



Bay Creek Bulletin

Owner of The Chakra House Opening New Healing Studio & Boutique in Bay Creek

By Judy Robinson

The Chakra House is a relatively new addition to Bay Creek, it opened in May of 2007. Owner Tina Bensman and her husband David are from the Chicago area and Madison appealed to them because of educational and cultural opportunities that the city offers. Before they got married, they had sold their Illinois house and had come to Madison to close on the purchase of their new home when the deal fell through. Dejected and rather stressed about where they were going to live, they were driving through Bay Creek when they saw a home that was for sale by owner. They looked at the house, liked what they saw and everything fell into place for them to buy the house and move into the neighborhood. David proposed to Tina the day they moved in and they were married in July of 2008.



Chakras are described as energy centers, their function is to vitalize the physical body and bring about the development of our self conscious. There are seven major chakras: the root chakra at the base of the spine, the sacral chakra in the lower abdomen, the solar plexus, heart and throat chakras, the brow or third eye chakra in the center of the forehead and the crown chakra at the top of the head. Tina refers to what she does as energy work and has been in the field for several years. She doesn't believe that what she does should be termed 'paranormal'; her opinion is that psychic energy, auras, clairvoyance, etc. are all parts of nature that have not yet been thoroughly studied by the scientific community. Tina feels strongly that everyone has the ability to work with energy. On her website, she compares having that skill to being good with people, knowing about computers or being talented at organization. Those are skills that can be learned and Tina believes that we can also learn how to work with energy. The Chakra House offers intuitive counseling, energy readings (**continued on page 2**)

Bay Creek Billboard

Mon Jan 12-Annual BCNA Potluck at 5:30 pm followed by BCNA meeting at 6:30 pm
Madison Baha'i Center, 324 W. Lakeside St.
All Bay Creek residents are invited to attend.
Please bring your own plates, silverware, and a dish to pass.
More info is in Neighborhood Notes section on page 6.
Voluntary annual dues of \$10 can be paid at any neighborhood meeting or sent to Rose Brothers 1112 Gilson St Madison, 53715

Second Monday of odd-numbered months
Bay Creek Neighborhood Association (BCNA)
meetings at Madison Baha'i Center, 324 W. Lakeside St.
All Bay Creek residents are invited to attend.

**Saturday Dec 13, Saturday Jan 10, Saturday Feb 14
10 am to noon**

Shoreline clean ups with Friends of Monona Bay. Meet at Brittingham Park Beach House (corner of Proudfit and W. Brittingham Place). Garbage bags and tools are provided, please bring your own gloves and dress accordingly.
Contact Nina for more info; Email: ninaj@wisc.edu, Phone 265-3411 or 258-1788.

First Wednesday of each month

Friends of Monona Bay, 124 S. Brooks St., Rm 1, 6:30 pm.
Go to www.mononabay.org for more info.

The View from Afar and Up-Close

By Steven Davis

It is a cliché of sorts to say that it sometimes requires traveling to a far-away place to see more clearly what makes the place you are from special. On my way to an academic conference in the Czech Republic (where I lived and taught in 1999), I recently spent a few weeks traveling in Hungary and Romania. Being a political scientist and somewhat engaged citizen, I confess to having had mixed feelings about leaving the country so close to such a momentous presidential election. I was curious to see, however, if the intense interest in our elections that was so evident in Western Europe was the case in the East as well. As it turns out, it wasn't the case; the interest was there, but nowhere near the level we saw in, say, Berlin this summer.

But what was more interesting to me was what I witnessed once I got to the Czech Republic. I arrived right before some very important provincial elections that would test the strength of the ruling party which held onto the slenderest of majorities in the parliament. What struck me about these elections were the cynicism, apathy, and utter disinterest and disillusionment with which they were treated by everyone I talked to. To people of all political stripes, from ordinary folks to students to my university colleagues the candidates were "thieves, scoundrels, idiots, the whole lot of them!" Now don't get me wrong. I absolutely love the Czech Republic and so admire how its people suffered through Nazi occupation and Soviet domination only to restore themselves to their long tradition of humanism and democracy. The Velvet Revolution of 1989 was one of the century's most inspiring displays of non-violent democratic resistance. Still, the mood in 2008 was a real bummer.

I got home a week and a half before our own elections and the engaged citizen part of me leaped into action while the political scientist in me quietly took notes. There was such an electric buzz in the air. Everywhere I went, the election was all anyone—from the baristas at the café to the people next to me in line at the grocery store to my neighbors raking leaves—could talk about. Taking my kids trick-or-treating on Halloween night and then a few days later canvassing the neighborhood (for a certain unnamed candidate), I saw familiar things in a new light. For example, I realized how the ubiquitous lawn signs, buttons, and bumper stickers are such a uniquely American phenomenon. Europeans generally would never reveal their political loyalties in such a bold, declarative, and public way as we do. Back here, there is such a wonderfully colorful, carnivalesque quality to it all.

Far more touching to me than lawn signs though, as I made my way through the streets of Bay Creek on election day, were all the hand-drawn election pictures and posters made by kids, and sometimes adults, in crayons and watercolors and collages all expressing some version of the same thing: hope, peace, and optimism. Meanwhile, the streets were abuzz with volunteers, canvassers, people coming out of Romnes proudly wearing their "I voted" stickers, campaign storefronts bursting with frenetic energy, and planes towing campaign banners circling overhead. Wow! What a crazy, fantastic, and inspiring spectacle of the people in a community asserting themselves as proud, responsible, hopeful citizens. It was good to be home.

Chakra House (continued)

and healings, trance regression, dream analysis and psychic awareness. She understands that people are skeptical about energy work and is very willing to talk with people about their doubts and concerns. Some people in her profession try to maximize the mysticism of what they do but Tina has a very down-to-earth personality and is quite approachable.

Her newest business venture is decidedly more mainstream: she is opening a healing studio in the beautiful State Bank Building at 330 W. Lakeside St. The center will have a boutique area carrying candles, gifts, books, yoga products and other energy balancing merchandise. Among the class offerings are Nia and Zumba. Nia is described as 'movement-medicine for the body and soul.' It blends martial arts, dance and yoga. Zumba is a workout technique that combines Latin dance such as salsa and merengue with aerobic exercise. Tina also plans to offer yoga, Pilates, tai chi and self-defense courses as well as courses that teach people to heal with their hands and develop their clairvoyant skills. The center opened the first week of December so stop in, say hello and check out the class schedule. If you'd like to learn more about The Chakra House or register for classes, go to www.thechakrahouse.com or call the center at 237-6128.

Artists Among Us: Jae Leslie Adams

By Pamela Gates

Jae Leslie Adams, a professional calligrapher — though she's not attempting to make a living at it — lives on Spruce Street in Bay Creek. She learned about the art of calligraphy from reading when she was in her teens: "I was a bookish person. I liked the Gothic lettering. I would've been a Goth in high school — [had the opportunity existed]." Jae took her first formal class in calligraphy at MATC in 1981 and has pursued the art ever since.

Calligraphy in modern times dates back to the arts and crafts revival in Britain of 100 years ago, Jae said. The U.S. has been developing its own calligraphy traditions, too, particularly in California and the Pacific Northwest. Jae has a wealth of information about many — or maybe all — aspects of calligraphy and could probably talk for hours about it. But what does she actually do, as a calligrapher?

Jae has taught calligraphy at MATC and displayed and sold her work at several art fairs a year — including the Art Fair on the Square from 1985 to 2007 — and various other display venues, such as Indigo Coffee & Tea in Verona. But art fairs are a lot of work, she notes, and now she does things by e-mail and U.S. mail order. She calls the work she usually does now calligraphic painting, a combination of watercolor and calligraphy of her or someone else's favorite quote in one work of art. "I started doing watercolors very shortly after I started calligraphy," she says.

Jae's art over the years is "pretty mixed media," she says: "a bit of collage, book arts (her husband even built her a paper press), handmade paper, and pottery," as well as calligraphic painting. She has branched into body art: She'll write a quote or a word right on you, as she did at the St. Mark's poetry event with Madison poet laureate Fabu on Nov. 19. The majority of calligraphy, Jae says, is "a little quote-happy. Now more teachers are saying, 'Write your own stuff.'" Jae agrees: "I think I should be giving my own poetry this respect," she says. But, she adds, "It's still easier to quote other people."

To someone interested in calligraphy, Jae advises: Start with a beginning calligraphy class and go from there. There are a couple of college programs in the U.S., she says, including the UW's very good typography program. Support is important: "I have a group I've met [in various classes, etc.]; we've stuck together and supported each other in a number of different arts."

If you're interested in seeing Jae's art or in having her create a piece using one of your favorite quotes, you can contact her by phone at 258-9540 or e-mail, jaeleslie@charter.net. She has many pieces with well-known quotes that she has already created, as well as other samples of her work. She will be happy to work with you on a color scheme if you want to order something original from her and can do a quote you like, though she prefers that it be one she can stand to repeat to herself over and over! Her work comes with a guarantee: "If someone orders something," Jae assured me, "they get to look at it before I take their money." She added that if you want something as a holiday gift, "give me some



Recent Listings on NeighborNation.net

- New Year's Eve Babysitting
- Update from Alder Julia Kerr
- Looking for a used Piano
- Room for rent in neighborhood
- Macbook Pro laptop for sale

Not registered yet?

***Just go to
www.NeighborNation.net***

Please support the businesses that advertise in the Bay Creek Bulletin

NEIGHBORHOOD NOTES

January Potluck

BCNA will be having its traditional January potluck supper before the bimonthly meeting on Monday, January 12. The potluck will start at 5:30 and the meeting will start at 6:30. Please bring your own plates, silverware, and a dish to pass. At the January meeting candidates are nominated for the March elections. The potluck and meeting are held at the Bahai Center at 324 W. Lakeside Street. Needless to say, children are welcome. Hope to see you for the potluck, meeting, or both!

Red Cross Blood Drive Needs Volunteers

The Red Cross estimates it will need 125 volunteers to help at its 23rd Annual Holiday Blood Drive. This will take place at the Exhibition Hall of the Alliant Energy Center from 7 am to 2 pm on Christmas Eve, December 24. They are also looking for food donations to stock the volunteer and staff break area. Food donations should be in a disposable container or marked with your name and not be something that requires electricity. To volunteer call Julie Gribbon at 227-1258 or Linda Roth at 227-1348.

WYOU

Last issue's article about WYOU, formerly Channel 4, failed to mention that WYOU can also be viewed on Channel 95 if Channel 991 is not available to your set.

Work of Bay Creek Artist Alicia Rheal on Exhibit at Madison Public Library

Alicia Rheal, a muralist who lives in the Bay Creek Neighborhood, will have a show on display at the Madison Central Library during the month of December. "Anatomy of a Mural" is an educational display that details the decisions and work involved in putting together a mural.

Southern Exposure

To continue to receive Southern Exposure, the quarterly newsletter of the South Metropolitan Planning Council, by mail please contact Jodi Wortsman by email (smpcvc@terracon.net), telephone (260-8098), or send the form below to South Metropolitan Planning Council, 2300 South Park Street, Madison, WI 53713

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NEIGHBORHOOD NOTES

South Madison Coalition of the Elderly

Neighborhood Senior Center - Romnes Apartments, 540 W. Olin Ave. If you are interested in joining us for lunch before/after the programs, call 251-8405 to reserve a meal. The cost for lunch for those 60 and older, is on a donation basis.

American Family Insurance Choir--Hear the harmonious sounds of the American Family Insurance Choir on Thursday, December 18 at 11:00 a.m. The Choir will perform all your holiday favorites, and soothe your soul with messages of hope and joy.

MSCR Gentle Exercise--Are aches, pains, and stiffness slowing you down? Has your doctor advised you to exercise to control heart problems or diabetes? Try our gentle exercise class for people over 50. With regular attendance, you will move with more ease and better balance and just plain feel better! The class is led by a certified instructor from MSCR at Romnes Apartments on Tuesdays, from 10 to 10:45 a.m. Cost is \$30 for the winter session, which runs from January 6 to May 26. To register, call Sandi at 204-3023.

Senior Meal Program Volunteers Needed:

If you have some time during the weekday we are in need of volunteers to help serve meals to older adults. Have fun while providing a warm meal to an elderly neighbor! Call 251-8405 if you are interested in helping out.

MATC Classes

We have been working with MATC to provide convenient day time classes at South Madison locations. This winter, take advantage of learning opportunities in cooking, sewing, and computer classes. The classes are for all ages, but the cost for those 62+ is \$4.00 per class. For a complete listing of schedule and registration information, call the South Madison Coalition at 251-8405.

U.S. Elections Experienced In Turkey

By Sara Richards

Tuesday, November 4, 2008, was an historic day in American history but a day of frustration for my husband and me. We were scheduled to fly to Frankfurt from Istanbul. The frustration was that our plane left before the polls closed in the United States so we had no idea how the election was going. Upon arrival in Frankfurt, the bartender at a breakfast café told us Obama was ahead. A few hours later we learned he had won. We knew this news would elate the several young men in Istanbul who had asked us if we liked Obama.

Older Turks tended not to talk about the election much but young street vendors and waiters were overt in their interest. At an outdoor café, our waiter leaned against the wall, "So, mister, you like Obama?" Apparently, we answered to his satisfaction because he brought us complimentary cups of apple tea after our lunch.

English language Turkish newspapers had daily articles and editorials about the U.S. election. Concerns raised by the editorialists included topics not on this American's horizon. One was U.S. policy towards Cyprus (currently shared by Greece and Turkey). There was also concern about the issue of how Americans might react to the Armenian genocide. As explained by our tour guide, this had happened during World War I under the Ottoman Empire not the modern state of Turkey.

Speaking only seven words of Turkish, we were limited to English language television which meant BBC and CNN. Every night that we happened to watch the news, there was an update about the U.S. election. On election night itself, continuous coverage started at 6 p.m. in Turkey even though the polls had barely opened in the United States.

Turkey takes its own elections seriously as well as ours. It is constitutional democracy and one of the few secular states in the Middle East.

Bay Creek Bulletin information The Bay Creek Bulletin is published every other month by the Bay Creek Neighborhood Association (BCNA) and is a news and information service for the neighborhood. The Bulletin welcomes comments and submission of articles, photographs, drawings, poetry, announcements and other information.

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<p>BCNA area representatives Area 1—Wingra Drive west of Park Street Area 2—Northwestern railroad tracks east to Olin-Turville Park Area 3—Lakeside St to Monona Bay and west to Park Street Area 4—Central area between Lakeside St and Olin Ave Area 5—Tree streets Area 6—Romnes Apartments BCNA Rep to South Metropolitan Planning Council</p>	<p>Judy Robinson; 469-1218 jbella@merr.com Kirk Elliott 255-5646 Open Jim Winkle 259-1812 Bob Lockhart; 633 Cedar St.; 256-0444 Open Bob Stoffs, 914 Lawrence; 255-1074</p>
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<p>Government representatives City council County board State representative State senator Congresswoman U.S. Senators</p> <p>Julia Kerr, 260-2661; district13@cityofmadison.com Kyle Richmond; 929 O'Sheridan St.; 251-3171; richmond.kyle@co.dane.wi.us Mark Pocan; 266-8570; rep.pocan@legis.state.wi.us Fred Risser; 266-1627; sen.risser@legis.state.wi.us Tammy Baldwin; 257-9200; tammy.baldwin@mail.house.gov Herb Kohl; 264-5338; senator_kohl@kohl.senate.gov Russ Feingold; 828-1200; russell_feingold@feingold.senate.gov</p> <p>BCNA police department liaison Officer Sarah McLaughlin; South Side Station, 825 Hughes Place; Phone: 266-5938; Fax: 266-4452; office hours 6 a.m. to 2 p.m.</p>
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