



# the parkword



THE PARKWOOD HILLS COMMUNITY ASSOCIATION NEWSLETTER

WINTER 2018

## Muir Playground on Track

by Laura Bird

### *PTO meets \$100,000 fundraising goal!*

The Muir PTO is thrilled to report that they met their \$100,000 fundraising goal for the amazing playground remodel! Kudos and thanks to everyone who contributed their time, talent, and treasure to this extraordinary effort, especially the fearless co-chairs: Jess Yehle, Kim Cowles, and Andrea Kreft. Without their vision and leadership, this project would never have gotten off the ground.

“We are all blown away by the generosity exhibited by the John Muir community,” said Jessica Yehle. Now that the fundraising goal has been met, the committee and district have scheduled installation for April 27-28. Volunteers will definitely be needed on those dates.

If you did not contribute but still want to make a donation, any extra funds will go directly toward enhancing the current plans. (You can donate at [www.muirelementary.wixsite/playground](http://www.muirelementary.wixsite/playground) )

The Parkwood Hills Community Association helped immensely by making two \$2500 donations, allowing the committee to receive \$5000 in matching grants!



**Artist's rendition of the new Muir Playground. Installation is scheduled for April 27-28.**

Feel free to contact Kim Cowles ([kncowles@gmail.com](mailto:kncowles@gmail.com)) with questions or to find out how you can help!

### **Parkwood Hills Community Association Annual Meeting and Elections**

The Parkwood Hills annual meeting and elections are tentatively scheduled for April 10 at the Lussier Center.

Anyone interested in getting more involved with our Community Association is encouraged to attend. Watch on NextDoor or the official PHCA listserv for updates and more information.

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## Parkcrest Pool Turns 50 This Year!

By Charlene Drumm

Parkcrest Swim and Tennis is planning some exciting 50th anniversary activities, and, like last year, the pool is offering special 50th anniversary memberships (for new families) of \$499 for the summer.

For new and existing members alike, Parkcrest provides its unique combination of pools, tennis courts, and basketball courts for a buzzing beehive of summer activity. During this 50th anniversary year, Parkcrest will offer all the usual programmed opportunities including: swim and dive team; swim, water ballet, tennis and fitness classes; family float-in; adult social; trivia night; and the water ballet show.

In addition to Parkcrest's standard fare, members are planning special 50th anniversary activities, including a celebratory party open to all.

To learn more about new member and existing member rates and registration, check out the pool website: parkcrestpool.com. Also, stay tuned for 50th anniversary activity details.



Aerial view of the Parkcrest Pool

### Mark Your Calendars For the Annual Neighborhood Garage Sale Day!

Start thinking about de-cluttering and getting ready for the annual Parkwood Hills Neighborhood Garage Sale.

For more information or to volunteer, email Lucas Wagner at [lucaswagner@gmail.com](mailto:lucaswagner@gmail.com)

Saturday May 5! Details next issue!

### On Your Marks, Get Set, Easter Candy!

The Annual Easter Egg Hunt at Everglade Park, Saturday, March 31st, 2018

Round up the kids and bring them to Everglade Park on the Saturday morning before Easter, where they will find that the Easter Bunny has hidden 1,000 goody-filled eggs throughout the park. The search starts at 10am sharp, so don't be late. In past years, the kids have scoured the park clean of eggs within 10 minutes. And one lucky child will find the elusive golden egg filled with a \$5 bill!

In case of extremely rainy or snowy (!) weather (Easter falls pretty early this year), the event will be delayed until noon that day. If the weather is still bad at noon, the hunt will still go on, as those candy-filled eggs won't keep a whole year. So bring your baskets or buckets, your boots and your cameras, and join the fun!

If you have any eggs to recycle, please drop them off on Grant Priehs' front porch at 6 Yellowstone Court. He's the local Easter Bunny liaison.



### 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.

## Santa Visits Neighborhood Children

Santa visited many homes in our neighborhood, to the delight of his young fans.

Many thanks to all of Santa's local helpers who made a list and checked it twice. Extra thanks to Andrea Slotten for coordinating this special annual tradition.



## Update Your Directory Information

The Parkwood Hills Neighborhood Directory comes out annually in May. We want the directory to be as complete and accurate as possible. Please email your directory changes to Elizabeth Morrison, [elizabethmorrison@gmail.com](mailto:elizabethmorrison@gmail.com).

Your listing can include the following information:

- Household street address (required)
- Landline (if applicable)
- First and last names of the adults in the household
- Occupations, email, and cell phone info for those adults

- Any dependents living in the house.
- Birth month/year of any dependents listed
- Neighborhood jobs those dependents are available to do for hire (babysitting, pet sitting, yard work/mowing, snow removal)

The deadline for updates is March 20. Late updates can sometimes be accommodated, especially if the changes are minor. If you do not want any directory information published for your address, please let us know that, too.

## Winter in Owen Park

By Donna A. Rifken

I often return to Mary Oliver's poem, *White Eyes*, when walking through Owen Park on a snowy day. Although we haven't had much snow until recently, I wandered into the park several times just to see the bones of the trees outlined in white against the heathered purples of the winter sky.

The woodlands are quiet with a few chickadees calling to far away friends. At night some of us have heard a Great Horned Owl or two, exchanging conversation in the frigid night air. Maybe they are Barred Owls, I don't know. I hear them but have never been blessed with seeing one. A friend, waiting with patient stillness in a deer stand, once had a Great Horned Owl land on his shoulder. What a blessing!

February 16-18 is the date of the Great Backyard Bird Count (GBBC) this year. Citizen scientists and bird watchers are invited to help the Cornell Ornithology Lab and the Audubon Society create a real-time snapshot of bird populations to better understand the health of our feathered neighbors and their habitats.

Count birds in as many places and on as many days as you like — for 15 minutes or longer. Then submit your count online at [www.birdcount.org](http://www.birdcount.org).

You can also download the free eBird Mobile app to enter data on a mobile device. Source: <http://gbbc.birdcount.org/get-started/>



Enjoy the stillness and solitude that winter brings to the park. Put on your down jacket and warm boots, grab a ski pole for the ice patches, and have your own adventure in the park. Let me know what wildlife you find on your walks, and I'll include it in our next issue!

Email me at [drifken@gmail.com](mailto:drifken@gmail.com).

### White-Eyes

In winter  
all the singing is in  
the tops of the trees  
where the wind-bird  
with its white eyes  
shoves and pushes  
among the branches.  
Like any of us  
he wants to go to sleep,  
but he's restless—  
he has an idea,  
and slowly it unfolds

from under his beating wings  
as long as he stays awake.  
But his big, round music, after all,  
is too breathy to last.  
So, it's over.  
In the pine-crown  
he makes his nest,  
he's done all he can.  
I don't know the name of this bird,  
I only imagine his glittering beak  
tucked in a white wing  
while the clouds—

which he has summoned  
from the north—  
which he has taught  
to be mild, and silent—  
thicken, and begin to fall  
into the world below  
like stars, or the feathers  
of some unimaginable bird  
that loves us,  
that is asleep now, and silent—  
that has turned itself  
into snow.

—Mary Oliver

Source : [www.poetryfoundation.org](http://www.poetryfoundation.org)

## Book Review: *Young Jane Young* by Gabrielle Zevin

By Jesse Gerhardt

It has been over 20 years since Monica Lewinsky and Bill Clinton's affair swirled through our news. In light of the multitude of sexual abuse claims and the #metoo movement, Gabrielle Zevin's novel implores us to consider what happens next? In the wake of a political sex scandal, who is vilified indefinitely, and who escapes with a mildly tarnished reputation?

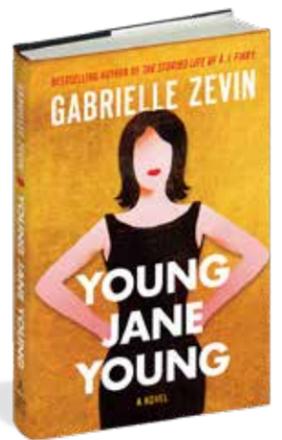
Much like Lewinsky, Aviva Grossman is a young and ambitious political intern. Hired by Congressman Levin, Aviva chronicles her infatuation and subsequent affair with the congressman in an anonymous blog that no one reads until...the two are in a car accident and their affair is exposed. Levin offers a superficial apology to his family and constituents for his poor choices. Aviva, on the other hand, is publicly shamed and her life is turned upside down. She makes the choice to relocate and start her life over with a new name, Jane Young, and a new career.

Zevin inventively ties her story together from the points of view of five women: Aviva's mother, Jane, her precocious daughter, the congressman's wife, and Aviva herself. Each character is distinctive and likable.

This book encourages empathy and challenges our often single-minded perspective in a world plagued by an appetite for scandal.

I found *Young Jane Young* both refreshing and thought provoking. I encourage you to grab a copy next time you are at the library!

*Jesse Gerhardt lives on Shiloh with her husband and three children. Along with being an avid reader, she is a Rodan+Fields Independent Consultant and a substitute teacher.*



## Eating to Support Healthy Immunity

By Katy Wallace

With the winter temps, shorter days, and busy schedules, many of us get run down and catch colds. We naturally experience less sun, and our bodies produce less Vitamin D. Add in the holidays with rich food and drink, and it's a recipe for a compromised immune system. Taking time to establish a healthy diet after the holidays can have a big impact on your family's health through the cold season.

Unfortunately, our commonplace foods like gluten, dairy and soy can be the most aggravating to our gut immune system. Under the right conditions, including a stressed gut, immune cells attack. This is how proteins of our favorite foods can trigger inflammation. This chronic stress will make us more susceptible to frequent colds, depression, or other immune issues like autoimmunity.

If you want to make a shift in your diet, visit a health practitioner. Start by increasing your amount of vegetables. In the winter, onion, turnip, radish, lettuce, seaweed, and steamed greens are especially helpful. Then, increase fats like olive oil, olives, nuts and seeds. Finally, focus on proteins like wild-caught seafood and meats and poultry from free-ranging animals. Increase carbohydrates like citrus fruit,

carrot, parsnip, winter squash, and sweet potatoes to avoid sugar cravings. It's true that making dietary upgrades (meal planning and cooking) take more time; however, once you invest time in learning new recipes and snacks, you'll find it gets easier as time goes on.

*Katy Wallace is a Traditional Naturopath with Human Nature, LLC. She lives in the neighborhood with her husband, Woody, and their daughters, Marian and Allison.*

### Thinking of Starting a Business?

Discover whether becoming an entrepreneur is for you. In this class you will learn how to assess and research your business idea as well as receive other tips and useful resources. NO FEE!

To register please call 608.257.5450 or visit [wwbic.com](http://wwbic.com)

Tuesday, February 20th

6:30-8:30pm

Lussier Center

55 S Gammon Rd, Madison WI 53717

# Hand Me the Remote! *Winter Binge Watching*

By Sue Eckerle

Oh, how we love to hate Wisconsin winter. By February, with its slippery streets and dirty snow, it is nothing more than a loathsome, boring houseguest from which we yearn for nothing more than a few hours of blissful respite. But not to worry, fellow sufferers! For it is in times like these that we can turn to the marvels of technology and immerse ourselves in a good, long binge-watch. Is it good for us? I don't know. Do we care? We do not. Here are three great binge-worthy shows to watch this month.

**The Five** – Streaming on Netflix

Originally aired on British TV, this ten episode series was penned by American thriller writer Harlan Coben. It's a terrific, super watchable blend of psychology, mystery, and crime drama, with a healthy dose of interesting subplots to keep things moving and add some good twists and turns. The performances are uniformly solid from both the main cast and the supporting actors, and the pacing is fantastic. Every episode leaves you wanting more, so be careful to start when you have time to watch at least the first two hours. Bonus – Harlan Coben once liked one of my tweets. You can get my autograph later.

**The Leftovers** – HBO (or Netflix if you have a DVD subscription)

Justin Theroux and Carrie Coon play one of the most heart rending character pairs I've ever seen on TV. In this three season series, 2% of the world's population simply disappears – or "departs" – in the middle of one otherwise unremarkable day in October. The series takes a fascinating look at how the world would react to such an unexplainable event and how deeply the remaining 98% would be affected. This one gets fairly metaphysical and at times pretty deeply weird. But just roll with it for the remarkable performances from the entire main cast. Bonus – Scott Glenn gets to play crazy, and it's wonderful.

**Humans** – 2 Seasons Streaming on Amazon Prime

Oh, I know, the robot apocalypse is soooooo 2010. Or 1955. Whatever. I really like this British show about Synths – human looking robots that, in the near future, have become commonplace in homes and workplaces. But what happens if some of them become sentient? Not only is the premise one that's always fun to play with, the show does a nice deep dive into what it means to humanity and civilization to have mechanized slaves. I also really love the human mom/lawyer who's the emotional center of the show. Bonus – I would totally wear a Domestic Synth outfit, they look super comfy.

*Sue is a carpetbagger from Walnut Grove whose hobbies include Parkcrest Pool social events, sarcasm, and over-mothering her children. You can find her hanging out at [www.movierewind.com](http://www.movierewind.com)*

Nobody serves you better in Parkwood Hills



Parkwood Hills resident

**Kiki Wessell**  
608-239-7303

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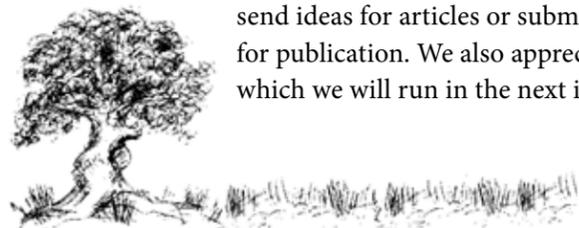
This newsletter is published four times per year and serves as an important and integral communication tool for our neighborhood and community. We welcome your comments and suggestions. Please send ideas for articles or submit your own articles for publication. We also appreciate any corrections which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

**Next deadline:** March 15, 2017

**Approximate delivery:** Early April, 2018

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# Featured Figure: Karen Stuesser

By Donna Rifken

Full disclosure: Karen Stuesser, this issues' Featured Figure, is one of my close friends. I was going to interview someone else but then wondered if I really know my good friend as well as I think I do. Plus, she was spending the weekend with us up north and was a captive subject. You know how it goes... all these grand plans to contact a random person from the directory, interview them in person, and explore the human treasures of Parkwood Hills were abandoned as the Parkword deadline loomed.

So, neighbors, I would like to introduce you to Karen Stuesser, a kind, gracious, creative, devoted parent, and 25 year 'veteran' resident of Parkwood Hills.

**Family:** Karen and her husband, Rich Cornwell, moved to Parkwood Hills from Seattle in 1992, returning to be near family. Karen grew up in Verona, and Rich hails from frigid Massena, New York. He could see Canada from his hometown!

When Karen and Rich came home to Madison, little Emma was only 18 months old. Karen was a NICU nurse, and Rich was starting as a pulmonologist at UW Hospitals and Clinics. Lily and Eva were just 'twinkles' in their parents' eyes.

Fast-forward 25 years and Karen has just retired from school nursing, Emma is a third grade teacher in Seattle; Lily manages a gastropub and acts in Minneapolis, and Eva is a junior at St. Olaf College.

**Best Part of Living in Parkwood Hills:** "The people make this neighborhood. They are neighborhood-oriented, fun-loving, really kind and supportive... you can't create a neighborhood like this, it just happened and we are fortunate enough to have found it." With a sly smile, Rich added "and you can't beat the avocado green bathrooms."



**Favorite Neighborhood Event:** "Oh boy... how to choose? When our kids were little, it was the bonfire. Now, it's the Shiloh/Saratoga progressive dinner, which just celebrated its 47th year. "

**Your Work:** "I just retired from school nursing at Randall Elementary School. The best part of my job was getting kids excited about how their bodies work ... When they had an earache, I'd show them the nasal anatomy poster and tell them to blow their noses, so the boogers don't go up into their ear drums."

**Any advice for new neighbors in Parkwood?** – "Get to know your neighbors, the older ones as well as those your age. The neighborhood history is fascinating and shows how intentional the founding families were about creating a place for families to thrive. Our older neighbors are the keepers of that neighborhood knowledge and can help guide our future."

P.S. I learned some cool details that I didn't know about my close friend, Karen Stuesser. But they are not publishable.

## 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](mailto: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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## Parkwood Hills Community Association Board

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

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