd like to recycle, drop them on Grant's porch at 6 Yellowstone Court and he'll make sure they get back to the Bunny for next year.



Photos by Jennifer Angelo and Grant Priehs

Bruce the Spartan Travels to Canada for a Makeover

“Bruce the Spartan is the iconic symbol of the JMM community which helps unify Memorial’s rich tradition and past with our current and future Spartans as an energetic, approachable, and inspiring figure at our athletic events.” – Jeremy Schlitz, Athletic Director, Memorial High School

“You say green, we say white. Green. White. Green. White.”

Parkwood Hills neighbors have enjoyed Memorial’s school spirit for more than 50 years. The high school amped it up back in 2004, when the Student Government funded a special project: the making of the mascot. A New York costume company hand-made the suit, designed to specs. That year, only staff could don the outfit. The following year, students took a vote to name the Spartan after their beloved administrator, Bruce Dahmen.

Fast-forward 13 years, and after countless championships, rips, tears, and well, let’s face it, odor, Bruce needed a makeover.

Ben Harrington (2017 graduate), who served as Bruce from his freshman through senior year, worked with Sugar Mascots to create the new costume, and he even traveled to Toronto last summer to see Bruce come to life.

Meet the New Bruce

The new Bruce has more of a human body, which allows for greater movement (think Bucky). While the weight is the same, the improved fit makes it easier to do those thirty push-ups during football season. Best of all, the new Bruce is machine-washable. Given how much the mascots sweat during a single basketball game, we all appreciate this fact.

The biggest change is definitely the head. It’s a lot lighter and lost the built-in fan.

Next time you’re at a game, be sure to give a High Five to Bruce the Spartan!

Bruce Fun Facts

- Mascot tryouts take place in the summer.
- Mascots often start out as freshman and remain all four years.
- Bruce has been trained by Big 10 mascots, such as UW’s Bucky Badger and UMinn’s Goldy the Gopher.
- One of this year’s students who plays Bruce got their start as the Parkwood Hills Easter Bunny.
- Bruce has a friendly rivalry with the only other division team mascot: West’s Reggie the Regent.
- Being Bruce the Mascot is a varsity sport. Bruce gets a varsity letter each year.
- Need Bruce to appear at your charity event? Book early! He’s busy all year long! Email jschlitz@madison.k12.wi.us for more information.



Ms. Glasser, English teacher, is Bruce’s biggest fan.



Future Spartans with their mascot.



A cheerleader with Bruce, getting ready to cheer on the Spartans at a basketball game.

Women's Golf League Has Openings

Parkcrest Women's Golf League invites the ladies of Parkwood Hills to consider joining their Tuesday morning league at Pleasant View Golf Course in Middleton. It is a group that originated in Parkwood Hills and Faircrest many years ago but now members are welcomed from all over the city.

Monthly lunches are held with prizes awarded to members. A social/business meeting is also held, which allows members to get together socially without being on the golf course. An organizational meeting is being held the end of April. For more information, please call Kathy O'Connor, Membership Chair, at 836-5974 or Marlene Jaskaniec, League President, at 608-512-2775 (or 238-4823 after April 18).

Play begins in May—come join us!

Borrow Upright Weeding Tools

You can remove dandelions and other tap-root weeds from your lawn without herbicides, using ergonomic weeding tools that allow you to remain standing.

Want to try out tools before you buy? Volunteers from Healthy Lawn Team, Inc., a Madison-based non-profit, maintain a collection of loaner tools so that you can make an informed decision before purchasing a weeding tool of your own.

In addition, HLT also has a tool called The Extractigator available, which is used for removing saplings like buckthorn.

In Parkwood Hills, the weeding tool contact is Elizabeth Morrison, elizabethmorrison@gmail.com or text (608) 556-1345.

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This newsletter is published four times per year and serves as an important and integral communication tool for our neighborhood and community. We welcome your comments and suggestions. Please send ideas for articles or submit your own articles for publication. We also appreciate any corrections which we will run in the next issue.



Parkwood Hills Garden Club

The Parkwood Hills Garden Club was first formed in 1969 to educate members in all phases of gardening, horticultural practices and flower arranging, to enhance the natural beauty of the Parkwood Hills area, to promote civic beauty and the conservation of natural resources, and to acquaint members with area places of horticultural interest.

The Garden Club also cares for the entrance gardens at the corner of Blue Ridge and Old Sauk roads. They have held plant sales over the years with the proceeds supporting local planting projects at Owen Park, Olbrich Gardens, Allen Gardens, Wexford Children's Gardens and many others. They also support the Lussier Community Center and the gardens at John Muir Elementary with donations and help with digging and planting.

The club meets on the last Tuesday of months of January, March, April, September, October and December, usually at noon in member's homes. In between these meetings they schedule a summer picnic and organize a few field trips to points of interest. The December meeting is a festive holiday luncheon often held at the Nakoma Golf Club.

If you are interested in attending any Garden Club events, please contact Barb Olsen, barbb.olsen@gmail.com.

Nobody serves you better in Parkwood Hills



Kiki Wessell
608-239-7303
Email: wessellk@firstweber.com
www.KikiWessell.firstweber.com



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Parkword Editorial Team
314 Yosemite Trail
Madison WI 53705
editor@parkwoodhills.org

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Sign up at <http://parkwoodhills.org/>**

A Natural Way to be Well

By Donna Rifken

Spring is around the corner...? Despite our recent April snows, we will soon have good reasons to get outside. We will be lured away from our screens, binge-worthy web series, and early bedtimes in order to spend more time outdoors.

Did you know that being out in nature is good for your mind and your body? Just standing outside is good for you. Of course, physical activity makes it more fun, but nature alone has healing powers that we are just beginning to understand.

The "Nature" movement has been around as long as humans have been able to appreciate the natural world. Early childhood educator, Maria Montessori, believed that to be physically and mentally healthy, children need to spend large portions of their days outside: "Let the children be free; encourage them; let them run outside when it is raining; let them remove their shoes when they find a puddle of water; and, when the grass of the meadows is damp with dew, let them run on it and trample it with their bare feet; ..." (*The Discovery of the Child*, 1988).

Author and naturalist Richard Louv argues that spending most of our day indoors creates a Nature-Deficit Disorder characterized by "...a diminished use of the senses, attention difficulties, higher rates of physical and emotional illnesses, a rising rate of myopia, child and adult obesity, Vitamin D deficiency, and other maladies."

Research connects being outdoors in nature and our physical and emotional well-being. One finding reports that patients recovering from gall bladder surgery whose hospital rooms looked out on tree-tops and sky, recovered more quickly than patients whose rooms looked out on a brick wall. They spent fewer days in the hospital, asked for less pain medication, and appeared less distressed than patients lying in the same kind of room without a view of the natural world.¹

More recently, Jill Suttie of Greater Good Science Center (March 2, 2016)² reported on a Japanese experiment where participants walked the same time/distance either in a forest or in a city. Those who walked in nature had lower heart rates, higher heart rate variability (a measure of a healthy heart), and lower blood pressure. They also reported better moods and less anxiety than those who walked in urban



settings. In short, the nature walkers' minds and bodies appeared less stressed when walking among trees, grasses, and nature sounds.

Finally, a few small studies suggest that nature walks may even reduce the signs/symptoms of Attention Deficit Hyperactivity Disorder among children. Dr. Frances Kuo³ and her team assigned children with ADHD to take three 20-minute walks in a park, a neighborhood, and a city area. They measured the children's ability to repeat number strings backwards after each walk, discovering that only walks in the park led to improved ability to concentrate and mentally manipulate numbers. The idea is that being in nature does not require our directed attention, allowing it to recover from mental fatigue.

We are re-discovering what John Muir and other naturalists knew a century ago and linking their elegant observations to the science behind them. The natural world is a 'medicine' that is accessible to all of us without a prescription, without side-effects, and it is both inexpensive and restorative.

"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home. Wilderness is a necessity." John Muir⁴

Sources

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CLASSIFIED ADS

Personal classified ads are accepted for this newsletter, which is mailed to 500 households in Parkwood Hills. Ads may be edited for length. Ads from Parkwood Hills residents are free (up to 6 per year per address). Commercial ads (up to 4 lines) or ads from outside the neighborhood are \$10 each. Business card size ads are \$35 each. Email your ad to editor@parkwoodhills.org or mail your payment, name, address and phone number with your ad to Elizabeth Morrison, 6913 Colony Dr. Madison WI 53717. Please make your check payable to Parkwood Hills Community Association.

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Board members serve two-year terms. Meetings are open to everyone.

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Vacant

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Block Captain Coordinator:

Jesse Gerhardt

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Alena Jensen

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