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DETAILS P. 31

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A close-up portrait of Dr. Jasmine Zapata, a Black woman with short, curly dark hair, smiling warmly. She is wearing a colorful patterned scarf and a stethoscope around her neck.

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and the National Endowment for the Arts

There is no better time of year to catch the spirit of music, than when John DeMain captures the essence of the budding season with Shumann's *Spring Symphony*. Joining him is Grammy Award-winner Augustin Hadelich in a scintillating performance of the Dvořák *Violin Concerto*, long overdue for a hearing at these concerts.

John DeMain, *Conductor*  
Augustin Hadelich, *Violin*

Britten | Sinfonia da Requiem  
Dvořák | Violin Concerto  
Schumann | Symphony No. 1, *Spring*

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### NEXT MONTH

may 4, 5, 6  
**Mass Appeal**

Christopher O'Riley, *Piano*  
Madison Symphony Chorus  
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# BRAVA

MAGAZINE



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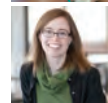
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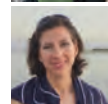
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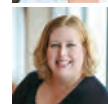
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## THE STORIES WE TELL

**WHEN MY BEST FRIEND** learned that I'd accepted the BRAVA editor-in-chief job, she said, "You've always been such a go-getter!" It's true: I've been fortunate to have a career that's been anything but ordinary, often as one of the few (or only) women in the arena.

Most of my career has been in newspapers, initially in California, then abroad. I've reported from Latin America, the Balkans, the Baltics, the Middle East, Africa, Europe and Asia.

From the start, I learned to be protective of the most important resource in journalism: the readers.

There are so many highlights. Early in my career, I was among a small group of journalists to witness and tell the story of the first wild flight of a captive-bred California condor above the Santa Barbara mountains. The wild birds soar there still.

As a reporter at Stars and Stripes, the editorially independent daily covering the U.S. military overseas, I crouched on the shuddering deck of aircraft carriers in the Persian Gulf as F-16s launched into the night sky, and I rode in the back of Humvees in Iraq, guarded by armed and mud-splattered U.S. Marines.

In Pakistan, I was granted sole access to interview Afghan refugee women in a mud hut, while my male colleagues waited outside. I later became the only woman on the editorial management team of Stripes' Europe.

And now, I am firmly in the province of women. This month marks four years at BRAVA, helping provide inspiring

and insightful content for and about the remarkable women of the Madison area and beyond.

This was my first magazine staff job, and I wouldn't have arrived at this new career pinnacle without my predecessor and mentor, Kate Bast. I've brought aboard two new staff members to join me and Digital Editor Rachel Werner: Ann Christianson, our talented art director, and Julia Richards, our experienced assistant editor.

Driving to work on my first official day as editor, I felt a tinge of anxiety—Can I do this? Will I be able to lead the magazine to the benefit of our readers and the community? Can I maintain the vital BRAVA mission of helping women thrive in their lives?

I calmed myself with the ideas of UW-Madison's Soyeon Shim, who explains the concept of creative confidence in a story written by Hywania Thompson on P. 20, and who is the keynote speaker at BRAVA's daylong THRIVE Conference. See the conference guide on P. 31.

Shim says creative confidence can help us change the stories we tell ourselves, so we discover new ways to work and solve problems. The idea buoyed me, and I'm ready to go get this challenge, just as I have all the others. Join me!

*Marni*

Marni McEntee  
Editor-in-Chief

### ON THE COVER

Soyeon Shim is a firm believer in creative confidence and design thinking, which can help us overcome misgivings about our skills. Photographed by Hillary Schave. See PERSPECTIVE, P. 20.



### DON'T MISS!

BRAVA's daylong THRIVE Conference April 27 has all you need to help you thrive, with tools and tips for your professional and personal life. Details: [thrivewithbrava.com](http://thrivewithbrava.com).



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## CONTRIBUTORS

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**PHOTOGRAPHERS** | Kaia Calhoun and Sunny Frantz

**WRITERS** | Leigh Mills, Rae Sanders



**ALISON AHLGRIM | "LASTING EMPOWERMENT FOR WOMEN," P. 17**

Alison has spent her entire professional career in the nonprofit sector advocating for people, helping vulnerable populations succeed and working to create systemic change. Alison recently completed a Journalism Certificate at Madison College to refresh the journalism skills she learned in high school and tell people's stories. In her spare time, Alison loves being outside hiking, backpacking, rock climbing, biking, playing Ultimate Frisbee, gardening and cross-country skiing.



**KRISTINE HANSEN | "LAPPING UP THE LUXURY," P. 51**

Kristine is a Milwaukee-based freelance writer and former Madisonian. She is a contributor for numerous magazines, including TIME, Milwaukee Magazine and Wine Enthusiast.



**HILLARY SCHAVE | PHOTOS THROUGHOUT**

Hillary is the creative force behind the local business Azena Photography. Her vast experience in documentary and editorial style wedding photography has helped to create some truly genuine and beautiful portraits of the local women featured here in BRAVA Magazine. She loves food, music, travel, books and her little family of three.



**HYWANIA THOMPSON | "TRUSTING THE POWER OF YOUR MIND," P. 20**

Hywania is a copywriter and a native of Chicago. She moved to Madison in 2005 to work as a radio news reporter. She can be spotted around town volunteering, attending networking events and occasionally blogging for Social Media Breakfast. She enjoys all the adventures Madison has to offer, especially free live music and Madison Mallards baseball games in summer.



**SHANNA WOLF | "CHALK IT UP TO STYLE," P. 29**

Shanna is a freelance photographer with a background in advertising and communications, specializing in portrait, documentary and interior photography. Her photography aesthetic is modern with simplicity and balance. She loves the storytelling of still photography and being a contributor to publications with meaningful messages. Her personal work is focused on travel and wandering, using her camera as her sketchbook.

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# CONNECT




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**MANY FACES, ONE COMMUNITY |** Revisit the faces and moments that made the first decade of Overture Center for the Arts memorable. Overture's Community Photo Mosaic showcases the tremendous impact the center has made in Dane County via free and low-cost programming, exhibition space for local performing and visual artists, and Broadway touring performances. Assembled using images collected from community events and performances, a photo booth—set up for the duration of Overture's 10th anniversary year—and submissions from patrons, board members and staff, the artwork will remain a permanent display on the main level just off Rotunda Lobby. *Overture Center, Madison. [overture.org](http://overture.org).*







## EMPOWER • ENRICH EDUCATE • ENTREPRENEUR

### IT'S TIME TO THRIVE IN YOUR LIFE!

Learn, connect and grow with some of Madison's best presenters and other like-minded women seeking to thrive in their personal lives and careers. The BRAVA THRIVE Conference on April 27 is designed for women in all stages of their careers or entrepreneurial plans.

With four topic tracks to choose from—empower, enrich, educate, entrepreneur—there are workshops of interest for everyone throughout the day. Enjoy an inspiring keynote talk about designing your life by UW School of Human Ecology Dean Soyeon Shim. Work on assertive communication, strategic planning and brand strategies—and more. You'll gain tips and tools from experts, network—and leave feeling empowered to live your potential, in work and life. It's a day you don't want to miss! *April 27, 8 a.m.-5 p.m. The Edgewater, Madison. Tickets: [thrivewithbrava.com](http://thrivewithbrava.com).*

### OUT + ABOUT

## BRAVA-SPONSORED EVENTS

### APRIL 5 | NAMI DANE COUNTY'S 2018 AWARDS BANQUET AND GALA

Judge Everett Mitchell keynotes the Dane County chapter of the National Alliance on Mental Illness' awards banquet. In his presentation, "Stepping Up: Decriminalizing Mental Illness in Dane County," Mitchell will discuss local efforts to divert individuals away from jail and into community-based treatment. *5:30-8 p.m. Monona Terrace, Madison. To register: [namidanecounty.org/banquet](http://namidanecounty.org/banquet).*

### APRIL 14 | CHILDREN'S THEATER OF MADISON SPRINGTACULAR

Step back in time for a nostalgic night of festivities, including cocktails, dinner, games, entertainment, and both a live and silent auction. This year's theme, "Come to the Fair," comes from CTM's recent production of "Tuck Everlasting." Support access for youth and families to CTM's productions and educational programs. *6 p.m. The Edgewater, Madison. Tickets: [501auctions.com/ctm2018](http://501auctions.com/ctm2018).*

### APRIL 14 | JDRF SPRING GALA

Come celebrate 20 years of the JDRF Western Wisconsin Chapter's work to accelerate life-changing breakthroughs to cure, prevent and treat Type 1 diabetes. The evening includes cocktails, dinner, silent and live auctions, Fund A Cure and live dance band VO5. *5:30 p.m. Madison Marriott West, Middleton. For information and tickets: [jdrfsspringgala.org](http://jdrfsspringgala.org).*







### APRIL 19 | BRAVA NIGHT OUT

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### APRIL 20 | "LINES": A THEATRE LILA INVENTION

Five female playwrights of color explore the lines in their lives that separate and connect; that need to be crossed, erased and drawn again. Directed by American Players Theatre company member Melisa Pereyra. *Runs April 20-22, 26-29, with performances at 2 p.m. and 7:30 p.m. Recommended for ages 14 and up. Promenade Hall, Overture Center, Madison. Tickets: [overture.org/events/lines](http://overture.org/events/lines).*

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Denise is a dedicated foodie, live music loving, MINI Financial Services Manager.

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## LASTING EMPOWERMENT FOR WOMEN

### THROUGH NATALIE DEMAIORIBUS' CHIMERA SELF-DEFENSE PROGRAM

BY ALISON AHLGRIM

**"Everyone comes into class** with this power, and watching them get in touch with that power is amazing. It's really, really fulfilling," says Chimera Self-Defense Coordinator Natalie DeMaioribus.

DeMaioribus first got in touch with her own power when she took the Chimera class, an outreach project from the Rape Crisis Center, as a freshman at UW-Madison. Though she originally planned to become a choir teacher, DeMaioribus could not get the program out of her head, and she now works full time to inspire and empower women to find their voices.

What stood out most to DeMaioribus about the class was the idea that she could defend herself not just against physical violence, but also against disrespect and harassment. The Chimera class teaches women awareness, assertiveness and self-confidence in addition to more traditional self-defense skills.

"I like watching students learn to recognize that micro-aggressions are a form of violence, and disrespect for boundaries is violence," says DeMaioribus. "Students tell me, 'I never realized that's what this one coworker of mine was doing. I didn't have a word for it.'"

DeMaioribus now lives her everyday life feeling "empowered to break with traditions and customs without being afraid," and she strives to pass this sense of empowerment on to her students.

With TIME magazine naming the women of the #metoo movement as the 2017 "person of the year" and powerful men being toppled nearly daily after accusations of harassment and violence, the nation has undergone a reckoning in recent months.

Though these experiences are nothing new in the eyes of DeMaioribus, the long and growing list of women speaking up has helped to raise people's





# MUM

## MADISON AREA URBAN MINISTRY

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consciousness. "I hope it has changed the minds of some women who, for their own emotional safety, have been telling themselves they haven't had an experience of sexual assault. The solidarity is very important," she says.

Moving forward from this cultural moment, DeMaioribus hopes that women, herself included, can help facilitate an environment where they can speak openly and productively with men to help change power dynamics and prevent violence and harassment.

"Getting everybody on the anti-violence train is really important to changing the culture, which is what



*Don't miss Natalie*

*DeMaioribus at*

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for more information.*



I'm trying to do," says DeMaioribus.

According to past Chimera participants, DeMaioribus challenges and inspires students to find their strength and confidence. "Natalie really helps to get that roar out of everyone in class. We do a lot of fun yelling exercises," says Kate Lautenbach.

Lautenbach also says that DeMaioribus gives participants "tools to put in their toolbox" for any situation they may face. "Chimera has been very life-changing," says Lautenbach. "It gave me all these different options on how I can respond in situations. I use it all the time."



Grinnell College freshman Katie Buhman, who took Chimera before starting college, says that DeMaioribus helped her learn to use her voice and stand confidently. “I’m typically quiet and shy and mumble a lot. Practicing speaking loudly and forcefully was good for me.”

Buhman says that DeMaioribus helped her tap into strength she did not know she had. “The sense that you can have this confidence inside you is really amazing,” she says.

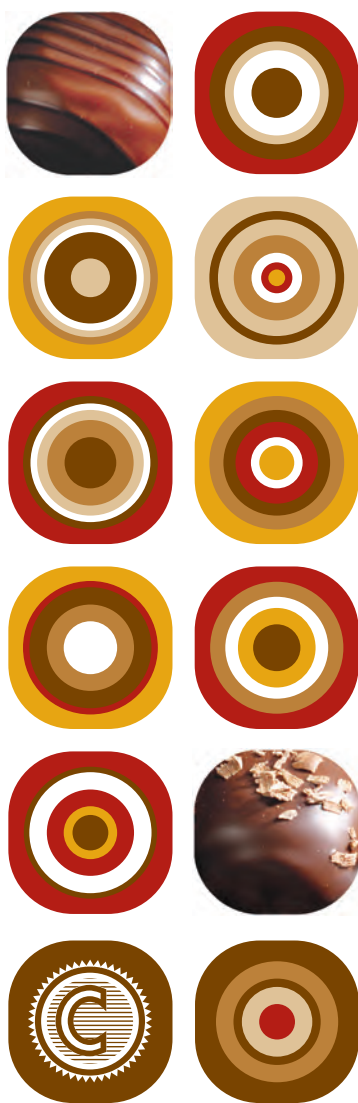
In addition to helping women find their inner confidence and strength, DeMaioribus validates women’s instincts and gives them permission to speak up. “People usually have a gross feeling about something, but we learn to ignore it. A lot of it is just realizing that you can politely, calmly and bluntly stand up for yourself,” says DeMaioribus.

While the Chimera program is equipped to support women who have been sexually assaulted or harassed, it is not a prerequisite to participation. “All women have had at least some experience where they have been harassed, hassled or disregarded because of their gender. Everybody, including me, has had an experience that can be labelled ‘violence,’” says DeMaioribus. “It’s all the same piece for me, and it’s important to get in touch with the anger you felt at the time.”

Ultimately, DeMaioribus envisions “a world where women are fearless participants in society; women who aren’t constantly worried about being rude. Constantly worried about others’ feelings. And constantly thinking about their risk level.” 🌸

*The Rape Crisis Center has six Chimera sessions scheduled for 2018, including a mixed-gender class in April. Those interested can register online at [thercc.org](http://thercc.org) or request a private class.*

*Anyone who has been sexually assaulted, has questions or is supporting someone going through a crisis can call the Rape Crisis Line 24 hours a day at (608) 251-7273.*



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Don't miss Soyeon Shim's keynote address on designing a successful life at BRAVA's THRIVE Conference, April 27 at The Edgewater.

## TRUSTING THE POWER OF YOUR MIND

### SOYEON SHIM INSPIRES CREATIVE CONFIDENCE

BY HYWANIA THOMPSON

**DO YOU SEE YOURSELF** as creative? Unless we're artists, dancers, actors or musicians, many of us don't see ourselves as creative. It's time to change that way of thinking and tap into our creative confidence.

Brothers David and Tom Kelley, authors of "Creative Confidence: Unleashing the Creative Potential Within Us All," say associating creativity solely with artistic pursuits is a myth. The idea of creative confidence, they say, is the belief that we are all creative.

Soyeon Shim, dean of the School of Human Ecology at UW-Madison, remembers a time when she didn't believe she was creative. "I don't know how to draw, I don't know how to make, I'm not a maker," says Shim. "Once I decided that's not equating with my creative mind, then all of a sudden I became a much more creative person." Shim says creative confidence is about self-advocacy, believing in yourself and having an open mind.

---

#### CREATIVE CONFIDENCE:

HAVING THE FREEDOM  
AND COURAGE TO  
FAIL/TAKE CREATIVE  
RISKS AND THE  
KNOWLEDGE THAT ALL  
OF THE IDEAS YOU  
CREATE HAVE VALUE.

---

At a point in her life when she was the "only of everything" in her job—the only woman, the youngest and the only social scientist—Shim started to lose her self-confidence. She saw these characteristics as barriers and even listed them as weaknesses at a leadership workshop. After a mentor asked Shim why she saw those characteristics as weaknesses instead of strengths, Shim says it dawned on her that she needed to flip the conversation. "I started asking myself,



among these people who is the woman? Who is a young mother? Nobody. Who is a social scientist? Nobody. That was my strength. I changed the conversation,” says Shim. She became more confident in who she really was, she says. The next year, she became chair of her group.

Shim says we all can benefit from creative confidence, particularly women. Often times, women don’t see themselves as creative and tend to focus on what they see as weaknesses. But if you change your way of thinking—and as Shim suggests—see your weaknesses as strengths, you open yourself up to a whole new world. Shim says when she did this she began behaving more innovatively and more confidently.

Not only can we use creative confidence to change the stories we tell ourselves, we can use it to help us discover new ways to work and solve problems. Shim says looking back on her life, there were many moments in which she used creative confidence but at the time didn’t realize it.

She describes a time in college when she was junior class president working on a fundraiser. Traditionally, classes worked with the bookstore to design and sell a product. However, that process had not been profitable. Shim says they decided to use a wholesale market instead and redesign and use new products. The new way of doing things worked and the fundraiser was a huge success. “You have to change the game. Don’t do things that do not work,” says Shim.

#### **Creative confidence means taking risks**

Taking a risk or trying something new can be scary. Often, it’s the fear of failure or fear of the unknown that keeps us from putting ourselves out there. “Creative confidence asks that we overcome that fear,” say David and Tom Kelley.

Linda Zwicker, senior assistant dean of the School of Human Ecology, agrees. She says creative confidence is about having the courage to take a risk and say, ‘why not, what have I got to lose?’ “It’s thinking about the color around the edges. Life is not about hard lines and definitions. It’s really about these movements and moments,” Zwicker says. “And when you see in your heart it’s OK to step out...then it’s not so scary to take a risk.”

#### **Why not and what if?**

David and Tom Kelley say businesses often claim they don’t have the budget for innovation. “Instead of letting a lack of resources hold you back, use these constraints to be creative and come up with solutions that require minimum time or money,” they say. Shim says money can sometimes be a barrier but believes it follows your vision. She says if you have a vision and you work hard, resources and supporters will come.

---

### **DESIGN THINKING:**

A PROCESS FOR CREATIVE  
PROBLEM SOLVING USING  
DESIGNER’S STRATEGIES  
OF HUMAN-CENTERED  
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---

During a time when programs at the University of Arizona were facing budget cuts—Shim, an associate professor in the Norton School of Family and Consumer Services at the time—recommended creating a global retailing program. When people asked how global retailing would work in Tucson, Shim says she asked, why not and what if. They needed to bring in executives to support the program and give them money. “We have sunshine, we have a golf course, we have an airport and we have a great university,” says Shim. Executives got on board, the Global Retailing Program was created and the Terry J. Lundgren Center for Retailing was built. That was 1995. Shim says now the program is one of the best in the country—all because she asked why not and what if.

#### **Creative confidence as a foundation for designing your life**

Creative confidence helps us take advantage of our strengths and maximize our talents—important tasks for achieving our goals. It’s a tool for design thinking and the foundation for

designing your life. We may not think we’re life designers but Shim believes we all are. Life doesn’t always turn out exactly the way we plan it and that’s OK. Shim says it’s not always about the outcome. “Life design isn’t so much about getting there; it’s about the process, the process at every different stage of your life by being able to see the long-term view of your life and having this goal in mind. It helps you be more intentional,” she says.

#### **It’s not just about you**

Cultivating creative confidence can help us as individuals and it can help teams. Zwicker knows this all too well. “Creative Confidence” was one of the first books their leadership team read together when Shim arrived at UW–Madison several years ago.

Zwicker says creative confidence made creativity accessible to everyone. “Creativity doesn’t live in one space. It lives in everyone,” Zwicker says. “When something is available to everybody, that helps. It’s easier to lean into something if you feel that you can be there with it, that you can participate in it or you can practice it,” she adds. For Zwicker, part of creative confidence was tapping into it to understand her colleagues and the spaces in which they work.

Building creative confidence in groups is important and everyone is responsible for how confident the group is. Group creative confidence is about working collaboratively and solving problems. And according to Shim, there’s nothing a creative group can’t do!

#### **Creative confidence – believe in yourself and practice, practice, practice**

When it comes to creative confidence, the biggest thing Shim wants people to know is believe that you can do it, have vision, passion and commitment, and learn from mistakes. She says she’s learned many lessons from failure. It can be the biggest pain emotionally, but she says in the end, failure is your best friend.

Creative confidence is not in our DNA and Shim says it’s not magical. She calls it a skill set—skills that must be practiced. “Look deeply, think about those creative moments you had...and then, practice that.” 🌸



## GRITTY, MAYBE, BUT ALSO REAL TAKEYLA BENTON'S QUEST TO INSPIRE AFRICAN-AMERICAN BOYS TO READ

BY LAURA ANNE BIRD

**TAKEYLA BENTON IS ON A MISSION.** This mother of two and bank branch manager spends her spare time promoting a love of reading and writing throughout the community.

Not only is Benton working on a novel and volume of poetry, but she has served as co-producer and reader for Madison's "Listen to Your Mother" show. She also started We Write Too, an online space where black women can seek writing advice.

But she decided this wasn't enough.

"I have a 10-year-old who struggles with finding books that interest him," Benton says. So in November she launched We Read Too, a book group for boys of color.

Benton facilitates the "high-energy" discussions and says they have caused her to rediscover the power of young adult fiction. "I'm surprised at how gritty and real-life these books get," she says. "We forget that kids have to deal with some pretty grown-up things."

Some of Benton's recommendations are:

**The Stars Beneath Our Feet. By David Barclay Moore.**

Lolly, who has lost his older brother to violence, finds comfort in Legos. He learns that creativity and imagination can save him from grief and the perils of his troubled Harlem neighborhood. "This

book has big stuff like gangs and bullying," Benton says. "But it also teaches patience and perspective."

**Black Panther: Who is the Black Panther? By Jesse J. Holland.**

Inspired by Marvel Comic's superhero, T'Challa is a warrior-king in the African nation of Wakanda. Known as the Black Panther, he prepares to ward off invading mercenaries. "There's depth to this prose novel, even if it's 'easy' to read. It has character development, plot and theme," Benton says. "It's great storytelling."

**Ghost. By Jason Reynolds** (National Book Award Finalist for Young People's Literature).

Ghost wants to be the fastest sprinter on his track team. As he grapples with family troubles and a hot temper, his coach and fellow runners teach him perseverance. "Reynolds hated boring books as a kid, so this one's a no-brainer. It's got hip hop, sports and relevance," Benton says. 🌟

Visit [facebook.com/WeReadToo](https://facebook.com/WeReadToo) for more information about Benton's book group, which is geared for fourth through seventh-graders and meets monthly on Saturday afternoons at the Goodman South Madison Library. Regulars, drop-ins and parents welcome.



## ASK THE EXPERT



## TIPS FOR CAREGIVERS

## ASK SSM HEALTH AT HOME OUTREACH MANAGER, JANET BOLLIG

### **Q** What is the one piece of advice you would give to a caregiver (or future caregiver)?

Start talking! Having on-going conversations with your loved ones about the future is vital.

If your loved ones were incapacitated, would you know what they want in regard to their care? Talk to your loved one about completing an advance directive. These documents lay out your wishes in regard to health care and designate someone who can make decisions for you in the event you cannot speak for yourself.

In the event of a crisis you'll need access to information. Doctors, hospitals, insurance companies, banks, even the utility company cannot give you information without permission. Help your loved one fill out the paperwork and make calls now, so you have access to the information you'd need in an emergency.

Your loved one should also have a durable power of attorney for both health care and finances. Without these types of legal documents the courts would have to step in if your loved one was ever incapacitated.

Even simple decisions become exponentially more difficult in an emergency. Planning now will help make future crisis situations easier to handle.

### **Q** What types of care should be planned for?

Most people think about health care as going to the doctor or staying in the hospital, but many older adults can benefit from in-home health care. This type of care is especially important for people who are dealing with an illness, injury or recovery. With in-home health care, nurses and therapists travel to you. For

people who have difficulty leaving home this type of care can be essential.

Many people don't realize they may also need additional support. Some people require non-medical care like help with dressing and bathing, transportation, or medication management.

Though it may be difficult to think about, planning for end-of-life is as important as planning for any other aspect of care. Most people want to stay at home. Hospice services are designed to help make that happen by supporting both the patient and their family throughout the process.

### **Q** What steps do you recommend for those just starting the process?

Do your research. Start a care provider list so you know where to turn if something were to happen. If staying at home is important think about ways to make the home safer. If senior apartments are a possibility, schedule some tours. Know your options in the event nursing home care was required.

Your local Aging and Disability Resource Center (ADRC) is a great place to start. You can also visit Medicare's website to search for services from doctors, to home health care, to nursing homes. Talk to your doctor, and ask for recommendations from people you trust. Learn more about agencies that can provide additional care and support. Medical social workers are a great resource. Schedule informational visits with care providers to see what is available.

Check on costs. Not all insurances cover all types of care. While most private health insurances and Medicare will pay for certain types of home health care, they don't typically cover care like long-term nursing home stays, private duty nursing, or in-home assistance with daily activities. For that type of coverage you need long-term care insurance.

### **Q** Any final pieces of advice for caregivers?

Caregivers are amazing people who are often caring for both elderly loved ones as well as their own young families. Please remember to care for yourself. Don't let your own health and well-being get lost in the shuffle. Find time to relax even if only for a few minutes each day. If you are feeling overwhelmed know help is out there. Look into community organizations and agencies that can help provide some respite or support.

*Janet Bollig, MSSW, is a Medical Social Worker and the Outreach Manager at SSM Health at Home. She has been helping patients and families navigate their health care journeys for over 25 years.*

*SSM Health at Home is a nonprofit organization providing a variety of comprehensive home care services, including: home health, hospice, medical equipment, infusion pharmacy and community health.*

*If you or a loved one is interested in learning more about how SSM Health at Home's services can help today or in the future, request an informational visit by calling 800-924-2273 or visit [ssmhealthathomeWI.com](http://ssmhealthathomeWI.com).*



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*Find out how to give your cabinets a pop of color in DWELL, P. 29*





MENTAL HEALTH

## REVELATIONS IN CLOSENESS

### DEEPLY INTIMATE RELATIONSHIPS EXPLAINED

**IMPASSIONED CONFUSION LIES** between the cracks and crags of human connection. Reflecting on our intimate relationships, however, can shed light on what is happening with ourselves and our partners. Professor Linda Roberts of the University of Wisconsin-Madison, and co-contributor to the intimacy model “Deep Intimate Connection: Self and Intimacy in Couple Relationships,” explains the complexities of connection while identifying three main components of deep intimacy.

In Roberts’ and her colleague Karen Prager’s model of deep intimate connection “two partners [maintain] eye contact and forward body orientation while disclosing feelings of uncertainty about themselves as relationship partners who nevertheless love one another deeply.” Understanding and exposing the “self” can play a major role in building an intimate connection.

“Being more willing to be vulnerable is a key component, whether you’re talking

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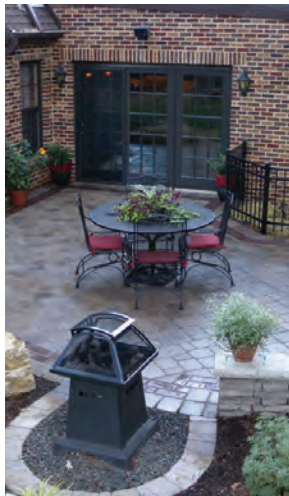
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about emotional intimacy or sexual intimacy," Roberts says.

The three components of a deep connection are:

- Self-revealing behavior; it can begin with only one person revealing a part of herself first.
- Positive involvement with the other, which means being fully present with the other.
- Shared understanding; when one person reveals and the other responds.

Intimacy is created when the revealing person feels understood, validated and cared for in the interaction.

"Developing intimacy can be learned; it's a skill," Roberts says. "There's lots of ways of being with another, even on a day-to-day basis, that might involve high levels of interdependence and companionship, but not go to these deeper levels of intimacy."

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GNOC	GET NAKED ON CAM
PN	I'M POSTING NAKED
LHU	LET'S HOOK UP
TDTM	TALK DIRTY TO ME

In sexual connection, Roberts' and Prager's intimacy model highlights that being present in "playful sexual intimacy brings depth and significance to the experience of sexual contact"

"There's sexual intimacy and then there's emotional intimacy, and we know that they feed on each other, especially that sexual intimacy might lead people actually to desire more emotional intimacy," Roberts says.

In today's world, the model of intimacy can be distorted in the media's portrayal of connection. Roberts says, at times, emotional dialogue is often bypassed on the way to the bedroom.

"We not only need relationship skills, we need self-skills, skills related to managing our emotions, knowing our emotions, being aware and clear about what our values and priorities are." - Rae Sanders 🌸



## CHALK IT UP TO STYLE

### REVIVE CABINETS WITH PAINT

**LOOKING FOR A WAY TO SPICE** up bland kitchen cabinets? Spruce them up yourself with chalk paint, says Cindy Gazso, who with her husband, Barry, teaches cabinet painting at their Studio 184 in Stoughton.

Here are a few of Gazso's tips and tricks from a recent cabinetry seminar.

1. Organization is the key to success. "As you take your cupboards apart, give every hinge its own Ziploc bag" for easy pairing later, Gazso says.
2. Thoroughly clean the cabinets before painting. Grease stains will show through the paint.
3. Use a synthetic brush to help make wood grains less obvious.
4. Whether you go bright and bold or moody and monotone, color-blocking adds interest, dimension and height to your home. "Color is coming back in a big, big way," Gazso says.
5. Use a clear finish for a space-age shine. "This is perfect if you're going for a mid-century modern look." – Megan Roessler. 🌸

Visit [studio184stoughton.com](http://studio184stoughton.com) or call (608) 877-0100 for more information.



## BLOOMS CRUISE CRAZY DAISY'S BLOSSOMS

BY RACHEL WERNER

**FLOWER POWER ISN'T A CLICHÉ** to Crazy Daisy owner Michelle Hornung; it's a daily mantra. "Last March, I was awarded my sixth Daisy award for compassion in nursing at UW Hospital, where I am an RN on the orthopedic floor," Hornung explains. "The name was easy as I wanted to blend my two passions: nursing and flowers."

Hornung describes the pop-up floral "bar" as a quirky side gig to her day job, but also as a creative way to funnel the professional kindness she's been honored for into the community. "Running a business as a woman—and following my heart—has been my biggest accomplishment to date. I want to be an inspiration for women to dream big and trust themselves so they too can be an inspiration to others," she says.

And the budding entrepreneur is set to make the most of 2018 by expanding her weekly venues to include Wednesdays at Concerts on the Square, "make and take" events featuring succulent gardens and holiday-themed décor and the farmers' market at Prairie Lakes in Sun Prairie, where her 1969 Volkswagen Transporter van was regularly spotted in 2017.

"My husband and father-in-law built out the display area in the bed of the truck so customers could have the ease of building their own bouquet, complete with a wrapping station for myself," Hornung says.

"Plus, supporting local was high on the priority list and Fair Field Flowers helped bring this small idea to light by supplying the flowers I sell with fresh cuts harvested the night before my events."

It's a bountiful partnership poised to ensure Crazy Daisy will likely be in bloom for many seasons to come. 🌸

[facebook.com/CrazyDaisyFlowerTruck](https://facebook.com/CrazyDaisyFlowerTruck).



PHOTOGRAPHED BY HILLARY SCHAVE

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PROMOTION

## MONEY SMARTS



## MONEY SMARTS

BY KIM SPONEM

**Part 1: Early this year I read the financial New Year's resolution article in the Milwaukee Journal Sentinel, and one thing you said was to be specific in your goals. Can you give more examples of specific financial goals people set?**

I was happy to be part of the article about ways to improve financial fitness in 2018. Improving financial wellness is what we are all about at Summit. For those who haven't seen the article, I made this comment in the interview: "Rather than say, 'I'm going to reduce my debt,' or 'I'm going to increase my savings,' be really specific and creative about what you actually want to do differently. For example, instead of saying, 'I want to reduce my debt,' I might say, 'I'm going to increase my auto payment on my car loan by \$20 per month.' Or I might say, 'I'm going to pay off my car loan by (date) by making two or three extra payments.'"

An important thing to keep in mind is to start where you are, and because that place can be very different depending on your financial situation, your stage in life and any life events you may be experiencing, I'll share a variety of examples.

- If you want to better understand where your money is going each month so you can save more money, you might set an action goal to track your spending for one month. Or you might want to make it super easy. If you're a Summit Credit Union member, your action goal may be to login to online banking and use Summit's Money Minder tags to automatically categorize your spending each month. Summit's Money Minder is a free online tool available to all Summit members through online banking and our mobile app. It helps create a budget, monitor expenses, set goals and get transaction alerts, and it is designed to make it easy to stay on track. If you are not already a member or prefer to stay with another financial institution, check with your financial institution about tools they may offer to help.

- If you want to have more money on hand in case something unexpected happens, you might make this a goal: I will save \$1,000 in an emergency fund by July 1st by automatically depositing \$100 from my next 10 bi-weekly pay checks into this account.

- If you've got some savings built up and your goal is to start investing more of it in the market, an action goal is to set an appointment this week with a Summit Financial Advisor to learn more. You do not need to be a member of Summit Credit Union or know about investing to do this. This one action step, easily done from Summit's website, along with actually getting to the appointment, has helped many people improve their financial lives in the short and long run. Why not you?

- If a goal is to pay off \$250 on a retail store credit card in three months and you are paid six times in three months, an action goal could be: I will divide \$250 by six to find out how much money I need to find to pay off my credit cards.

- If you want to figure out how much you will need to retire and how far you are from that, don't get stuck in being exact. To start, your goal might be to get some broad line items down on paper this week, like how often you'd want to buy a new car or how much you'll want for travel.

In Part 2 for this question in the June issue, I'll share more examples of goals you might be interested in for the second half of the year.



[SummitCreditUnion.com](http://SummitCreditUnion.com)

Kim Sponem is CEO & President, since 2002, of Summit Credit Union, a \$2.7 billion, member-owned financial cooperative with more than 172,000 members. Kim has a passion for empowering people to improve their financial well-being for a richer life.

Ask Kim your money questions at [MoneySmarts@SummitCreditUnion.com](mailto:MoneySmarts@SummitCreditUnion.com).



# Get ready to THRIVE!

*LEVERAGE UP at the 2018 THRIVE Conference! Chart your unique path to personal enrichment and professional development via interactive presentations and breakout sessions. Be inspired to nurture yourself, cultivate your potential...and THRIVE in all aspects of life. Our third annual conference is a dynamic platform to learn, connect and grow with other like-minded women seeking to be more intentional and forward-thinking in their personal lives and careers. This year's lineup is designed for women in a variety of sectors and industries, plus innovators launching a new biz or fine tuning their personal brand. With four topic tracks to choose from—EMPOWER, ENRICH, EDUCATE and ENTREPRENEUR—you'll leave feeling empowered to live your potential, in work and in life.*

## What's on Tap?

Get empowered, enriched and educated through the keynote address on work/life balance and valuable workshops; nurture that entrepreneurial idea with tips and tools from the pros; snag an individual "laser" coaching session and network with other female change agents.

Also, choose from engaging optional activities:

- Knot-Working
- Morning Meditation
- Professional Headshot
- Laser Business Coaching
- Laser Life Coaching
- Financial Planning Laser Coaching Sessions

### KEYNOTE SPEAKER | SOYEON SHIM



#### DESIGN (AND BUILD) YOUR LIFE

When Soyeon Shim was growing up, her father at dinner would ask his children every day if they had done anything to earn the food set before them. This challenge, and the sense of purpose it instilled, has guided Soyeon ever since—helping her to design her life, prototype and build the kind of career and personal relationships that she needed to achieve happiness and fulfillment. She has learned firsthand that a successful design for living must balance personal and professional interests and nurture the collaborative bonds with family, friends and colleagues. During this keynote address, with design thinking as a framework, Soyeon will describe her ongoing life-design project and the lessons she learned along the path to achieving it.

**Soyeon Shim** assumed her current position as dean of the School of Human Ecology at UW-Madison in 2012. Shim's scholarly research focuses on consumer decision-making. She has received numerous teaching, research and leadership awards. She has authored or co-authored over 100 scholarly articles in refereed journals. To recognize her scholarship and leadership, Shim was named Ted Kellner Bascom Professor at UW-Madison in 2017.



# Schedule

Craft your perfect day—whether you're attending to focus on your personal life, professional life or both. Choose from 12 inspiring workshops in four powerful categories—plus an uplifting keynote and 14 bonus workshops and sessions in between. Categories include:

**EMPOWER:** Develop the skills and tools needed to live life on your terms, acquire skills, protect boundaries and cultivate financial freedom.

**ENRICH:** Stimulate creativity to reveal a fresh perspective on personal priorities and self-care. Craft the life you want to live by tapping into your inner voice.

**EDUCATE:** Gain knowledge and expand your communication toolbox to influence your team and workplace culture in an effective way.

**ENTREPRENEUR:** Scale up from biz basics with helpful tips on striking out on your own, funding opportunities, mastering marketing and online promotion.

8-9 AM	Registration   Vendor Booths   Laser Coaching Sessions with Darcy Luoma Coaching & Consulting Team and Summit Credit Union Business Coaches   Headshots			
	Optional Workshop: Morning Meditation with Betzy Delzer — 8:15-8:45 AM			
9-10 AM	Keynote Presentation: Design (and Build) Your Life with Soyeon Shim			
10-10:30 AM	Break   Vendor Booths   Laser Coaching Sessions   Head Shots			
10:30-11:30 AM (Session 1)	<b>EMPOWER</b>	<b>ENRICH</b>	<b>EDUCATE</b>	<b>ENTREPRENEUR</b>
	Disrupt the Status Quo: Inspired Change <i>Laura Gmeinder &amp; Coreyne Woodman- Holoubek</i>	Assertiveness for Professional Women <i>Natalie DeMaoribus</i>	Effective Strategic Planning <i>Melanie Schmidt</i>	Brand Strategy on a Budget <i>Amber Swenor</i>
11:30 AM-1 PM	Lunch Break: Vendor Booths Open   Laser Coaching Sessions   Head Shots			
	Optional Workshop: "Knot-Working" with THE JILLS OF ALL TRADES — 12:15-12:45 PM			
1-2 PM (Session 2)	<b>EMPOWER</b>	<b>ENRICH</b>	<b>EDUCATE</b>	<b>ENTREPRENEUR</b>
	Be Money Confident & Reimagine Life <i>Amy Crowe of Summit Credit Union</i>	Nature as Our Teacher <i>Sarah Young</i>	B.O.S.S.—Believer of Serving Selflessly <i>Laneice McGee</i>	How to Activate Your Brand & Grow <i>Jocelyn Vande Velde</i>
2-2:30 PM	Break   Vendor Booths   Laser Coaching Sessions   Head Shots			
2:30-3:30 PM (Session 3)	<b>EMPOWER</b>	<b>ENRICH</b>	<b>EDUCATE</b>	<b>ENTREPRENEUR</b>
	From Pain to Power <i>Sagashus Levingston</i>	Awaken Your Potential <i>Megan Watt</i>	Strengths-Based Performance Feedback <i>Melanie Schneider</i>	Building an Enterprise That Lasts —Entrepreneurship Panel <i>Moderated by Lisa Peyton-Caire</i>
3:45-4:45 PM	BRAVA Power Happy Hour			
3:30-5 PM	Vendor Booths   Laser Coaching Sessions   Head Shots			

## Golden Nuggets

CONFERENCE TAKEAWAYS INCLUDE:

Brand clarity • Financial benchmarks • Local connections  
Communication tools • Budget model • Self-actualization • Leadership coaching  
Mentorship opportunities • Strategic networking



## Empower

### Live life on your terms.

#### DISRUPT THE STATUS QUO: INSPIRED CHANGE

with **Laura Gmeinder** and **Coreyne Woodman-Holoubek**



Women often hesitate to assert themselves as change agents due to a lack of confidence in their own ability or external pressures. But what does it take to push boundaries and disrupt the status

quo? During this high-energy presentation, participants will learn strategies to gain confidence, create the right environment for disruptive thinking and discover their motivation to override doubt, taking calculated risks to push the limits. See what's possible when you live your truth and embrace inspired change.

*Laura Gmeinder is a "passion igniter" who inspires and empowers women to shine in business and life. She is a top-rated speaker, coach and consultant. Coreyne Woodman-Holoubek is an entrepreneur and progressive HR expert with 15-plus years of global business and leadership experience.*

#### BE MONEY CONFIDENT & REIMAGINE LIFE

with **Amy Crowe**



Every day, our money choices either move us closer or farther away from our goals and dreams. Exercises will help you identify habits, emotions and relationships that are holding you back from who you really are and what you really want to do. Leave inspired to redefine your money and your life.

*Certified financial educator, personal finance guru and motivational speaker Amy Crowe has a passion for inspiring*

*people to reach their financial dreams.*

#### FROM PAIN TO POWER

with **Sagashus Levingston**



Sagashus took the hurts, rejections and stigma that she faced as a single mother of six children by four different men and turned those pain points into power points. She'll explain how our pain is both specific and communal, and our specific pain begs for us to tap into the hurts of others and give voice to an even more powerful collective.

*Sagashus T. Levingston holds a master's degree in Afro-American Studies from*

*UW-Madison and is currently a Ph. D. candidate in the English Department. Through Infamous Mothers, LLC, Sagashus empowers women who mother from the margins of our society.*

## Enrich

### Spark your creativity.

#### ASSERTIVENESS FOR PROFESSIONAL WOMEN

with **Natalie DeMaioribus**



Chimera Self-Defense, a program of the Rape Crisis Center, unlocks the confident, strong and healthy woman in all of us. Acquire tools for effective interaction with colleagues, supervisors and clients. This program also prepares you to respond appropriately to potentially dangerous situations. Learn concrete techniques for assertive communication.

*Natalie DeMaioribus has taught Chimera Self-Defense since 2015. She first took Chimera as a college freshman—and grew from a scared kid, convinced that nighttime was synonymous with rape, to a confident woman.*

#### NATURE AS OUR TEACHER

with **Sarah Young**



We've all heard the term "force of nature." But rarely do we truly hear what nature can teach. Explore ways to tune in and integrate nature's many lessons. By leaning into nature become more confident, find your voice and step into leadership and joy. Explore the power of the divine feminine and learn to apply ancient wisdom to our modern lives.

*Sarah Young works with clients ranging from financial services firms to top universities to construction crews to increase their positive impact.*

#### AWAKEN YOUR POTENTIAL

with **Megan Watt**



We all have a calling, and our job is to figure it out. Uncover your potential and learn how to take the next move toward achieving it. How many times have you been asked, what do you do? How about WHY do you do what you do? Learn strategies to help discover your purpose and ignite it!

*Megan Watt is a highly sought-after speaker, facilitator, career coach and author.*

*Register Now!*

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INFORMATION & REGISTRATION:

**[thrivewithbrava.com](http://thrivewithbrava.com)**



# Educate

Gather vital knowledge.

## EFFECTIVE STRATEGIC PLANNING

with **Melanie Schmidt**



Successful strategy is an organization's guiding light. The more practical your strategy, the more powerful it becomes. Learn to advance the conversation, ground your strategy in purpose, and bring strategy to life in service of your mission.

*Melanie Schmidt is an experienced strategist and executive adviser. She established Timpano Group in 2003 as a creative consultancy specializing in*

*management consulting, organizational development, stakeholder engagement and strategic communications.*

## B.O.S.S.—BELIEVER OF SERVING SELFLESSLY

with **Laneice McGee**



We look for the light at the end of the tunnel, not realizing we can be our own light. Servant leadership is about being confident in your ability to lead and share leadership, sharing the vision rather than directing it.

*Laneice McGee is the co-founder of Big, Beautiful & Blessed, an agency committed to cultivating positive self and body image in all women. She is the*

*founder of F.E.M.A. (Future Entrepreneurs Moving Ahead), which helps youth develop as entrepreneurs.*

## STRENGTHS-BASED PERFORMANCE FEEDBACK

with **Melanie Schneider**



Utilizing a more constructive approach to performance feedback can enhance employee engagement, motivation and job satisfaction. Learn nine research-based recommendations on how to deliver effective performance feedback employing a strengths-based method.

*Melanie Schneider helps clients identify their strengths while becoming more*

*self-aware. She support clients and teams as they work to achieve their desired goals.*

*Register Now!*

TICKETS: \$110

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**thrivewithbrava.com**

# Entrepreneur

Harness your authentic power.

## BRAND STRATEGY ON A BUDGET

with **Amber Swenor**



Learn what it means to transition from business to brand and how to build your brand, for little to no cost. Tactics include public relations techniques, building your brand as a thought-leader, social media and more. Gain practical steps for implementing marketing strategies through real-life examples, collaboration and a take-home workbook.

*Amber Swenor is the founder of*

*Strategic Partners Marketing in Madison, where the team helps small to medium businesses and nonprofits to grow through brand strategy and implementation.*

## HOW TO ACTIVATE YOUR BRAND & GROW

with **Jocelyn Vande Velde**



For the solo-preneur, small business owner, retailer or corporate player, brand activation strategy is all the same—just scaled differently. Be discovered, build community, leverage your expertise and grow sales through service. This leads to the best, most cost-effective marketing: word of mouth. Walk away with a road map to build the ultimate consumer experience.

*Jocelyn Vande Velde is a marketer*

*and storyteller, and has worked with Red Bull, Saris Cycling Group, Johnson Health Tech and currently, Trek Bicycles, as a Brand Manager.*

## BUILDING AN ENTERPRISE THAT LASTS —ENTREPRENEURSHIP PANEL

Moderated by **Lisa Peyton-Caire**



Women entrepreneurs are leading with head and heart, creating innovative ventures that solve real world problems. But seeding and growing our ventures is challenging in a funding environment favoring traditional business models. Co-hosts Summit Credit Union and the Doyenne Group and guest panelists explore the balance between mission and money, and viable ways to sustain your enterprise.

*Lisa Peyton-Caire is assistant vice president of Life, Learning & Events at Summit Credit Union managing financial education, giving, events, diversity and inclusion, and employee wellness.*

## Extras

Enjoy these optional activities throughout the day to enhance your experience and provide additional tools, tips and takeaways.

### KNOT-WORKING with THE JILLS OF ALL TRADES



Thirty minutes of fun and games so you can meet, greet, laugh and learn while you build connections and community! Five quick activities make networking feel like 'knot-working'—creating ties that lift and link women in an atmosphere of community, collaboration and connection.

Megan Boswell and Corinne Neil are co-founders of

*THE JILLS OF ALL TRADES*, an online platform that links and lifts women entrepreneurs, consultants and freelancers by creating an ecosystem for connection and collaboration on a project-by-project basis.

### LASER LIFE COACHING with Darcy Luoma Coaching & Consulting



Gain clarity and see your passions from a new perspective in these free 15-minute "laser" coaching sessions. Come with a topic in mind and experience how coaching can help you bring your dreams to life!

Darcy Luoma is a master certified professional life coach, dynamic facilitator and an engaging professional speaker with expertise in leadership, team development, emotional

intelligence and personal effectiveness.

### LASER BUSINESS COACHING with Summit Credit Union



Share your business idea and get instant feedback on business planning to help launch your entrepreneurial idea or grow your existing business in 15-minute laser sessions provided by Summit Credit Union's Business Services Vice Presidents Dana Hoffman, Jim Holden and Julie Spitzack and cash management, credit and business experts Kate Huebner and Alma Howland.

BRAVA  
thrive conference



### LASER FINANCIAL PLANNING TO ACHIEVE YOUR GOALS with SVA Plumb Financial's Savvy Women



A well-thought-out financial plan, starting with a broad view of your entire financial picture, can help you negotiate the barriers that inevitably arise throughout life. Get started

on establishing your personal goals in 15 minute one-on-one coaching sessions. After registering for the session, you will receive a questionnaire to be completed prior to your coaching session. Availability is limited during this event and you will be notified on the status of your coaching session.

Presented by SVA Plumb Financial's Savvy Women:

- Debbie Oswald, principal, SVA Plumb Financial
- Tammy Koester Parks, president, SVA Plumb Trust Company
- Kathryn Norton, senior trust officer, SVA Plumb Trust Company
- Jeanne Mraz, wealth manager, SVA Plumb Financial
- Teresa Brooks, wealth manager and trust officer, SVA Plumb Financial

### GUIDED MEDITATION with Betsy Delzer



This compassion practice will start your day with intention, so you can live and thrive from the heart.

Betsy Delzer is the coordinator of Mindful Education & Leadership Development in Middleton schools. She is a yoga teacher and mindfulness coach who is passionate about the journey inward.

### PROFESSIONAL HEADSHOT MINI-SESSION with Shanna Wolf



Shanna Wolf is a longtime BRAVA stylist and photographer.

Professional head shot mini sessions available during the THRIVE conference include:

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To secure your session time early, email [shanna@bravaenterprises.com](mailto:shanna@bravaenterprises.com) or book the day of the conference.



# MORE SPACE

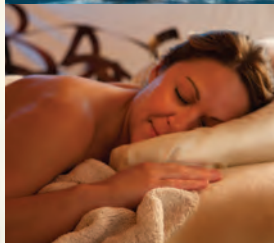
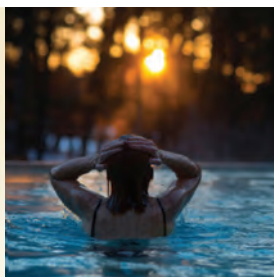
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## Extras continued

### BRAVA Power Happy Hour

End the day at this energetic and inspirational happy hour with entertainment from 2012 Women to Watch honoree, Beth Kille, and her band Gin, Chocolate & Bottle Rockets.



### Gin, Chocolate & Bottle Rockets

Veteran Madison area performers Beth Kille, Shawndell Marks and Jen Farley combine forces in a power pop-rock trio, featuring tight three-part harmonies, honest & gritty songwriting and riveting performances to form Gin, Chocolate & Bottle Rockets. A little sass, a little sweet and a whole lot of fire.

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Expedia Cruise Ship Centers

Waunakee Remodeling

Rodan & Fields - Anna Schaal

Norwex - Felicia Wagner

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# INVISIBLE



## *Boundaries*

### Theatre LILA's "Lines" Gives Voice to Women of Color

BY RACHEL WERNER  
PHOTOGRAPHED BY HILLARY SCHAVE

Five women of color embark on a journey to a destination they can't name, but they hope is better than the oppressive spaces they're departing. En route, their collective pain, sadness and confusion is pronounced—a stark contrast to the loyalty, prowess and wit woven as a continuous thread through intimate dialogue.

Closing out Theatre LILA's 2017-2018 season, "Lines" is meant to sharpen its audiences' ears, minds and hearts to the external struggles and internal turmoil that women of color grapple with daily.



“When we as an organization plan our seasons we always ask, ‘what stories do we need to tell this year?’ It was obvious to us in February last year that a piece centering around women was absolutely where we wanted to take our staged stories,” says LILA’s artistic director Jessica Lanus.

“There’s so many people trying to tell our stories second-hand. Why not hear it from the women who’ve lived it and know it well?” –LaChrisa Grandberry

LILA is partnering with American Players Theatre core company member Melisa Pereyra, who will direct “Lines,” and the play’s writing team, Atra Asdou, Olivia Dawson, Malkia Stampley and Aidaa Perzeeda, Lanus says.

Pereyra says the impetus for her to co-write a play of this magnitude was personal as well as pragmatic.

As an immigrant and a woman, she feels the weight of the current political climate every day. Pereyra admits, “Sometimes I feel crazy when I am the only woman or minority in the room. We created this play in order to have real conversations without people of color having to explain themselves first.”

Milwaukee-based actress LaChrisa Grandberry is also hopeful audience members will absorb the scenes portrayed beyond macro-societal reflections, allowing the content to penetrate on a deeper level. “There’s so many people trying to tell our stories second-hand. Why not hear it from the women who’ve lived it and know it well?” she states.

On stage Grandberry and her castmates preserve the artistic integrity of the writers’ intentions, a play written and produced by women of color performed by women of color. The time has arrived to authentically and unapologetically convey their perspectives,

*Continued on P. 42*



LACHRISA



GRANDBERRY



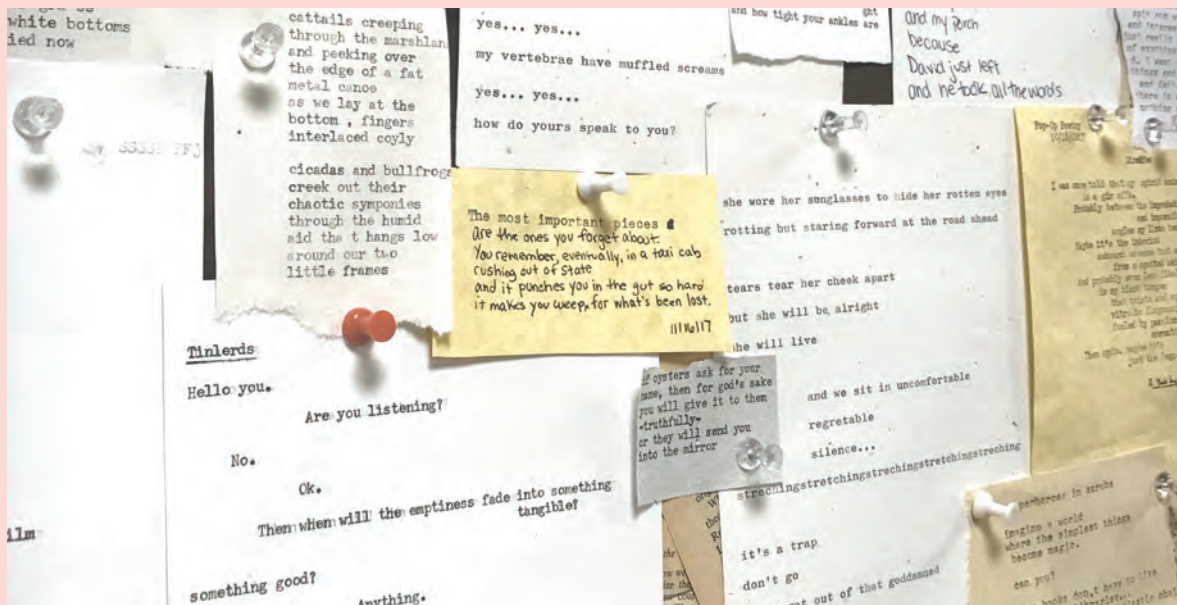
MALKIA



MELISA



# Theatre LILA Artistic Director on Challenging The Status Quo



**When the idea presented itself to collaborate with Melisa Pereyra and this team of writers, we loved the idea of doing an invention piece entirely written by women of color.** Our invention pieces are collage-like plays intermingling words, scenes, music, movement and poetry, and it seemed like an excellent structure to present something that we knew would need room to be expressive and poetic.

Diversifying the plays that are presented has been a core part of our mission since we founded the company in Madison four years ago. We have produced eight plays and three have been written by women of color—"No Child...;" "The Mojo and The Sayso;" and now "Lines"—and our invention pieces always have a collection of diverse playwrights. My litmus is to do an internal check contemplating if adults in addition to youth

and a diverse range of college students will connect with the material... Will this resonate? That includes choosing material that is both relevant to young theatergoers and assures that they will see a mirror of themselves in the performers.

An extension of this idea inspired our new arts education residency, Whoopensocker, in which we initiate third and fourth grade students at Madison Metropolitan School District elementary schools in writing their own stories, scenes and poems. Theatre LILA then stages them at their school. We seek opportunities for all students, especially those of color, to witness the power of their voice and their pieces performed—because so often theater in the United States has been predominately white. Whoopensocker provides an artistic outlet for all students in a class to see and feel the effect of their words when the actors take their play to the stage. —*Jessica Lanius*





*Continued from P. 40*

co-writer Malkia Stampley says. ‘It’s about planting seeds and providing a counter balance,’ she shares. “It’s not about pushing other people out, but more so about giving ourselves a voice when we don’t have enough of one.”

**The collective force of the sum,** however, is not meant to stifle the singular narratives each woman imparts. Each character’s presence on the stage stands alone—a mother obsessively trying to stay on top of mainstream parenting trends; a woman of mixed ethnicity repeatedly having to clarify her race; a young girl seemingly oblivious to all the tension she’s coming of age in. But their stories unite the group further as their vulnerability and suffering come to light. Co-playwright and UW-Madison alum Olivia Dawson reveals, “What I have found interesting is how each of our individual voices, stories and beliefs is very different and very specific, culturally, but that there is still this funda-

mental understanding and this moment of, ‘I see you. I hear you.’ And how the specifics of a life illuminate the humanity in each of us. We are different and that difference is a cause for celebration, an opportunity for conversation—and hopefully empathy and understanding.”

The production simultaneously tugs on the heart strings and jars the mind, a thought-provoking hallmark to LILA’s growing repertoire with challenging themes poised to illicit an emotional reaction in the theater and reverberate through the community long after the curtain closes. Lanius explains, “Lines is our attempt at tackling the ‘now-issues’ that face women of color daily. We hope that putting the voices and experiences of women of color center stage in the Over-

ture Center is exciting for our Madison audiences and continues to bring more people to the theatre to experience this play and more.”

*“We are different and that difference is a cause for celebration, an opportunity for conversation—and hopefully empathy and understanding.” –Olivia Dawson*

For Pereyra the main objectives remain to provide a broader context for real change to occur—and to create safe spaces for the necessary conversations she thinks continue to be silenced by the vacuum of polarization. “Our words start with assumptions. Whether correct or incorrect, it’s what’s in the question,” she proclaims. “As we try to cross or erase these lines, we might all find ourselves at a lot more crossroads.” 🌸



# How to Ensure Some Healthy Wiggle Room

## FOR “SANDWICH GENERATION” CAREGIVERS

BY SUE SVEUM

It seems that some women are just genetically wired to be caregivers. Maybe it's their maternal instinct—or maybe it's their upbringing. Others find themselves thrust into the position due to circumstances, rather than choice. And of course, many women fall somewhere in between. This is the sandwich generation—women who are “sandwiched” between caring for their children (or grandchildren) and helping their aging parents. It can be stressful. But luckily, local experts have some tips on how to navigate these waters—while taking care of yourself in the process.

With people living longer these days, the most common challenge facing adult children occurs when their aging parents reach that point when they can no longer care for themselves. If that weren't stressful enough, parents are often in denial about their need for help. They want to stay in their own home. They think they can still do it all. But unfortunately, that's not always possible.

Sue White, president of Sienna Crest Assisted Living, says that's why it's so important to involve your parents in the process.

“Our parents' generation often has a preconceived notion of assisted living,” she says. “But if they come in, they'll see this as a place to socialize and take part in activities.”

“Parents living at home often feel like they're a burden on their kids,” White explains. Unfortunately, adult children acting as caregivers often come to feel that way too—which then makes them feel guilty. It's a vicious circle. “You need to take care of you first,” says White. “When you do their cooking and cleaning and then go home and do it all over again, it's easy to become exhausted—and that's not good for anyone.”

“Letting us take care of their daily needs eases your burden and your stress so you can just visit,” she says. “When you're no longer the caretaker, you can really enjoy each other again—and that's the way it should be.”

There are a lot of options in senior living these days. Sienna Crest's nine locations are small and easy to get around. There's a cozy vibe that makes you feel at home. But what's perfect for one person, may not be the right fit for someone else. “That's why you should start the conversation early,” stresses White, “before they do need help—before a crisis occurs.”

Jasmine Rogness, regional director of marketing at Oak Park Place, agrees. “Every situation is different, but we've heard so many families tell us they wish they had made the decision sooner,” she says. “Being proactive means there's time to consider options and agree upon the best course of action together.” When a crisis forces you to make decisions for your parents it can cause a great deal of stress and guilt.



# The best returns are more than financial



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"Adult children may think their parent hasn't thought about what might happen in the future, but in most cases the opposite is true," says Rogness. "However, the future thoughts of elder parents may be based on fears instead of opportunities." That's why it's best to start a conversation before they need to make a change.

Most importantly? "Honesty and respect should always lead the way," says Rogness.



She offers these tips to help the conversation go smoothly:

- Ask lots of open ended questions of your parent or loved one—understand and confirm what is being said throughout the conversation.
- Share your concerns and identify their needs.
- Determine what they want and desire—what's most important to them, what are their concerns, how are they feeling, etc.
- Reassure your loved one that they have the support of everyone who cares for them through this process of change.
- Be strong for them. This may be a difficult time and they'll benefit from having someone to lean on, who'll reassure them that they're on the right track.
- Above all, listen, stay calm and be patient.

"Transitions are tough—regardless of age," says Rogness. "But there are important things families can do to help make a transition easier for their loved one—and themselves." Leaving home can be emotional because of all the history and memories associated with it. "Taking time to remember those cherished moments—looking at photo albums, sharing stories and talking about memories together are all very important," she says.

She recommends bringing along some items that are comforting and associated with those memories to help your parent get acclimated and feel at home wherever they choose to go.

Oak Park Place offers a variety of living choices for seniors, depending on their needs, from independent living apartments to assisted living and memory care. "The option to access progressively higher levels of care on the same campus provides comfort for those individuals who do plan for the future," says Rogness. And takes some stress off you as well.

"There will be hurt feelings and hard topics to approach," she says. "But don't give up—because making the best decision is a personal process and requires a team of loving family."

### TALKING ABOUT MONEY

It's important to broach the subject of finances, though this can also be a tough subject to tackle.

"Starting the conversation can be difficult, depending on how money is traditionally handled in your family," says Beth Norman, senior vice president-financial advisor at RBC Wealth Management, an investment management firm. "Many families have practiced 'money silence,' the idea that finances are private and not a matter to be discussed or shared." Especially among those in our parents' generation.

She suggests framing the conversation in a positive way. "Talking about money can bring the opportunity to share wishes and fears," she says. "And some aging parents will even feel relieved by not having to handle their affairs alone."

Just like senior housing, this is a conversation best had before it's needed. "If your parents work with a financial advisor, ask to meet them," says Norman, whose team works with individuals and their families to "help create financial security and peace of mind," which can be a comfort to parents and their adult children alike.

## When life offers the gift of time...

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Some days, even the smallest task can be a struggle. That's when a helping hand will make all the difference. The community of friends at Oak Park Place comes with ***Independence When You Want It, Assistance When You Need It.*** So bumps in the road don't become road blocks.

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Another great way to help your parents is to work with them to inventory, organize and possibly consolidate financial accounts. "This not only helps you get the scope of their financial resources, it also helps save time when financial needs arise later," she says. "Another really important step in this process is checking to be certain that account titling and beneficiary designations reflect your parents' wishes."

Along those same lines, the financial services industry just recently passed a "trusted contact" rule. It's intended for investors of all ages, but it's especially relevant when dealing with aging parents. "Investors are encouraged to make their wishes known about who should be contacted or consulted in the event concerns arise about their health, cognition or possible financial exploitation," Norman explains.

And don't forget about yourself. "For many in the sandwich generation, the pressure to take care of the people they love the most leaves them feeling more like a panini, squished from both sides, with little room left for their goals or needs," she says. "I always remind caregivers that they can take the best care of their parents and kids by taking care of themselves too."

That means asking for help from friends or family when you need it—and continuing to prioritize your own financial goals. "I suggest automating as much of your personal saving and bill paying as you can," says Norman. "And I often find that when a caregiver takes the time to do some financial housekeeping for a parent, they get motivated to do the same for themselves." An excellent idea.

### CAREGIVER, HEAL THYSELF

Now that you've got a handle on your financial well-being, it's time to think about your physical—and mental—health, as well. "Prioritizing your own health issues, even if you're spending a great deal of time managing your parents', is important for continuing to be healthy," says Dr. Mary Stoffel, a physician and partner at Madison Women's Health. "Taking care of yourself helps you to be available to them—and to the other important people in your life."

She speaks from experience. One of Madison Women's Health's primary values is to "take care of the caretakers." Women tend to focus on the concerns of their families, work responsibilities and other competing priorities. You get up and start 'taking care of someone' from the time you wake until the time you finally lay your head down. And when you

have children and parents who need help, there's not much time left to think about your own needs. It can be stressful.

And on top of all these other demands, many women of this generation are suddenly experiencing new health issues. "You could be dealing with menopause or perimenopausal hormonal transitions," Stoffel says. "Symptoms such as sleep disturbances, hot flashes and hormonal fluctuation can interfere with your well-being and make some women less able to cope as well with other increased stress—at least temporarily."

"You may also experience new health problems of your own aging, such as cardiovascular disease, thyroid/diabetes issues and weight struggles," Stoffel says. "Alerting your primary provider to your family history is very important so specific screenings and new interventions can be undertaken," she says. And that goes for everything from heart disease and cancer, to osteoporosis, memory loss and a wide array of other health concerns.

"Most women tend to be caretakers, and many have trouble prioritizing their own needs," says Stoffel, "especially when caring for the parents who they feel have spent their lives giving them everything. That's why it's important to prioritize self-care."

If you're feeling overwhelmed, sometimes you just need to make time to care for yourself. Here are some easy tips to de-stress and manage your own health and well-being:

- Find an exercise you enjoy (running, biking, dancing, etc.)
- No time for the gym? Try a brisk 30-minute walk each day (twice daily for 15 minutes or three times for 10 minutes is fine, too)
- Add some weekly strength training (weight-lifting, weight machines or body-mechanic weight-training such as push-ups)
- Set aside at least 10-15 minutes of "quiet time" each day (try meditation, yoga, stretching or relaxation exercises)
- Watch what you eat. Don't rely on fast food or junk food
- Get a good night's sleep
- Ask for help with tasks or caregiving when you need it!

All these strategies will help make the transition easier for your loved one, and yourself.

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## EATS

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*See what else this hidden gem is serving up in Eats & Drinks, P. 50.*





## AUTHENTIC DELIGHT BORDER HOP AT COMPADRES

BY RACHEL WERNER

**CROSSING THE THRESHOLD** at Compadres Mexican Restaurant is an all-access pass to a culinary expedition in downtown Middleton. The waitstaff's colorful attire and attentive demeanor are subtle cues the meal, which awaits will be leisurely—the rushed pace of modern American society left checked at the door. Top-shelf tequila varieties also draw the eye from the entryway, since the bar commands a substantial portion of the front dining area. The welcoming, spacious design encourages guests to belly up to the coun-

ter and chat with owner Manuel Gonzales over a margarita—or two—prior to being seated at a table.

"This is more of a sit down place," Gonzales explains. "We want all of our guests to make themselves at home, take their time and be a part of the family." The familial vibe is mirrored behind the scenes too, with Gonzales's father managing the kitchen, his mother directing the floor service and his uncle and cousins at the helm of another family-run restaurant in Madison, Francisco's Cantina on East Main

Street. He says, "Everybody knows how to cook because of my grandma."

And the proof is in the piping hot tortillas, expansive list of traditional plates and the fresh guacamole made tableside—the perfect photo op and prelude to some of the best ceviche, fajitas and tamales to be found this far north. "The drinks and the food may sound the same," Gonzales hints. "But once you've had a taste, you know what we do here just comes together better." [compadresmexicanrestaurantwi.business.site](http://compadresmexicanrestaurantwi.business.site). 🌮

PHOTOGRAPHED BY SUNNY FRANTZ



## LAPPING UP THE LUXURY THE PFISTER HOTEL'S WORLD-CLASS SPA

BY KRISTINE HANSEN

**ALL OF THE GRANDEUR** at The Pfister Hotel—from the world-class Victorian art collection to bellmen in gold-button suitcoats—makes ducking into this downtown Milwaukee hotel seem more like a jaunt to Europe. You half expect to pull back a curtain and see a glimpse of the Eiffel Tower, not the crisp-white Burke Brise Soleil wings atop the Milwaukee Art Museum (although that view is equally stunning).

This luxury includes the hotel's lower-level Well Spa + Salon in the exact spot where Turkish-style baths were in the hotel long ago is a pampering oasis. In a nod to the Old World, the spa offers 30-minute treatments in the Hammam steam shower, with a coconut-lime masque (\$60), recommended as an add-on to a service (only available weekdays). While treatments are what you'd expect at a spa—massages, facials and salon services like manicures—the experience makes you feel like the Duchess of Cambridge (aka Kate Middleton). Every treatment is serviced in a private two-room suite that includes a massage table and full bath with a shower. Each room has a name (mine was Aspen).

The level of customization is what sets the spa apart. Clients choose from musical themes (I opted for nature sounds) or plug in their own iPods. And after inhaling the scents of various essential oils, the choice that resonates most is used for the treatment (Peace drew me in with its blend of bergamot, ylang ylang and patchouli).

For the signature facial (\$225), there's a reliance upon sea minerals from a brand called Phytomer to tighten and firm the skin. This is done by stimulating the collagen, elastin and hyaluronic acid. Sourced from the sea in the south of France, Phytomer's products date back to the 1970s. But it's more than just a facial; this treatment is worth the splurge. Included in the 90-minute appointment is a mud application to the back, paraffin wax for the hands, light massaging of the body throughout and a recommended enhancement (I chose a coconut-sugar foot scrub).

Winter is a great time to visit because of the spa's heated floors, heated robes and the comfort of a heated massage table. All in all, a warm experience head to toe. 🍷



# APRIL

## EVENTS



### PERFORMING ARTS

#### THROUGH APRIL 7 | TIMES VARY "SUDDENLY LAST SUMMER"

A mother searches desperately to find out the truth behind her son's tragic death, and the chilling lengths to which she will go in order to hide who he really was and save their family's reputation. *Bartell Theatre, Madison. bartelltheatre.org.*

#### THROUGH APRIL 7 | TIMES VARY "BODY AWARENESS"

This thought-provoking comedy by Pulitzer Prize winner Annie Baker takes place during Body Awareness Week at a Vermont college campus. *Bartell Theatre, Madison. krasstheatre.com.*

#### 3-8 | TIMES VARY "LES MISÉRABLES"

Les Misérables tells an enthralling story of broken dreams and unrequited love—a timeless testament to the survival of the human spirit. *Overture Center, Madison. overture.org.*

#### 6 | 8 P.M. ADAM CAROLLA: NOTTACO BELL MATERIAL

Fueled by the rejection as a teenager for employment at his neighborhood Taco Bell, this show features funnyman Adam Carolla's greatest stories. *Overture Center, Madison. overture.org.*

#### 12 | 8 P.M. BLACK MUSIC ENSEMBLE

UW-Madison's Black Music Ensemble exclusively performs the music of black artists from many time periods and styles. *Wisconsin Union Theater, Madison. union.wisc.edu.*

#### 12-29 | TIMES VARY "THE LARAMIE PROJECT"

Members of the Tectonic Theatre conducted a series of interviews with the people of Laramie, Wyoming, following the death of Matthew Shepard, and developed a powerfully theatrical mosaic. *Gilbert V. Hemsley Theatre, Madison. theatre.wisc.edu.*



#### 13-15 | TIMES VARY STRING FEVER

Catch the spirit of music when John DeMain captures the essence of the budding season with Schumann's Spring Symphony. Grammy Award winner Augustin Hadelich joins DeMain for this performance. *Overture Center, Madison. madisonsymphony.org.*

#### 13-28 | TIMES VARY "A PLACE IN THE WOODS"

Shaun is called back to rural Indiana when his mother is found incoherent and wandering down a country road one night. *Bartell Theatre, Madison. mercuryplayerstheatre.com.*

#### 13-28 | TIMES VARY "WORKING"

This down-to-earth yet elevating musical is woven from funny and poignant interviews of 26 real American workers. *Bartell Theatre, Madison. madisontheatreguild.org.*

#### 14 | 8 P.M. "WILLIAM SHAKESPEARE'S LONG LOST FIRST PLAY (ABRIDGED)"

Madison favorite Reduced Shakespeare Company returns with a strangely familiar, yet excitingly new, comic misadventure. *Overture Center, Madison. overture.org.*

#### 27-29 | TIMES VARY "FLORENCIA EN EL AMAZONAS"

Opera singer Florencia Grimaldi embarks anonymously on a voyage down the Amazon River, hoping to be reunited with the lover she left behind. *Overture Center, Madison. madisonopera.org.*

### ENTERTAINMENT

#### THROUGH APRIL 8 | TIMES VARY WHAT'S IN A JUG? ART, TECHNOLOGY, CULTURE

Learn about the culture and ceramics of Victorian Britain at this exhibit curated by University of Wisconsin-Madison students and faculty. *Chazen Museum of Art, Madison. chazen.wisc.edu.*



#### 9 | 7:30 P.M.

#### CHINA: BEYOND THE GREAT WALL

This film explores the many faces of China's vast and complicated land, plus reveals the kindness and humanity of a people too often defined only by statistics and stereotypes. *Wisconsin Union Theater, Madison. union.wisc.edu.*

#### 10 | 7:30 P.M.

#### NATIONAL GEOGRAPHIC LIVE: "A RARE LOOK: NORTH KOREA TO CUBA"

Follow renowned photojournalist David Guttenfelder on his international reporting journeys. *Overture Center, Madison. overture.org.*

#### 13 | 7:30 P.M.

#### ROSEANNE CASH WITH JOHN LEVENTHAL

Four-time Grammy winner Roseanne Cash and John Leventhal perform music celebrating Cash's southern roots and the American experience. *Stoughton Opera House, Stoughton. stoughtonoperahouse.com.*

#### 19-21 | 7 P.M.

#### UNIVERSITY OF WISCONSIN VARSITY BAND CONCERT

An annual showcase of the UW Varsity Marching Band, this concert is a Wisconsin tradition sure to delight past and future Badgers alike. *Kohl Center, Madison. badgerband.com.*

### FAMILY

#### 3 | 10 A.M.

#### "WISCONSIN'S ICE AGE" BY COLOSSAL FOSSILS

The Verona Public Library's March Mammoth display kicks off with presentations from Colossal Fossils—learn about the peoples and animals of Wisconsin's last Ice Age. *Verona Public Library, Verona. veronapubliclibrary.org.*

## 6-8 | TIMES VARY

### UNIVERSITY OF WISCONSIN SCIENCE EXPEDITIONS 2018

Explore and discover at the University of Wisconsin-Madison as science programs from astronomy to zoology open their doors for a weekend of scientific discovery. Fun presentations and displays will be available for the whole family. *Locations vary, Madison. science.wisc.edu.*

## 21 | 9:30 A.M. MUSIC LAB

Uncover your little one's innate musical talent with music-making activities using their voice, body and instruments! Local early childhood music teacher Julie Mazer will guide your child's journey with simple rhythmic and melodic concepts. They'll even get to create their very own musical instrument to take home! *DreamBank, Madison. dreamfearlessly.com/dreambank/events.*

## 28 | TIMES VARY KIDS IN THE ROTUNDA

Chicago-based folk-pop singer Laura Doherty and the Heartbeats acoustically rock your kid's world with breezy folk-pop tunes from her Parent's Choice award-winning CDs. *Overture Center, Madison. overture.org.*

## SAVOR

## 10 | 6:30 P.M. DRINK AND DIY

REVEL sets up shop at the Old Fashioned for a fun evening exploring the history of the classic cocktail as well as DIY tricks. Attendees will also get to make their own etched glasses to take home. *The Old Fashioned, Madison. revelmadison.com.*

**14 | 6:15 A.M.**  
**DANE COUNTY FARMERS' MARKET**  
The Dane County Farmers' Market returns to the Capitol Square, providing good times and great produce. *Capitol Square, Madison. dcfm.org.*

**19 | 3 P.M.**  
**FORWARD TAPPING: HEFEWEIZEN**  
Sip, savor and make your voice heard! The Wisconsin Brewing Company offers samples of its newest pilot beers the third Thursday of each month, and allows visitors to offer their comments to the research and development team. *Wisconsin Brewing Company, Verona. wisconsinbrewingcompany.com.*

**24 | 6:30 P.M.**  
**BEER DINNER WITH BOS MEADERY**  
Enjoy exclusive meads and menus at HopCat as the restaurant joins forces with Bos Meadery to create an evening of perfect pairings. *HopCat, Madison. hopcat.com.*

## SUMMER FESTIVALS

**May 25-28 | Baileys Harbor**  
**DOOR COUNTY FESTIVAL OF NATURE**  
Immerse yourself in nature with a weekend steeped in natural beauty and full of fun outdoor activities for the entire family. *Ridgessanctuary.org.*

**June 2-4 | Hillsboro**  
**BONFIRE MUSIC AND ARTS FESTIVAL**  
Catch 19 performances over three days at this innovative arts and music fest in the Driftless region. *driftlessmusicgardens.com.*

**June 8-10 | Door County**  
**DOOR COUNTY LIGHTHOUSE FESTIVAL**  
Snag access to lighthouses that aren't typically open to the public, including Chambers Island, Plum Island and Sherwood Point lighthouses. *dcmm.org.*

**June 15-17 | Milwaukee**  
**LAKEFRONT FESTIVAL OF ART**  
The Milwaukee Art Museum's Lakefront Festival of Art showcases the work of over 170 world class artists working in paint, fiber, metal, ceramics and more. *lfoa.mam.org.*

**July 5-8 | Middleton**  
**NATIONAL WOMEN'S MUSIC FESTIVAL**  
Experience all facets of women's lives including concerts, workshops, comedy and theatre presentations during this lively weekend. *nwmf.info.*

**July 6-7 | Eau Claire**  
**Eaux Claires**  
Eaux Claires promises well-renowned musical talent. Bringing together art, nature, community and music on the shores of the Chippewa River, Eaux Claires creates a truly authentic Wisconsin experience. *eauxclaires.com.*

**July 7-14 | Madison**  
**MADISON EARLY MUSIC FESTIVAL**  
In its 19th season, the Madison Early Music Festival will present "A Cabinet of Curiosities: Journey to Lübeck," exploring the 500th anniversary of the Reformation. *memf.artsinstitute.wisc.edu/annual.*

**July 19-22 | Twin Lakes**  
**COUNTRY THUNDER MUSIC FESTIVAL**  
Experience the scenic landscape of Twin Lakes and delight in tunes by Toby Keith, Luke Bryan and more. *countrythunder.com/wi.*

**August 3-4 | Madison**  
**SUGAR MAPLE TRADITIONAL MUSIC FESTIVAL**  
Celebrate traditional music at this family-friendly multi-stage event while attending performances, educational workshops and interactive concerts. *sugarmaplefest.org.*

**August 5 | Janesville**  
**TALLMAN ARTS FESTIVAL**  
Enjoy art, music and food outside Janesville's historic Lincoln Tallman House. A tradition 60 years strong, the Tallman Arts Festival promises to help beat the dog days of summer. *rchs.us.*



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## JAUNT

**7 | 8 A.M.**

### **MACKENZIE CENTER MAPLEFEST**

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*Mackenzie Center, Poynette. [dhr.wi.gov](http://dhr.wi.gov).*

**7 | 7 P.M.**

### **THE SOGGY PRAIRIE BOYS**

Enjoy the Tyranena Brewing Company Beer Garden and live Bluegrass from The Soggy Prairie Boys. *Tyranena Brewing Company, Lake Mills. [thesoggyprairieboys.com](http://thesoggyprairieboys.com).*

**12-15 | TIMES VARY**

### **ART IN BLOOM**

Floral installations inspired by museum works are set on display throughout the Milwaukee Art Museum galleries, in addition to flower, garden and fashion marketplaces. *Milwaukee Art Museum, Milwaukee. [mam.org](http://mam.org).*

**14-15 | 10 A.M.**

### **DRIFTLESS WINE & CHEESE TRAIL**

Sip and savor the best of the Driftless Area including fine wines and cheeses, in the natural beauty of bluffs and prairies. Also meet winemakers and cheese artisans to learn more about their craft. *Locations vary. [driftlesswinecheesetrail.com](http://driftlesswinecheesetrail.com).*

**20 | 6:30 P.M.**

### **OLD FASHIONED WISCONSIN SUPPER CLUB DINING EXPERIENCE**

From a relish tray and classic entrees, to the screening of “Old Fashioned,” a documentary on the history of Wisconsin supper clubs, this event pays tribute to a time-honored Wisconsin tradition. *Lake Lawn Resort, Delavan. [laketawnresort.com](http://laketawnresort.com).*

**21 | 10 A.M.**

### **EARTH DAY AT THE GARDENS**

Celebrate spring at Janesville's Rotary Botanical Gardens—food trucks provide lunch and snacks, and plenty of family activities will be hosted. *Rotary Botanical Gardens, Janesville. [rotarybotanicalgardens.org](http://rotarybotanicalgardens.org).*

**28 | 11 A.M.**

### **7th ANNUAL WISCONSIN GRILLED CHEESE CHAMPIONSHIP**

Food, drink and friendly competition abound at the 7th Annual Wisconsin Grilled Cheese Championship. *Harris Park, Dodgeville. [grilledcheesewisconsin.com](http://grilledcheesewisconsin.com).*

## THRIVE

**4 | 1:30 P.M.**

### **BIRD AND NATURE OUTING AT CHEROKEE MARSH**

Explore the prairies and woodlands of Cherokee Marsh during this naturalist-lead walk on the trails along the Yahara River. *Cherokee Marsh North Unit, Madison. [cityofmadison.com](http://cityofmadison.com).*



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MADISON SCHOOL & COMMUNITY RECREATION

## ARTS & HUMANITIES

# summer music clinic 2018

For more information  
[smc@wisc.edu](mailto:smc@wisc.edu)

### Junior Session

June 17-23  
students completing  
grades 6-8

### Senior Session

June 24-29  
students completing  
grades 9-12



Continuing Studies  
UNIVERSITY OF WISCONSIN-MADISON

[SMC.WISC.EDU](http://SMC.WISC.EDU)

**7 | 10 A.M.  
PANSY SALE**

Olbrich-grown pansy, panola and viola will be on sale in addition to blooming orchids from the Orchid Growers Guild. *Olbrich Gardens, Madison. olbrich.org.*

**19 | 6:15 P.M.**

**ALLOW NATURE TO BE YOUR GUIDE  
WITH JULIE ROTHAMER CRUZ**

As Earth Day approaches, pause to appreciate how this amazing planet provides beauty to escape to when we need renewal and restoration. Come and explore nature's lessons with Julie Rothamer Cruz, health coach and nature lover. *DreamBank, Madison. dreamfearlessly.com/dreambank/events.*

**26 | 6:15 P.M.**

**RECOVERING AND RESUCITATING  
FORGOTTEN DREAMS WITH DR.**

**JASMINE ZAPATA, MD, MPH**

Drawing from her medical background, Dr. Zapata will lay out seven tangible steps toward resuscitating these broken dreams. Discover how to heal and revive your dreams with the power of thoughts, words and actions! *DreamBank, Madison. dreamfearlessly.com/dreambank/events.*

**SUMMER ON THE FARM**

June 12 - August 30



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Susan and Anna Donahoe

## CREATING A VILLAGE CATALYST PROJECT GIVES SINGLE MOMS STABILITY AND VOICE

BY LEIGH MILLS  
NBC 15 NEWS ANCHOR

**IT SEEMS ONLY FITTING** that a mother-daughter team would start a nonprofit aimed at empowering mothers to be the best parents they can be.

"We came up with an idea of having a community of support for young, single mothers with young children, who can feel very alone and overwhelmed by their circumstances," explains Susan Donahoe, co-founder of Catalyst Project. "We said, what if they could support each other and live together. The basic idea is we would be able to simultaneously support early brain development and attachment in the young children and the personal, emotional achievement and wellbeing for the moms. We knew that combination would be super powerful and somebody should do it."

"We were the only ones we could convince to work on this for free," adds co-founder Anna Donahoe, "So we decided, let's start with us."

That was in the fall of 2015. Just six months later, their dream became a reality, when they closed on a house on Madison's East Side. And within four months, they had three families, who had previously been homeless, living in the house. Those three moms and 10 children have called it home ever since.

"So many programs are actually continuing the marginalization process. There are a lot of transitional housing programs that have a certain time limit, and a specific set of rules. And if you break one, you're done," explains Anna, who has a social work background. "When you're working with trauma, that system doesn't work. Our mission statement is to partner with mothers to create the physical, mental and emotional space for them and their children to access stability and voice."

The Donahoes have a unique approach to homelessness, trauma and healing. They are committed to partnering with

the parents and letting them take the lead by honoring their wisdom. They also work to stabilize family logistics and improve their economic situations. They meet with the moms individually every week and also have a weekly group meeting with Sagashus Levingston of Infamous Mothers, who serves as a mentor to the moms. And they're in the process of creating an art therapy studio in the garage.

"Change happens through relationship. It's been important for us to be very present there," adds Anna.

Another goal of the Catalyst Project is to improve the learning outcomes for the kids who live there.

"The kids are all in school every day. They're not sick. Behavior incidents at school have gone down, and percentage of days attended has gone up," explains Susan. "One of the moms told us this was the first year she attended a parent teacher conference, and her daughter is in fifth grade."

Catalyst Project has a team of 10 regular volunteers, who help out on a weekly basis with everything from maintenance projects to family meal prep to child care.

"It feels like the right thing to do. The only thing to do. It makes me think of the quote by Lilla Watson, 'If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together,'" explains Anna.

"For me, it doesn't feel like we're the great white saviors. We're being in community with people because that's the only way the world can work. We need their voice in their community, and if they're too busy worrying about basic necessities, then we're not going to hear their voices." 🌸

*To volunteer or donate to Catalyst Project, go to [catalystmadison.org](http://catalystmadison.org).*

## APRIL NONPROFIT EVENTS

### 21 | 10 A.M. SPRING INTO FINE ARTS

Shop the work of Wisconsin artists and meet service dogs-in-training during the event. Donations to support Occupaws, a nonprofit that trains guide dogs for the visually impaired, will also be accepted. *Madison Masonic Temple, Madison. [springintofinearts.com](http://springintofinearts.com).*

### 22 | 3 P.M. FEED THE NEED

Sample foods from Madison vendors at this benefit for The River Food Pantry emceed by Wisconsin Foodie's Kyle Cherek. *Noah's Event Venue, Madison. [riverfoodpantry.org](http://riverfoodpantry.org).*

### 24 | 11 A.M. PARTNERS FOR CHANGE LUNCHEON

Raise funds and celebrate Madison Urban Ministry's 45 years of inspiring social good and community investment. Keynote speaker UW-Madison Human Ecology professor Julie Poehlmann-Tynan will discuss the public health crisis caused by mass incarceration in the US. *Madison Concourse Hotel, Madison. Questions: contact [nasra@emum.org](mailto:nasra@emum.org).*





**STEMS OF LIGHT |** Spring can usher in a sense of renewal. Nourish these initial seeds of rejuvenation at BRAVA's 2018 THRIVE Conference by absorbing an influx of personal energy and professional inspiration from female founders and local changemakers having a tremendous impact on our community and around the globe. *April 27, 8 A.M. The Edgewater, Madison. [thrivewithbrava.com](http://thrivewithbrava.com).*

PHOTOGRAPHED BY SUNNY FRANTZ

# BRAVA

THRIVE CONFERENCE



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