

Bay Creek Bulletin

LOCAL NON-PROFIT OFFERING \$45,000 FOR HOMEBUYERS Submitted by Madison Area Community Land Trust

The non-profit Madison Area Community Land Trust (MACLT) currently has funding to help low-moderate income homebuyers save up to \$45,000 off the purchase price of any single-family home listed for sale on the open real estate market in the City of Madison. In addition to money for homebuyers, as an incentive to spread the word the land trust is also offering a \$1,000 reward to anyone who refers a successful buyer to its program.

"Our current program is buyer-initiated," explains MACLT Manager, Andy Miller. "We work with our buyers to select a home that works for their needs, and is in the neighborhood they want to live in. Any house for sale in Madison could be eligible."

Potential buyers must complete an application with MACLT, and have an income that is less than 80% of the Dane County average. A household of one, for example, can't make more than \$44,750 per year; a household of four must make less than \$63,900.



Anyone who takes advantage of this program would be joining the 65 homes already

part of MACLT. Since 1990 the land trust has provided affordable homes to low-moderate income homebuyers in Madison. MACLT homes are more affordable because the buyer purchases the home only, and ownership of the land remains with the land trust. Homeowners rent the land from MACLT for an affordable monthly fee. This model saves homeowners about \$150 per month. When MACLT homeowners sell their home, a shared-appreciation formula ensures the home will be affordable for the next low-income buyer. Through that formula, MACLT homes will remain permanently affordable.

Over the years MACLT has helped nearly 90 households become homeowners in Madison. One long-time MACLT homeowner, Doug Haynes, sums up the impact MACLT has had on individuals and the community: "For myself and others like me, homeownership would have been out of reach without the program provided by MACLT. As a result I have been able to raise a family and be a contributing member of our community."

For more information call 280-0131 or visit the website, www.affordablehome.org.

Update on Public Market

Earlier this summer the city's Local Food Committee disappointed some southside residents when it agreed with the recommendation of the consulting team from Project for Public Spaces. That recommendation was to move forward with the area of East Washington Ave near First Street as the preferred location and the area of South Park Street near Wingra Creek as an alternative location (former Thorstad site). The Committee sent a resolution to the City Council that would (1) affirm the site recommendation, (2) direct the consulting team and (continued on Page 3)

Bay Creek Billboard	
Sat Oct 11 10:00-11:30 a.m. Bird & Nature Walk at Turville	Mon Nov 10 6:30 p.m. BCNA Bi-Monthly meeting at the
Park. Meet at lower parking lot at end of Olin Ave.	Bahai Center, 324 W. Lakeside St. Voluntary annual dues
Thurs Oct 16 4th Annual Dine out for DAIS (Domestic Abuse	of \$10 per household can be paid at any neighborhood
Intervention Services. 77 restaurants are participating, please	meeting or sent to Sara Richards 710 Spruce St 53715.
see Neighborhood Notes on page 4 for more info.	Please make checks payable to BCNA.
Tues Nov 4 Fall General Election. Offices up for election	2nd Sat of every month 10:00 a.m. to noon Shoreline
include Governor, Lt. Governor, Attorney General and Sec-	clean up with Friends of Monona Bay. Contact Nina for info
retary of State. Please remember that Voter I.D. is in effect	Email: ninaj@wisc.edu, phone: 258-1788 or 698-9708.
and you must bring your I.D. to the polls. Bay Creek residents	Oct 8 (and 2nd Wed of every other month) 6:30 p.m.
vote at Romnes Apartments 540 W Olin Ave. Polls are open	Friends of Monona Bay meeting at Barriques on Park St.
from 7:00 a.m. to 8:00 p.m.	Call Lisie for info: 266-5248

BCNA September 8, 2014 Meeting Summary By Carol Medaris

Cathryn Hatle called the meeting to order at 6:30.

CONTACTS AND SOUTH METROPOLITAN PLANNING COUNCIL (SMPC): Bob Stoffs reminded the group about the Alliant Energy Center (AEC) Redevelopment Feasibility Study meeting scheduled for this coming Tuesday, September 9, at 6 PM at the Urban League building in the Villager Mall. Dane County and the AEC are assessing the current facilities along with the entire 164 acre campus and are seeking feedback on the process so far of understanding the opportunities and challenges of redevelopment. (See related article by Tom DeChant on page 4)

A special meeting of the SMPC will be at 6 PM at the Village Mall on Monday, September 22, to meet Mike Koval, the new Chief of Police.

Bernie's Beach is scheduled for replacement playground equipment in 2015. The Parks Department will be scheduling two meetings to gather input from the neighborhood and offer a couple of equipment options based upon that input. The Parks Department and Parks Foundation also could help set up a fundraising effort should additional equipment be desired. Meeting dates have not yet been scheduled.

NEWSLETTER: Judy Robinson announced the newsletter deadline for the October/November issue is September 17.

WINGRA CREEK PARKWAY PHASE 3: Ron Shutvet announced the next meeting is scheduled for Monday, September 15, at 6:30 PM to talk about stabilizing the creek banks and realigning the channel of Wingra Creek between Quann and Goodman Parks in order to provide a more natural appearance. Due to additional project requirements and increased material costs, some revisions to the project will be necessary.

TREASURER'S REPORT: Judy Robinson reported on Newsletter and the Ice Cream Social expenses and income from dues, advertising, and contributions – a pretty quiet month.

WEB: Jim Winkle said that a new message along the bottom of the list-serve message box clarifies that responses to messages go to the entire list-serve list, not just the person whose comment your response relates to.

FRIENDS OF OLIN-TURVILLE (FOOT): Tom DeChant reported that the last dance night at the park was a huge success – about 70 people came out to dance the tango and the instruction was very well done. Dances will continue for the next four Tuesdays until September 30.

Discussions are continuing about winter trails in the park, as currently the groomed trails are for skiing only, and there is some interest in using the park for hiking and snow-shoeing, as well.

Nature walks are continuing the 2nd Saturday of the month from 10:00 to 11:30. The walk on Saturday, September 13 will concentrate on flowers and the October 11 walk will focus on mushrooms and other edibles.

NEW STORE: Fiona Munns announced she is in the process of buying the Red Dragon on Lakeside Street and turning it into a "mid-century retro store" on the street level with the upstairs residential. This will require a rezoning. Members at the meeting wished her luck.

LAKESIDE COFFEE ENTERTAINMENT LICENSE: Kate Burmeister, owner of Lakeside Street Coffee House is applying for an entertainment license in order to allow amplified music at a variety of events that she has scheduled since opening the wine bar portion of her business. In the last year a number of musical events have occurred there including parties, weddings, and other receptions as well as non-musical events. The license would allow amplified music events Wednesdays and Thursdays from 4:00 to 10:00 PM and Fridays and Saturdays from 4:00 to 11:00 (with music stopping by 10:00). Donna Page, who lives across the street on Lakeside, has found the amplified music highly disturbing on several occasions, comparing it to having a car with loud, amplified music parked in front of her house for several hours at a time during the late afternoon and evening. Upon notifying the city, the owner was issued a "cease and desist" order until she obtained an entertainment license, required by city ordinance. That license request will come before the Alcohol License Review Board (ALRC) at a public hearing on Wednesday, September 17 at 5:30 PM in the City-County Building. The owner is seeking the support of the BCNA for her application. She has over 200 signatures in support of her establishment and license application from customers at her events – primarily neighbors. After a discussion, the BCNA voted to support the entertainment license for Lakeside Coffee with the following understandings: 1) The noise level will not exceed City noise codes; 2) Current hours for music will be maintained (continued on next page)

baycreekmadison.org

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(BCNA Meeting minutes, continued) (music ending at 10:00); and 3) Events with the potential for increased music/noise levels will be held in the Lake Room. (The Lake Room faces the Bay instead of Lakeside Street.) The vote was 22 ayes, 6 nays, and 3 abstentions.

NEIGHBORHOOD MEETING ON NOISE LEVELS (ALLIANT CENTER): Capitol View Heights neighborhood has scheduled an educational meeting for their neighborhood, Bram's Addition neighborhood and BCNA to talk about neighborhood noise, with emphasis on increased levels of noise coming from the Alliant Center. This will be an informational meeting about current laws governing noise, how to determine if noise from an event exceeds legal limits, and who to call if this happens. Present will be City and Town police and a representative from the Parks Department. In response to a request for BCNA representation at the meeting, Ron Shutvet and Lauranne Bailey plan to attend the meeting, scheduled for Wednesday, September 10, at 4:00 PM and will report back to us.

The meeting was adjourned at 8 PM, following a motion to extend the time due to the discussion on the Lakeside Coffee entertainment license issue.

(**Public Market, continued**) City to move into the third and final phase of the business plan, and (3) direct the City's real estate office to negotiate with the private property owners in both areas to see what type of real estate package is available at either site.

At the September 2 City Council meeting, the council referred the resolution to the Economic Development Committee (EDC). EDC met September 17 and voted in favor of the resolution as written. It goes back to the Council on October 7.

Dan Kennelly, project manager for the Public Market, points out a few things to note:

• This resolution doesn't really "pick" a site, it simply expresses a preference for one and directs us [city staff] to talk to the property owners of both.

• This resolution is by no means the completion of the project. We still need to complete the third phase of the business plan which is really the "meat" of the project including design, budget, operating plan, etc.

• Any future expenditure of funds to either acquire property or start building a public market district will require further authorization by Council and "will be much discussed I'm sure", concluded Dan.

Editor's Note: These are the features that residents identified as being important to them at 4 round table meetings on the market held by the City. To see the full report go to: www.cityofmadison.com/dpced/economicdevelopment/madison-public-market

- •Address local needs
- •Affordable
- •Profitability for vendors
- •Permanent indoor vendor stalls
- •Art! Gallery space
- •Performance Stage (indoor/outdoor)
- •Large variety of foods_
- •Multiple loading docks

•Cooking classes

- •Parking
- •Evening venue for music/food/art
- •Winter gathering space
- •Mix of permanent & temporary
- Activities for kids
- •Sense of festivity
- •Diverse clientele & vendors

Alliant Energy Center Planning Process Explained at SMPC Meeting By Tom DeChant

On Tuesday, September 9, the South Metropolitan Planning Council (SMPC) met at the Urban League and devoted its entire meeting to a community information and input session on the recently-inaugurated Alliant Energy Center planning process. An audience of 30+ listened to representatives of the Dane County planning department and the county-hired consultant team (Hammes Co. & CSL) explain the proposed planning process for for the 164-acre AEC site.

The entire planning process will have four phases: 1) Feasibility Study – the fact-finding phase that has just begun; 2) Visioning – community and professional input into 'what might be'; 3) Master Plan – putting the vision into a concrete plan of action; 4) Implementation – actually building the plan.

Phase 1, the Feasibility Study, began this July and will last until December 2014. It is designed to understand the strengths, weaknesses and opportunities of the AEC in four key areas:

* Infrastructure: what are the physical capabilities, strengths and improvement needs of all current AEC facilities; what are their related transportation and technology needs?

* Market: for which events is the AEC currently competitive; what are its current strengths and weaknesses; and what will the future events & entertainment market require?

* Real Estate: are there higher and better uses for portions of the 164 acre site beyond exhibitions and events? If so, what other kinds of uses (e.g., commercial, residential), could realistically work from a market perspective?

* Governance: what alternative models of governance could apply to the AEC (e.g., multi-jurisdictional authority, public-private entity, etc.)?

Following the explanation of the planning process, County staff emphasized that there will be a strong community outreach effort during all four planning phases. To that end, staff and the audience jointly reviewed a proposed Community Outreach Plan, with audience members giving some especially good feedback on how to reach community members who might not have internet access, or who may belong to a language or other minority.

Finally, the meeting was opened for comments and concerns which were recorded on whiteboards for all to see. The many dozens of comments fell generally into several categories:

* Who's it for: Will AEC improvements be directed mostly to broader city and regional interests (e.g., visitors), or are they intended to help the local surrounding neighborhoods?

* Noise: AEC events have gotten louder and more intrusive on surrounding neighborhoods, especially recent 'runs' and helicopter rides. How will more development impact this noise issue?

* Access: Bike and pedestrian access to the AEC site is difficult; many events are not economically accessible to local residents; public transit, especially to downtown, is poor.

* Environment: Any plans should deal with storm water run-off from the site and acres of impermeable parking surfaces; keep Quann and Lyckberg parks as community resources; make new development sustainable and energy efficient.

* Provide 'magnets': Draw people into the site with permanent attractions – suggestions included local/state history museum or showcase; rotating artist displays and workspace; marketplaces.

The next meeting of the AEC Strategic Design Study Committee will take place on September 25 at 5:00 PM at the Administration Building in the AEC grounds (behind the Expo building). The public is invited. The County has developed a website for this project, accstudy.countyofdane.com, where more information and materials distributed at the meeting can be found.



Remember Food Allergies at Halloween

How can you make Halloween a happier and safer time for kids with allergies? Giving treats without nuts or peanut butter is one way. If you do have candies with nuts, consider a separate bowl of no-nut candies (Skittles, Starbursts, Dum Dums and Smarties) or small novelty toys, tattoos or stickers. A separate bowl will help keep the no-nut candies or toys from cross-contamination by the nuts.

Candlin Pet Hospital Closes

Candlin Pet Hospital has been a fixture in Bay Creek since 1948. Originally a family business, it was purchased by Dr. Kim Berglund in 2005 and moved from Wingra Street to Park Street shortly thereafter. Dr. Berglund sent postcards to customers this summer stating she was closing the business since the building is to be demolished. She is now practicing at the Sondel Family Vet Clinic on the far west side.

Dr. Berglund was a loyal supporter of the Bay Creek Bulletin and we appreciated her commitment to advertising. Many in the neighborhood (both two- and four-legged) will miss her.

Chinese Bakery Open

Asian Sweet Bakery opened at 1017 S. Park on the site of the former Carnival Café. The display case tempts customers with egg custard tarts, cream buns, lemon twists, BBQ pork buns, and sweet red bean paste buns. Besides sweet and savory buns, the bakery offers breakfast and lunch selections. It is open Tuesday-Sunday, 9 AM- 7 PM. Welcome to the neighborhood!

October Is Domestic Violence Awareness Month

The 4th Annual Dine Out for Domestic Abuse Intervention Services (DAIS) will be held on Thursday, October 16. 77 restaurants throughout Dane County will donate 10% of their sales that day. A complete list of participating restaurants can be found at http://abuseintervention.org/dineoutfordais/.

New Play Equipment for Bernie's Beach

The Madison Parks Department has funds to replace the play equipment at Bernie's Beach in 2015. They would like to hold two



meetings to review options and select appropriate play equipment. If there is interest, the neighborhood can also choose to raise funds to install additional equipment. If you would like to be involved with equipment selection and/or any fundraising, please email Bob Stoffs at rstoffs@mail.com.

Watch the Bulletin and the neighborhood email list for information on upcoming meetings on the Bernie's Beach equipment replacement.

Ryan Brothers New Building By Judy Robinson

Construction of the building behind Ryan Brothers Park Street offices is progressing quickly. The two story building will be used for administration and meeting space and will create more room in the original building for operations. Ryan Brothers had hoped to be able to use solar or geo-thermal energy in the new building but those technologies proved to be cost prohibitive and were not included in the final design.

When I spoke with Erin Ryan to get an update on the construction, he noted that the plan for the building had been approved in 2013. Even though that was the case, the City still required multiple changes before construction could begin. They had originally planned to begin construction in April of this year but each change that was needed required a new CAD (computer added design) revision and as a result they were not able to start until July.

The new building is on the alley between Haywood Street and Brooks Street. Lee Madden owns the property where the alley is located and there were issues regarding maintenance of the property. Erin noted that the issues have since been resolved and he doesn't anticipate that there will be any problems in the future.

This new project is an excellent example of the goals set forth in the Wingra B.U.I.L.D. initiative. The site was previously used by a transmission shop and there was soil contamination that had to be addressed before it could be utilized again. The site now has a clean bill of health and the new facility is another important step in the ongoing revitalization of Park Street.

Thank you, Ryan Brothers, for your continued commitment to our neighborhood.

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Senior Notes

The South Madison Coalition of the Elderly invites you to lunch at Romnes Apartments, 540 W. Olin Avenue, on Mondays-Fridays at 11:30 AM. All lunches include an optional vegetarian entrée and, on Wednesdays, you can opt for a main dish salad as your entrée. Meals must be reserved no less than 24 hours in advance. Suggested donation is \$4 per meal for persons age 60+. Others are asked to pay \$7.50. Call the coalition office at 251-8405 to reserve meals.

Halloween PARTY!

Come to lunch in costume on Friday, October 31. There will be prizes for the most creative, scariest, and the group's overall favorite. Enjoy macaroni and cheese, green beans, a fruit cup and brownie. We will provide a Halloween atmosphere and mystery treats to go.

Neighborhood Transportation!

If you are age 60 or older, you are eligible for transportation to senior meal sites and local grocery shopping--on a donation basis. This service is provided by a special federal program meant to ensure that seniors have access to ad-equate nutrition. The suggested donation for a ride to the meal site is \$1.00 round trip, and the suggested donation for local grocery shopping is \$2.00 round trip, but no one is denied rides for these purposes based upon ability to donate. In Madison these rides are coordinated by Transit Solutions, which provides door to door service using group vans. You can get a ride to Romnes for our daily lunches through this program and you can also use this program to go grocery shopping. Transit provides the following weekly shopping rides for South Madison residents age 60 or older:

Mondays: Woodman's West or West Towne

Alternate Mondays: Sentry at Hilldale or Target

Pick up—10:00 AM and Return—12:00 noon

Wednesdays: Woodmans West, or Park St. Copps or Goodman South Madison Library

Pick up—12:00 noon and Return—- 2:00 PM

Fridays: Super Walmart, or South Towne, or Monona Copps

Pick up—10:00 AM and Return—12:00 noon

All of these rides must be reserved by calling 294-8747, at least 24 hours in advance.

BenefitsCheckUp

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with:

- Medications
- Food
- Utilities
- Legal
- Health care
- Housing
- In-home services
- Taxes
- Transportation
- Employment Training

The website is www.benefitscheckup.org. If you don't have internet access, you can call the NCOA at (202) 479-1200 for information.

Love Our Lakes? Use Your Leaves By Theresa Vander Woude, Clean Lakes Alliance

This fall, show your love for our lakes by using the leaves that fall on your property to improve the health and beauty of your yard. The same nutrients in leaves that are great for your lawn and garden can also negatively impact water quality in our lakes. When leaves in street gutters and terraces "steep" in rainwater, a nutrient-rich "tea" is created... which flows down the storm drains and directly into the lakes. This is full of phosphorus, the nutrient that drives algae growth.

Avoid sending your leaves to the curb altogether with the following practices: 1) Mulch fallen leaves into your lawn with a lawnmower; 2) Use shredded leaves to mulch your garden; 3) Consider making leaf mold, an inexpensive substitute for peat moss that can increase water-holding capacity of soils by fifty percent.

Visit http://www.cityofmadison.com/streets/yardWaste/leaf/LeafWest.cfm and view the color-coded maps (updated every day by 3 p.m. starting in early October) to find leaf pick up times. Plan your raking to minimize leaves' time on the curb. Visit cleanlakesalliance.com/renew-the-blue/ for more citizen action tips.

"Risking Everything: The Story of Freedom Summer" A Talk with Michael Edmonds Goodman South Madison Library. Mon. Nov, 10 6:30 - 8:00 p.m.

1964's Freedom Summer was a turning point in the Civil Rights Movement, when more than 900 northern volunteers, 120 activists, and thousands of local Mississippi residents faced Ku Klux Klan firebombs and police shotguns to secure voting rights and challenge segregation. Presenter Michael Edmonds, deputy director of the Library-Archives division at the Wisconsin Historical Society, designed its online archive of 35,000 documents about Freedom Summer. He edited a book of eyewitness accounts of Freedom Summer which will be available at the talk. Edmonds will describe how America changed forever during the summer of 1964 and why one of the nation's premier research collections on civil rights ended up in our city. Excerpts will be shown from the documentary, "Freedom Summer" to highlight aspects of the presentation.

Funding for the series, Created Equal, was provided by a grant from the National Endowment for the Humanities (NEH) and the Gilder Lehrman Institute of American History. For more information, visit created equal.neh.gov

Classes At The Sewcial Lounge



The Sewcial Lounge, 841 W. Lakeside St. has a variety of classes for people of all skill levels. They offer a 'Fundamentals class for people who have never threaded a sewing machine and classes that offer a range of projects that help improve their skills. Classes are small, no more than 4 students per class so you get plenty of one on one time with the instructor. They also offer' Make and Take' parties that are a great way to get creative with your friends! The parties are available to adults with any level of sewing experience, including those with no experience at all! They include time for sewcializing and everything you need to complete your selected

project. In addition to holding classes, the Sewcial Lounge sells fabrics, notions, patterns and books. More details are available at the thesewciallounge.com or you can contact them at info@thesewciallounge.com or 608.285.5815.

News from Olin-Turville By Andria Blattner



It's almost fall. The Turville Prairie is looking very stately and happily has many monarch butterflies. The gardens at the entrance to the Pavilion are really beautiful and excellent examples of how Native Plants can be used by gardeners.

The Bay Creek Butterfly Garden is underway. We hope to become a certified Monarch Waystation. The importance of the waystations is to make up for the great loss of butterfly habitat as a result of development and current "weed" control practices of agriculture.

The main idea is to have all the plants that monarch (or any other butterflies) need throughout their life cycle. As larvae (caterpillars) they eat a great quantity of plant material and many species are quite particular about what they can eat. Monarch caterpillars eat some species of milkweed exclusively.

The butterflies only eat nectar and are not quite so fussy, but there should be something blooming throughout the summer. The adults will select the appropriate plant for egg laying. All stages egg, larvae, pupa, and adult need places of safety. We have 4 species of milkweed mostly butterfly weed. There are 17 other species including asters, white and sky blue, coneflowers, and spiderwort.

It is wonderful to see how many yards have native plants in their gardens. They range from the spring ephemerals to summer prairie plants. It is especially good to see the milkweeds. These plants will extend the opportunities for all our butterflies and native pollinators. I'll bet many of the yards in Bay Creek could qualify as Monarch Waystations.

The newly found invasive, Crazy worm, Amynthas agrestis has now been found in the neighborhood. It is a super active, red wiggler type worm that can destroy mulch layers. It will devastate the duff (leaf litter layer) and seriously harm the growing conditions if it gets into a forest. The current practice at the arboretum to keep the worms from spreading when transferring or sharing plants is to dig up the plant, wash the soil off the roots to remove any worm egg capsules and put them into sterilized potting soil. (Most commercial brands are sterilized.)

By October 11 we will definitely be into fall – hard to believe. Sean Gere, our neighborhood arborist will lead a walk on the edible aspects of the woods both for critters and humans. There will be no collecting, but we will learn to identify nuts, seeds, mushrooms and other fungus. The Turville Conservation Park Nature walks will continue on the second Saturday on the month.

Thank you, Andria for all of your work this summer on the lovely garden behind our new sign. It is a wonderful way to welcome people to our neighborhood and a beautiful addition to Bay Creek.

KMC Madison Shares Buddhist Philosophy with Madisonians By Pam Gates

A Buddhist bookstore and meditation center has opened on South Park Street just north of Copps. KMC Madison was on the east side for 15 years, says resident teacher Gen Kelsang Gomlam, who has been ordained and teaching for 13 years in the new Kadampa tradition of modern Buddhism but has been a Kadampa Buddhist for 18 years. Gomlam is delighted to be "publicly situated" on Park Street: "This design is nationally and globally what we do," she says. "... Plus, we're right by the Taj restaurant!"

"We have quite a few core practitioners," Gomlam says. "... [But] this Buddhism is for everybody."

The main focus of KMC Madison is meditation classes. Free half-hour walk-in guided meditation sessions are held every Wednesday and Friday at noon. "Local people have told me they like this," Gomlam says. On Sundays you can join in Prayers for World Peace and get guidance in mindful living 10-11:15 a.m. Children can come, too; there is a special meditation room for them. "Everything is beginner-friendly," Gomlam says.

Other classes, for which there is a reasonable charge, offer deeper instruction in meditation or address topics for busy modern people. "Transforming Fear" is being offered Thursday evenings through Oct. 2, and "Pure Potential: Recognizing the True Nature of Your Mind" will be offered Oct. 23-Nov. 13. In the second series, students "learn how to unlock their potential for lasting happiness" and attain "a sense of purpose in their lives and harmony in their relationships." In the first series, students "learn to transform their fears and anxieties into an energizing force that takes them toward a state of fearlessness." Every month there is a Saturday morning class "on meditation and its application to making our minds more relaxed, clear, and kind."

"We need to find time to connect with our own inner peace," Gomlam says. "If your mind is peaceful, you're happy. If your mind is not peaceful, you're not happy. Everyone wants to be happy, so everyone needs to meditate ... Outer peace won't happen without inner peace."

There are about 1,200 temples and meditation centers around the world, Gomlam says. "We're very open. Buddhism used to be limited to the Eastern world, but my teacher Geshe Kelsang Gyatso is known for teaching Buddhism to Western people. Right now, for the first time ever, Buddhism is being taught in every major country of the world. All the [Kadam-pa] teachers study together every summer for six weeks in England.

"Unlike many of our religions, it's not about having people become Buddhist. You can just use whatever you like [from the teachings]."

Gomlam was a nurse for many years, including for Hospice. "Now I'm a spiritual nurse," she smiles. "... I know very well what people are going through. I've had a life.""We don't just go somewhere and teach," Gomlam says of Kadampa Buddhism; they go only where they are asked to go. She says the Midwest is "just starting to blossom"; they've had requests from Milwaukee; Traverse City, Mich.; Minneapolis; and Ohio. Gomlam herself is from Colorado and points even further west; she was teaching in New Mexico before coming to Wisconsin.

"In the end, just three things matter: How well we have lived How well we have loved How well we have learned to let go" Jack Kornfield **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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Treasurer Judy Robinson 469-1218 treasurer@mer.com Autumn Leaves

Autumn leaves begin to gently fall As summer just fades away. And Machberries from the hedgenous Make a feast at the end of summer ball. Colden leaves carpet the woodland floor And the beauches of the tures, With colours ranging from gold leaf. To castic copper is something to adore. Weaving jumpers in the autumn chill To beep waran, we sit in the garden Sipping tea instead of cold mange juice Watching the sun ye down, all quint and still. And watching the garden birds going to their aest As the evening lengtheas and dusk descends Thus marks the end of the day, of all we had done, And sitting in that twilight we simply take our rest

Standing committees

Welcoming committee Open Web commillee Jim Winkle, 813 Emerson St.; 257-1812; <u>jim@EventsGolove.net</u>

BCNA area representatives

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Government representatives

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County board	Kyle Richmand; 929 O'Sheridan St.; 251-3171; richmond Lyle@co.done.wi.us
State representative	Terese Berceau; 266-3784 ; rep. berceau@legis.state.wi.us
State senator	Fred Risser; 266-1627; <u>servisser[®]decissibilewitus</u>
Congressmen	Marc Pocan; 258-9800; pocan.house.gov/ (Click on 'Contact')
U.S. Senators	Tammy Baldwin; 264-5338; www.baldwin.senate.gov/ (Click on 'Contact')
	Ron Johnson; (414) 276-7282; www.ronjahnson.senate.gov (Click on 'Contact')

BCNA police department liaison: Officer Steve Mogyera South Side Station, 825 Hughes Place; Phone: 266-5938; Cell: 608-209-8480 E-mail: smagyera@cityofmadison.com; Fas: 266-4452