



# Bay Creek Bulletin

## Quintessence of Lakeside Street

Inside Quintessence the walls are lined with shelves holding neat displays of bottles and jars of various sizes. Even on a cold day in January, the raised platform by the large southern windows provides a comfortable place to enjoy the sun streaming in. Children's toys border the platform and a large hibiscus with flaming red flowers thrives in the sun.

The plain wood floors are the same ones that were there when Bernie's Grocery Store and later Linda's Lakeside Market occupied the space at 334 W. Lakeside Street. Richard Levinson, proprietor of Quintessence, opines that Lakeside Street today "in many ways is not radically different from 1979" when he first opened a store at 308 W. Lakeside. Then, as now, it housed a series of owner-operated shops that served both the immediate neighborhood and customers from other parts of town. He told me of an old photo Linda from Linda's Lakeside Market had discovered. It showed a train station two buildings down from Quintessence where travelers from downtown disembarked.

Richard, originally from Brooklyn, New York, was attracted to the neighborhood because of its affordability and lack of congestion. "It's not too bustling." The name, Quintessence, refers to the fifth element of medieval alchemy. Along with earth, air, fire and water, the fifth element was the essence or spirit.

Richard has a background in pharmacology and chemistry; he started out firmly in the mainstream of pharmacy. He had heard of homeopathy but was skeptical about it until he saw it used successfully. Then he became intrigued.

Homeopathy was founded by the German physician Samuel Hahnemann in the nineteenth century. A thumbnail definition is that "like cures like". In other words, something which in large amounts causes illness can, in turn, in small amounts cure that illness by stimulating the body to cure itself.

The concept is analogous to vaccination in that "like treats like" but homeopathy is not a synonym for vaccination. Some dismiss its effectiveness as a placebo effect but the fact that it is effective in treating animals seems to belie that.

The term homeopathy is often used interchangeably with holistic or alternative medicine but it is, in fact, a very specific type part of holistic medicine.

However, Richard does not deal only in homeopathic treatments. Quintessence carries nutritional supplements, vitamins, and both western and Chinese herbal medicines. He tries not to be dogmatic but instead to work with customers to find what will best meet their needs, including animals. While I was in his store, he was helping a woman find a treatment for her dog's itching.

Asked if he had any recommendations for making it through winter, he smiled and said "No, no one blanket treatment is effective for everyone." But then he quickly invited people to stop in for a personal consultation saying he's here to help people get healthy and stay healthy through natural means whenever possible.

### Bay Creek Billboard

**Sat Feb 11 & Mar 10 10:00 am to noon Shoreline clean ups with Friends of Monona Bay.** Meet at Brittingham Park Beach House (corner of Proudfit & W. Brittingham Place). Garbage bags and tools provided, please bring your own gloves & dress accordingly. Contact Nina for more info. Email: ninaj@wisc.edu Phone: 258-1788 or 698-9708.

**Mon Feb 13 6:30 pm Friends of Olin-Turville (FOOT)** Bi-Monthly meeting at Goodman South Madison Branch Library, 2222 S. Park (in Villager Mall).

**Fri Mar 9 4:30 - 7:00 pm International Women's Day Dinner at St. Mark's.** This year's theme is "celebrating women's strengths". All are welcome, free will donations will be accepted. Please see article on page 2 for more info.

**Mon Mar 12 BCNA Bi-Monthly meeting and annual elections** Madison Baha'i Center, 324 W. Lakeside St. Meeting begins at 6:30 pm and runs until 7:45. The meeting will include the annual election of committee members, officers and area representatives. All Bay Creek residents are eligible to run for office, please see page 8 for list of committees, officers and area representatives. Voluntary annual dues of \$10 per household can be paid at any neighborhood meeting or sent to Dan Kennelly 808 O'Sheridan St. 53715. Please make checks payable to BCNA.

**Mon Apr 9 6:30 pm Friends of Olin-Turville (FOOT)** Bi-Monthly meeting at Goodman South Madison Branch Library, 2222 S. Park (in Villager Mall).

**First Wednesday of each month, Friends of Monona Bay** 124 S. Brooks St., Rm 1, 6:30 pm.

**BCNA January 9, 2012 Meeting Summary**  
**By Sara Richards**

The meeting opened with attendees at the potluck introducing themselves. Ron Shutvet spoke briefly about the display of old maps and photos of Olin-Turville and the John Nolen corridor. He told about reading the pencil-written diaries kept daily by members of the Turville family. These are stored at the Wisconsin Historical Society. Historical information about the park will be available on the Friends of Olin Turville (FOOT) website when that site comes up.

Bob Stoffs reported that South Metropolitan Planning Commission (SMPC) is putting up an interactive website that will identify businesses on Park Street. There was a question about when construction of the Wingra Clinic will begin. [A subsequent email from alder Sue Ellingson stated that demolition is scheduled to start in March.]

There was no news from the web committee. The next Bulletin will be ready for distribution the weekend of February 4-5. The newsletter editor received a copy of the Wisconsin Blue Book and donated it to the South Madison Goodman Branch Library so all can use it.

The Treasurer reported that BCNA is solvent but could not write a check to reimburse for the postage used for the last Bulletin because she ran out of checks. The postage expense was covered out of pocket and new checks have been ordered. The newsletter has repaid a third of the money borrowed from the general fund and is currently generating enough ad revenue and donations to cover its expenses.

Tom DeChant said there are some copyright issues holding up the publication of the FOOT website but these are being resolved. FOOT plans to reprise the successful candlelight cross country ski event of last year although it may be a hike if snow cover is inadequate for skiing. This is tentatively planned for February 11 when there will be a full moon. Another FOOT neighbor reported that the city is looking for volunteers to do a second seed toss given the success of the turnout in November. Russ Hefty of City Parks has a supply of winter seeds.

There was a discussion about BCNA incorporating as a non-profit organization. Interest in this was sparked by the Wagon school supply and food drive which needs a non-profit sponsor to be able to accept large checks and/or donations from corporations. Currently BCNA is a non-stock corporation. This requires a \$10 annual filing fee. Incorporating as a non-profit entails a \$400 filing fee and annual completion of specific tax forms. Those familiar with the forms said they are complex. Bob Stoffs offered to check with SMPC to see if it is incorporated as a non-profit and would be willing to serve as the umbrella organization for south side neighborhood associations as well as other organizations needing that status.

Sara Richards gave an update on the neighborhood sign project. The sculpture portion of this had morphed into a solar installation which greatly increased the complexity and cost. The City Planning Department decided to scale back its award of \$10,000 to \$6,000 which would cover only the cost of the sign and plantings as well as require the neighborhood association to work with a landscape architect to develop a comprehensive site plan. The solar art will proceed as a separate project.

There is money available for a \$200 energy audit for older homes. (See Neighborhood Notes on Page 5.)

Kyle Richmond informed us that due to Dane County redistricting we are now District 4 instead of District 13.

The next BCNA meeting will be on March 12 when election of officers will take place.

**Recipes from BCNA Potluck**

Some neighbors are interested in swapping recipes from dishes enjoyed at the January potluck. Jim Winkle has offered to put these on the Bay Creek website (<http://baycreekmadison.org/>); no copyrighted recipes, please. Send recipes to the Bay Creek email list or directly to Jim Winkle at JimEvents@Galore.net.

**Neighborhood Sign Update at March Meeting**

Bay Creek signed a contract with the city of Madison that will enable us to erect a new sign on Olin Avenue, across from the Goodman Pool. The contract specifies that the neighborhood association will come up with some matching funds. A fundraising plan identified small (or large!) donations from neighbors and area businesses as well as applying for private and public grants from organizations like Dane County Cultural Affairs Commission and Madison Community Foundation. Suggestions for other funding sources would be much appreciated.

A requirement of the city grant is to work with a landscape architect to develop a comprehensive site plan. We have invited the landscape architect to the March BCNA meeting to hear directly from neighbors about the current plans for the site, based on previous neighborhood input. All are encouraged to attend.

# NEIGHBORHOOD NOTES

## Food at Reduced Prices

The Catholic Multicultural Center (CMC), 1862 Beld St., is Madison's newest pick up site for SHARE—a food buying program in Wisconsin. This program involves a once per month pick up of your order and can save you between 30% and 50% on groceries! SHARE is a program for everyone, there are no income restrictions and food stamps can also be used to purchase items. A variety of food choices is available, including local and organic items.

For online ordering and more information, please visit [www.sharewi.org](http://www.sharewi.org). For questions about ordering other than online, contact Steve Maurice 608-441-3248. Monthly newsletters with order forms are available at local libraries and the CMC.

## Home Repair Workshops

The Madison Trust for Historic Preservation will host home repair workshops at Randall School, 1802 Regent Street. All workshops are held on Tuesdays beginning at 7:00 p.m. and cost \$10.

February 14 - Repair of historic wood windows

March 13 - Plumbing and HVAC in old homes

April 10 - Working with an architect or contractor

## Green Madison Home Energy Audits

This program for owner-occupied homes built before 1990 gives cash incentives for energy-saving practices. Reimbursements range from \$200-\$2000 and are based on the projected energy savings. For more information call 877-399-1204 or see [cityofmadison.com/greenmadison](http://cityofmadison.com/greenmadison)

## St Mark's Free Community Meal and Food Pantry

St Mark's Church (605 Spruce St) serves a free community meal every Friday at noon in the church basement. Their food pantry is open on Tuesdays from 10 am to noon and Thursdays from 5:45 pm to 7:40 pm to anyone in need of extra groceries. To donate food or volunteer your time, please call the church at 256-8463.

## BCNA Email List

Read or post neighborhood news and announcements, or discuss neighborhood issues through the Bay Creek discussion list. To subscribe, send a blank email message to [baycreek-subscribe@yahoogroups.com](mailto:baycreek-subscribe@yahoogroups.com).

You'll receive a welcoming message back with instructions, usually within a day, with a confirmation request to which you should respond. After your membership has been approved, you may post a message by sending email to [baycreek@yahoogroups.com](mailto:baycreek@yahoogroups.com). If you aren't approved within a day, contact [Jim@EventsGalore.net](mailto:Jim@EventsGalore.net).

## Thank You to Bulletin Carriers

The inclement weather of a Wisconsin winter seems an appropriate time to thank those loyal volunteers who distribute the Bay Creek Bulletin to our doorsteps as well as mail copies on request. Some have been doing this for years and some are newer to this neighborly duty. In any case, a big thank you to them as well as to all who have done this in the past. Kirk Elliot coordinates our current distributors: Anne Perrott, Becky Rohwer, Betty Weynand, John Jozzevicius, Steve Keidl, Jane S., Jenn Bernat, Carol Medaris, Clarence Cameron, Bob Lockhart, Maureen Quinlan, Bob Stoffs, Rebecca Eberhardt, Kris and Harry Hart, Sam Davis, Rob Summerville and Judy Robinson.

## 15 Years of Race for the Cure Memories

On June 2<sup>nd</sup>, 2012 Susan G. Komen for the Cure South Central WI will be holding its 15<sup>th</sup> Annual Race for the Cure®. As part of our celebration, we are gathering Race stories and memories from past years to share with our Race for the Cure® family. Since many of our Races have traveled right through the lovely Bay Creek Neighborhood, we would like to hear from our neighbors! Many of you have walked or run in our Race, volunteered on Race day, or supported us by cheering on our survivors and other participants as they passed by your homes. Thank you! If you have an experience to share related to the Race for the Cure, we would love to hear it. It might be funny, inspiring, heart-warming, or downright silly—we'll take them all. Please send your story to: [racecoor@komensouthcentralwi.org](mailto:racecoor@komensouthcentralwi.org). Thank you!

# NEIGHBORHOOD NOTES

## **Community Dog Day**

Dane County Humane Society, in collaboration with ASPCA and the Boys & Girls Club of Dane County, announces a Community Dog Day to take place on Sunday, February 12, 2012 from 1:00pm to 4:00pm at the Boys & Girls Club located at 2001 Taft Street. This event is an opportunity for DCHS to provide beneficial services and education to help community members and their dogs. Bring your dog to receive FREE rabies and distemper vaccines. Dog food and dog supplies will be available for free. Supplies are limited. For more information, please contact DCHS at (608) 838-0413 or [www.giveshelter.org](http://www.giveshelter.org).



Pictured here is Hobbes, a pit bull and terrier mix, who came to the shelter as a puppy. He's very smart, sweet and loves chest rubs. And he's available for adoption.

## **International Women's Day Dinner -Friday, March 9, at St. Mark's**

The first annual dinner to celebrate International Women's Day, titled "Celebrating Women's Strengths," will take place at St. Mark's Lutheran Church, 605 Spruce St. in Bay Creek, on Friday, March 9. Serving will start at 4:30 p.m. and continue until 7 p.m.

Entertainment will include the movie "A Powerful Noise"; poetry by Fabu, Madison's own just-"retired" poet laureate; local musicians; and more.

This event is free and all (including men) are welcome. Free-will donations accepted. Sponsors include the Women's International League for Peace and Freedom, St. Mark's, Meals for Madison, and Wisconsin Women Library Workers.

International Women's Day was first observed in Germany in 1911. The idea arose amid rapid world industrialization and economic expansion that led to protests over working conditions. This year's theme is "Equal access to education, training and science and technology: Pathway to decent work for women."

For more information, call Pam, 255-2337, or e-mail [pml.gts@gmail.com](mailto:pml.gts@gmail.com). Hope to see you at the dinner!

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## **Senior Notes South Madison Coalition of the Elderly**

### **Mardi Gras Parties**

Celebrate Fat Tuesday on **Tuesday, February 21**. Join South Madison Coalition for festivities at **Quaker Housing from 1:00-2:00p.m. or at Romnes Apartments between 2:30 and 3:30p.m.** Come in your Mardi Gras finery, if you like. We will provide the colorful atmosphere, the traditional beads, and a performance of jazz, blues, and gospel music by talented local guitarist, singer, and Quaker resident, Eddie Quinn.

### **Another Foot Care Clinic?**

South Madison Coalition of the Elderly currently hosts an afternoon foot care clinic every other month at Romnes Apartments, with the care conducted by Home Health United, at a cost of \$20 per person. The next clinic is scheduled for Thursday, March 22, with appointments at 20-minute intervals between 1-3:00 p.m. These appointments usually fill well in advance.

The coalition is considering adding a second clinic on alternate months, which would be held in the morning. This clinic might be available for diabetics as well. ***Help us decide if there is sufficient demand for this service—call us at 251-8405 if you are interested in participating.***

### **Challenging Volunteer Opportunity**

Looking for a challenging volunteer opportunity? South Madison Coalition matches volunteers to older adults who have no family or friends able to act as guardians or representative payees. These positions might be especially interesting to someone with a professional background who enjoys providing technical help in a compassionate manner.

Consider joining our group of dedicated volunteers. We provide extensive training and on-going support. Call 251-8405 for more details, and to discuss whether this opportunity is right for you.

**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.

**Next issue: Feb/Mar 2012 Deadlines: Ads and Copy, Jan 20. Delivery: First week of February**

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Advertising in the Bulletin is a very effective and low cost way to reach your target customers and help your community.

Contact Sara Richards at 255-5023 or [leftpaintedtoenail@hotmail.com](mailto:leftpaintedtoenail@hotmail.com) for more information.

**Standing committees**

**Welcoming committee**  
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**Web committee** Jim Winkle,  
813 Emerson St.; 259-1812; [jim@EventsGalore.net](mailto:jim@EventsGalore.net)

**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

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Ron Johnson; (414) 276-7282; <http://ronjohnson.senate.gov> (Click on 'Contact')

BCNA police department liaison: Sgt Jim Dexheimer; South Side Station, 825 Hughes Place; Phone: 266-5938; Fax: 266-4452; office hours 6 a.m. to 2 p.m.