

BRAVA

women + style + substance

DARCY RISING

.....

How A Beloved Life
Coach Overcame Her Own
Devastating Ordeal

FOUR IMMIGRANT
WOMEN FLOURISHING
IN MADISON

THRIVING THROUGH ART



MAY 2019 \$3.95
BRAVAMAGAZINE.COM



INSIDE |

Sip Cider
at Brix

Check out our
THRIVE After 55
Expo Guide!

COME EXPERIENCE A NEW EXHIBIT AT DREAMBANK!



Artwork by Jason Kotecki

PLUS: JOIN US FOR AN EVENING WITH THE ARTIST

A CHANCE OF AWESOME: How Changing the Way You See Changes Everything
with Jason Kotecki | **Thursday, May 23, 6:15-7:30 pm**

Sometimes in life, you just feel...stuck. When you're stumped by a seemingly unsolvable challenge, sometimes all you need is a little nudge from an outsider with a fresh perspective, someone who points out the answer that was there the whole time. This presentation is that little nudge. In this session lead by Adultitis fighter, Jason Kotecki, you'll learn how to recognize opportunities in road blocks and how to see dead ends as new beginnings. Because the difference between success and failure is not luck, it's looking at your world in a whole new way! So come ready to spark some new ideas — and grab onto them. Plus, stay after this event for some snacks and dessert as we explore our newest exhibit, The Power of Play, featuring Jason's artwork and some Escape Adulthood activities!



FREE EVENTS | IN THE HEART OF MADISON | OPEN TO ALL | RSVP BY VISITING: amfam.com/dreambank

Mon – Thur: 8 am – 8 pm | Fri: 8 am – 5 pm | Sat: 9 am – 4 pm | Sun: Closed
821 East Washington Ave. | Madison, WI 53703 | 608.286.3150 | amfam.com/dreambank

2019 | 2020 SEASON

Subscriptions available **NOW!**

MADISON SYMPHONY ORCHESTRA

JOHN DEMAIN | MUSIC DIRECTOR

WHERE WILL THE



TAKE YOU?

SEPT 27-29

LOVE, LUST & REDEMPTION

John DeMain, Conductor • Greg Zelek, Organ
Wagner • Barber • Debussy • Dvořák



OCT 18-20

**RACHEL BARTON PINE
PLAYS KHACHATURIAN**

John DeMain, Conductor • Rachel Barton Pine, Violin
Prokofiev • Khachaturian • Shostakovich



NOV 8-10

JOYCE YANG PLAYS PROKOFIEV

John DeMain, Conductor • Joyce Yang, Piano
Kernis • Prokofiev • Schumann



DEC 13-15

A MADISON SYMPHONY CHRISTMAS

John DeMain, Conductor
Mackenzie Whitney, Tenor • Michelle Johnson, Soprano
Madison Symphony Chorus, Beverly Taylor, Director
Mount Zion Gospel Choir,
Leatha and Tamera Stanley, Directors
Madison Youth Choirs, Michael Ross, Artistic Director



JAN 19*

BEYOND THE SCORE®

SERGEI PROKOFIEV, SYMPHONY NO. 5, *PURE PROPAGANDA?*

John DeMain, Conductor
A multimedia presentation starring American Players Theatre actors
(James Ridge, Colleen Madden, Marcus Truschinski, and Tracy Arnold),
visual projections and live musical examples!
*This single performance is separate from the 2019-2020 subscription.
Beyond the Score® is a production of the Chicago Symphony Orchestra.
Gerard McBurney, Creative Director for Beyond the Score®



FEB 14-16

ROMANTIC ENCOUNTER

PINCHAS ZUKERMAN & AMANDA FORSYTH
THE BRAHMS DOUBLE

John DeMain, Conductor
Pinchas Zukerman, Violin • Amanda Forsyth, Cello
Berlioz • Brahms • Copland



MAR 6-8

THE MIRACLE

HENNING KRAGGERUD PLAYS MENDELSSOHN
KENNETH WOODS CONDUCTS

Kenneth Woods, Guest Conductor
Henning Kraggerud, Violin
Haydn • Mendelssohn • Strauss



APR 3-5

DVOŘÁK REQUIEM

John DeMain, Conductor
Madison Symphony Chorus, Beverly Taylor, Director
Ann Toomey, Soprano • Julie Miller, Mezzo-soprano
Eric Barry, Tenor • Tyler Simpson, Bass-baritone



MAY 1-3

PIANO POWER

John DeMain, Conductor
Yefim Bronfman, Piano
Weber • Stravinsky • Brahms



The best seats, at the best savings.

New subscribers **save up to 50%** off single ticket prices! Individual tickets go on sale Saturday, August 17, 2019.

Programs, dates and artists subject to change. Photos: MUSIC, SEPT, DEC, APR, Peter Rodgers;
OCT: Lisa-Marie Mazzucco; NOV: KT Kim; FEB: Tony Hauser; MAR: Kaupo Kikkas; MAY: Frank Stewart

DISCOVER MORE, SUBSCRIBE OR RENEW ONLINE: madisonsymphony.org/19-20

SEASON
SPONSORS



THE
MADISON CONCOURSE
HOTEL
AND GOVERNOR'S CLUB



WISCONSIN STATE JOURNAL
MADISON.COM

Madison
magazine





SPECIAL PLACES

DESERVE GREAT SPACES



2015: RISE (Center for Families)
2016: The Rainbow Project
2017: Centro Hispano
2018: East Madison Community Center
2019: Wil-Mar Neighborhood Center

FLOOR360 initiated Design for a Difference–Madison to connect the local design community with nonprofits in need of improving their space. In 2018, East Madison Community Center received the largest charity makeover in North America, valued at over \$600,000. In 2019, we're excited to take on Wil-Mar Neighborhood Center, which serves 7,000 meals and 5,000 people each year. You can help—at FLOOR360, every retail purchase supports this great cause. **To learn more, or to donate time, materials, or funds, visit floor360.com/d4ad. FLOOR360. Design is Our Difference.**

FLOOR360 

5117 VERONA RD | 608.274.2500 | FLOOR360.COM

FEATURES

33 Darcy Rising

How professional life coach Darcy Luoma faced the unimaginable and emerged stronger



PHOTOGRAPHED BY HILLARY SCHAVE

40 Artistic Expression

Creative outlets help seasoned women come into their own.



PHOTOGRAPHED BY SHANNA WOLF

44 Taking Root and Thriving

Four immigrants who have enriched the Madison community and flourished



PHOTOGRAPHED BY HILLARY SCHAVE

DEPARTMENTS



@bravamagazine



Perspective
14



Entrée
60

CONNECT

- 11 Layering Memories**
Catch Tyanna Buie's mixed-media creations at MMoCA.
- 12 Engaging Community**
The latest news, events, discussions and BRAVA promotions you can't live without
- 14 Perspective**
Dina Nina Martinez on the power of funny women
- 16 In Her Shoes**
Trainer Patti Batt rocks Parkinson's patients' world.



On Her Bookshelf
Susan Gloss' picks for artsy literature

THRIVE

- 21 Style with Soul**
Home décor that tells a story
- 22 Wellbeing**
Protect your hearing; Level up with LinkedIn
- 26 Retail Therapy**
Bungalow608 offers up artistic heritage.
- 28 Dwell**
How to outfit your house as a rental

GO+DO

- 59 Fruitful Ferment**
The apple doesn't fall far from the tree at Brix Cider.
- 60 Entrée**
Brix Cider's local libations
- 65 Jaunt**
Eau Claire marries nature and culture
- 71 Catalyst**
Social Media Breakfast Madison teaches tweet feats and more.

IN EVERY ISSUE

- 7 Contributors**
- 8 Relate**
- 67 Calendar**
- 72 Linger**

SPECIAL ADVERTISING SECTIONS

- 17 Professional Profiles:**
Madison Movers and Shakers
- 30 Outdoor Living**
- 50 Retirement Guide**
- 51 THRIVE After 55 Expo Guide**
- 58 Shop Local**
- 61 Dining Guide**
- 62 Travel Guide**
- 66 BRAVA Kids**

ON THE COVER

Darcy Luoma, photographed in her Madison-area home, by Hillary Schave.



MONEY SMARTS



you may not think much of it and might just pass it up, but because it feels like you have \$3 in your hand, you may be more likely to take your time and money to buy something, even if you don't need it, so you don't "lose" the \$3.

These deals set us up to feel we are being financially foolish to pass them up or that we are wasting money if we don't take advantage of them. They can even trigger a feeling that we are losing money if we don't cash in! Making it even tougher, sometimes the rewards are big. It's hard to feel like you are saying no to \$300, for example. These offers feed on a tendency we have as humans to be resistant to losing something we already have. If we are not careful, we can even feel guilty about not using the "money," even if we had no need or intention to buy more.

As a consumer, it is good to be aware of programs like this and how they actually impact our wallets and budgets. Unless you needed something else at that time from that retailer, remember you are not throwing money away by not using a cash reward. In fact, you are saving yourself time, a trip and, very likely additional expenses once you make the purchase. If you happen to actually need aspirin from a drugstore at the time you have the reward in hand, then it is budget- and wallet-friendly.

I remind myself regularly that it can be better for my wallet to NOT take advantage of some of these rewards and that I am not throwing money away. In fact, now that I have spent some time thinking about this, I've found that passing these bonuses up when we do not need something makes me feel more empowered with my money. I am not reacting to someone else's special. I am selecting specials if and when they are in line with what I need and want to buy. Then, I am using them as a budget enhancer, not a budget subtractor.

MONEY SMARTS

BY KIM SPONEM

I like to buy wisely. I often get deals and even "free money" from the stores, but I don't feel like I'm coming out ahead. Any advice?

That is a challenge I have faced, too. And I know we are not alone! It can be difficult to be a consumer and keep our money smart when it appears companies are giving us money.

Some businesses offer us "cash rewards" when we make a purchase, printed right on the receipt, emailed or printed on paper that is a little bit like paper money and meant to give us the feeling of having "cash" in our wallets for the next visit. You know the ones – each one is worth \$5 or \$10 or more on future purchases. Or we may get a coupon for a discount off our next purchase. Sometimes it's a buy one, get one free on your next visit. I've even gotten certificates for X amount of dollars to spend for "free" with "no strings attached."

Consider this. You get a "cash reward" saying here is \$3 for any purchase of \$15 or more in the next week. Basically, you just got offered a 20% (or less) discount. If it were just a 20% off sale,

Kim Sponem is CEO & President, since 2002, of Summit Credit Union, a \$3.4 billion, member-owned financial cooperative with more than 186,000 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.



SummitCreditUnion.com



*“Do what’s best for
family, company and community.
We are here to make a difference
in this world.”*

*- Helen Johnson-Leipold
Chairman of Johnson Financial Group*

The Leukemia & Lymphoma Society’s Man & Woman of the Year Grand Finale Celebration



The Man & Woman of the Year campaign is a philanthropic competition during which dynamic, passionate candidates compete to earn The Leukemia & Lymphoma Society’s Man & Woman of the Year titles. Candidates and team members raise funds for LLS blood cancer research in honor of local blood cancer survivors. The titles are awarded to the man and woman who raise the most funds during the 10-week campaign.

The campaign culminates in a Grand Finale celebration and brings together candidates, campaign teams, friends and family, survivors and LLS supporters for the announcement of the Madison Man & Woman of the Year. The evening will include dinner and silent and live auctions. Become an advocate for cancer patients everywhere, a true champion of hope! Learn more at www.mwoy.org/madison.



**LEUKEMIA &
LYMPHOMA
SOCIETY®**
mwoy.org/madison

**Saturday, June 1, 2019
6:30 p.m. – 10:30 p.m.
Madison Marriott West
1313 John Q Hammons Dr.
Middleton, WI 53562**

JOHNSON
FINANCIAL GROUP®



JOHNSONBANK.COM

BANKING WEALTH INSURANCE

BRAVA
MAGAZINE

BUSINESS

PUBLISHER

Barbara Krause
bak@ntmediagroup.com

VICE PRESIDENT OF PUBLICATIONS

Becky Peck
bpeck@ntmediagroup.com

EDITORIAL

EDITOR-IN-CHIEF

Marni McEntee
marni@bravaenterprises.com

ASSISTANT EDITOR

Julia Richards
julia@bravaenterprises.com

ART DIRECTOR

Ann Christianson
annc@bravaenterprises.com

GRAPHIC DESIGNER

Jerriann Mullen
jem@ntmediagroup.com

EDITORIAL INTERNS

Cassie Hurwitz
Annie Rosemurgy

SALES

SALES MANAGER

Dena Frisch
dena@ntmediagroup.com

SALES EXECUTIVE

Danielle Letenyi
danielle@ntmediagroup.com

SALES EXECUTIVE

Sybil Winchel
sybil@ntmediagroup.com

ADVERTISING COORDINATOR

Julie Schiller
ads@ntmediagroup.com

DIRECTOR OF MARKETING & EVENTS

Ashley Duchemin
and@ntmediagroup.com

BRAVA Magazine is a publication of Nei-Turner Media Group, Inc. Gary E. Nei, Chairman, William Turner, President

951 Kimball Lane, Suite 104, Verona, WI.
(608) 848-6700.

SUBSCRIBE AT BRAVAMAGAZINE.COM

Subscription Information:
(877) 811-2639 or brava@pubdmgroup.com.

BRAVA (ISSN 1934-4317) May 2019, Volume 20, Number 5, Periodicals postage paid at 3902 Milwaukee St, Madison WI 53714 and additional offices. Subscriptions are \$14/year. Postmaster send address changes to BRAVA Magazine, P.O. Box 343, Oregon, IL 61061-0343. This issue or any part thereof may not be reproduced in any form without written permission from the publisher. All rights reserved. ©2019.

NEI-TURNER MEDIA GROUP

WRITERS

LAURA ANNE BIRD

"THE FULLNESS OF LIFE IN AN ARTISTS' COLONY," P. 19

Mom, fundraiser, blogger and ardent reader, Laura is also a reviewer for Readers Lane. She loves nothing more than helping people find their perfect book. Follow her on Instagram: [laura_at_the_library](#)

SAMANTHA GEORGEON

"SAY WHAT?" P. 22

Samantha Georagon is a driven and fun-loving freelance writer who is most passionate about engaging with the inspirational people who become the center of her stories.

KATY MACEK

"ARTISTIC EXPRESSION," P. 40;

"EAU CLAIRE IS A CLEAR CHOICE," P. 65

Katy is a freelance writer who specializes in arts and culture, especially if it relates to her college home, Eau Claire.

EMILY McCLUHAN

"SHE'S IN THEIR CORNER," P. 16

Emily doesn't let her full-time job get in the way of writing, paddleboarding, dog-loving, running and exploring everything Madison—and the world—has to offer.

MEGHAN REISTAD

"WAKE UP AND TWEET," P. 71

Meghan is an early riser as an anchor for NBC15's The Morning Show. She loves people and storytelling and cannot imagine a job that better combines the two.

MEGAN ROESSLER

"HOW DINA NINA MARTINEZ WENT FROM HOME CHURCH TO HOLLYWOOD," P. 14;

"TAKING ROOT AND THRIVING," P. 44

Megan studied Art History at the University of Wisconsin—Madison. She is interested in environmental history, and she makes comics in her spare time.

CANDICE WAGENER

"LOCAL LIBATIONS," P. 60

Candice loves writing about great food, unique places and inspiring people. A graduate of the UW J-School, she came to Wisconsin from the Chicago area. Follow her on Instagram at [candicewagener](#).

ARTISTS

KAIA CALHOUN

"THE FULLNESS OF LIFE IN AN ARTISTS' COLONY," P. 19;

"WAKE UP AND TWEET," P. 71

Kaia is a photographer that sees the beauty in life all around her all the time. Her goal is to capture her client's authentic beauty.

SUNNY FRANTZ

"GLOBAL MEETS LOCAL AT BUNGALOW608," P. 26;

"LOCAL LIBATIONS," P. 60

A former BRAVA gal, Sunny uses her marketing, graphic design and styled photography skills to connect small businesses with their ideal audience. Follow on Instagram @[sunny.frantz](#).

HILLARY SCHAVE

"HOW DINA NINA MARTINEZ WENT FROM HOME CHURCH TO HOLLYWOOD," P. 14;

"WALKING THE WALK," P. 33;

"TAKING ROOT AND THRIVING," P. 44

Hillary is a fun pro photographer who puts her left shoe on first and adores shooting weddings, portraits and boudoir for her studio, Azena Photography. [azenaphoto.com](#)

VALERIE TOBIAS

"SHE'S IN THEIR CORNER," P. 16

Valerie's interests include cheese, live comedy, bicycling, adventures, talking to strangers and photojournalism. She lives in Madison with her husband and daredevil son.

SHANNA WOLF

"ARTISTIC EXPRESSION," P. 40;

"LEVEL UP YOUR VACATION RENTAL," P. 28

Shanna is a freelance photographer specializing in portrait, documentary and interior photography. Her style is simple and bright and she loves storytelling through still photography. [sphotographyandstyling.com](#)

To read more about our contributors, visit [BRAVAmagazine.com](#).



rubin's
contemporary furniture

younger+co

317 E. Wilson St., Madison 608.255.8998 • 670 S. Whitney Way, Madison 608.274.5575
[rubinsfurniture.com](#)



THROUGH THE FIRE

WHEN LIFE COACH DARCY LUOMA

launched her business in 2013, she recognized that BRAVA Magazine, with its mission to help women thrive in all aspects of their lives, was the perfect venue to publicize her new venture. And, in the ensuing years, as Luoma's business and expertise soared, she coached small groups, led career workshops and served as an expert in leadership, resilience and life skills in BRAVA stories many times over.

So, it's fitting that when the time came for Luoma to speak publicly about how she has managed to navigate her own devastating ordeal, she chose a BRAVA audience to hear it first. And she agreed to allow me to share her inspiring story with you this month.

Over many hours of interviews, most in Luoma's home, she told me how her life was upended in the space of an afternoon when her husband and stay-at-home dad to their two daughters was arrested in 2016 and later sent to prison.

She explained how she is overcoming the enormous difficulties of the last three years, which she kept silent about in her public sphere. She talked about fighting off fear to be a model of strength and resilience for her daughters. Sometimes, I learned, in the face of great tragedy, joy is unearthed. In her case that

means that now being the sole parent allows her more time to simply "be" with her girls, whether it's at a dentist's appointment or while cooking dinner. And that makes her smile.

She realized, she told me, that she's been training for this moment her entire life through her studies, her pastime as an endurance athlete and her professional and personal coaching experience, so that when the unthinkable happened, she was able to get "unstuck."

"I had to walk through fire and I came out stronger," Luoma says. "My mindset of 'this happened, this is hard and I have to choose what to do next' is what helped me through it"

She's hoping that, through her words and deeds, others will find some tools to get through their toughest times as well.

There's much to learn from Luoma's story. That we can better prepare ourselves to overcome adversity and become more resilient. That we can control how we react to things large and small every day in order to live a more fulfilling life. And that forgiveness is possible, when we are ready.

Marni

Marni McEntee
Editor-in-Chief

BRAVA
— NIGHT OUT —

DON'T MISS | Enjoy the warm weather and stroll the charming streets of Middleton June 20 for a special BRAVA Night Out. Check out the downtown area's cafes and restaurants, browse its unique clothing and gift boutiques and meet the BRAVA gals! Details at BRAVAmagazine.com



Cadillac

INNOVATIVELY ENGINEERED.
BEAUTIFULLY CRAFTED.

2019 Cadillac XT4



2019 XT4^{Luxury}

MSRP STARTING AT

\$37,265

2019 XT4<sup>PREMIUM
LUXURY</sup>

MSRP STARTING AT

\$44,905

Tax, title, license and dealer fees extra.

2019 XT4^{SPORT}

MSRP STARTING AT

\$46,330

BERGSTROM CADILLAC

ABOUT US

At Bergstrom Automotive, we strive to be the recognized leader of guest service through our commitment to treat everyone like family. You deserve complete peace of mind when it comes to owning your vehicle, regardless of whether it is new or pre-owned. We pledge to provide the finest personal service and facilities for our guests.

MadisonCadillac.com

LOCATION

1200 Applegate Rd
Madison, WI
53713

SALES

608.271.2211
Mon-Th 8:30am-8pm
Fri 8:30am-6pm
Sat 8:30am-5pm

SERVICE

608.271.2211
M-T-Th-F 7am-6pm
Wed 7am-8pm
Sat 8am-1pm



Keuler
CONSTRUCTION, INC.

Simply the Best.

Celebrating 26 Years Of Excellence

Ask our homeowners what it's like to work with Keuler Construction, and they'll agree, "We're the best in the business."

Ask them why, and you'll hear the same things:
Planning • Quality • Workmanship • Trustworthiness

From the dreaming stage, to your home's completion
(and beyond) we're there with you every step of the way.

(608) 798-1771 • keulerconstruction.com



CONNECT



LAYERING MEMORIES | Mixed-media artist Tyanna Buie processes her precarious childhood in the images she creates based on scant family photos. Her exhibit, "After Image," opens May 3 at the Madison Museum of Contemporary Art as part of Gallery Night. Buie will speak at the opening, which includes music and hors d'oeuvres from Fresco. (Above): "Peace Lily" (2018). Screen print with hand-applied ink on paper. Image courtesy the artist and The Alice Wilds Gallery, Milwaukee.

BRAVA EVENTS



5/10 | 8 a.m. – 4 p.m.

BRAVA THRIVE Conference

This daylong conference is a must for anyone wanting to take a deep dive into a variety of personal enrichment and professional development topics. Learn how to use humor to your advantage, stay positive around negative people, compete while still collaborating, create bang-up events and more! *Madison Concourse Hotel. bravamagazine.com/thrive-with-brava.*

5/31 | 9 a.m. – 4 p.m.

THRIVE After 55 Expo

Meet and mingle with like-minded active seniors at this all-day event specially tailored for life's second acts. Whether learning about finances in retirement, healthy eating, exercise tips or education programs, this hands-on expo is for you! *Madison Marriott West. madisonthriveafter55.com.*

FOLLOW BRAVA



@bravamagazine

BRAVA SPONSORED EVENTS



5/18 | 8 p.m. – 12 a.m.

Wisconsin Women's Health Foundation Gala

The foundation's 22nd annual spring fundraiser features gourmet appetizers, live music and dancing between the four arches in the Wisconsin State Capitol rotunda. Proceeds help the foundation reach over 7,500 women in all 72 of the state's counties. wwhf.org/2019springgala

THANKS TO OUR DIGITAL PARTNERS



The law firm of von Briesen & Roper, s.c. cares passionately about our profession, our clients and our community. Committed to unparalleled service, recognized expertise and to excellence, we are invested in the success of our communities. Every year we support events that make a positive impact on the places we live, like *Concert on the Green* presented by the Madison Symphony Orchestra.

Because we believe it is important to give back, we want to take a moment to let you know about this great event in our community.

vonBriesen

von Briesen & Roper, s.c. | Attorneys at Law
vonbriesen.com

10 East Doty Street, Suite 900
Madison, WI 53703



GOLF + PRIZES
COCKTAIL PARTY
CONCERT
PICNIC DINNER
SWEEPSTAKES PRIZES

CONCERT ON THE GREEN
25th Anniversary Year

MONDAY, JUNE 24, 2019
BISHOPS BAY COUNTRY CLUB

Join us for the Madison Symphony Orchestra League's annual fundraiser benefiting MSO's Education and Community Engagement Programs! Participate in the golf tournament and evening festivities, or just attend the evening cocktail party, concert and dinner. RSVP by June 13, 2019. Learn more & register: madisonsymphony.org/cog



GREENWAY
♦ STATION ♦

for everything you love
{because you've earned it}

Ancho & Agave (coming soon) | Bath & Body Works | Biaggi's Ristorante Italiano | Cafe Zupas | Chico's | Christopher & Banks | Cold Stone Creamery | DSW
Endurance House | Freska Mediterranean Grill | Fuji Sushi & Hibachi | Glimpse LASH | Guitar Center | Happy Nails & Spa | HomeGoods | Ideal Image | J.Jill
Jersey Mike's Subs | Johnny's Italian Steakhouse | Jos. A. Bank | LOFT | Marshalls | Maurices | Michaels | Noodles & Company | Orvis | Pendleton
Sally Beauty | Soft Surroundings | Sola Salon Studios (coming soon) | Tanner's Bar & Grill | Tuesday Morning | Verizon | World Market

Middleton, WI | greenwayshopping.com |



HOW DINA NINA MARTINEZ WENT FROM HOME CHURCH TO HOLLYWOOD

The short answer?
She rules the world.

BY MEGAN ROESSLER

DINA NINA MARTINEZ speaks thoughtfully, with the slightest Texas twang. “The seasons change here,” she says, “I love the fall, I love going up to Baraboo for lunch and getting a pumpkin from a farm, not the back of a truck in someone’s parking lot.” It’s a comment typical of Martinez’s sense of humor. Smart. Authentic. Insightful. Spirited. A comedian and entrepreneur, Martinez works to build connections and community through humor, and teaches others how to refine their comedic skills.

To really get Martinez, you need to understand the winding road she took to comedy—one that led her from Dallas to Los Angeles, and finally to Madison. “People always told me I was funny,” she says, recalling what she considers her first stand-up performance—it was done in front of some friends and family at a home church when she was in middle school. That was the kind of place she grew up, she explains. The first time Martinez did actual stand-up was later, after she had moved to Los Angeles. At the insistence of a friend, she agreed to perform. “I did a three minute set,” she says, adding, “it was supposed to be five minutes.” Bombed jokes and unfilled time aside, something had clicked: “That was what I loved doing.”

MAY 10

SHARE A LAUGH

at Martinez’s keynote presentation,
“The Power of Funny Women!” at the
BRAVA THRIVE Conference
thrivewithbrava.com

PHOTOGRAPHED BY HILLARY SCHAVE

CONNECT | PERSPECTIVE

After moving to Madison, she worked at Monty's Blue Plate Diner, and things continued to fall into place. "My life here is full of funny, smart, entrepreneurial women," she gushes. And she means it. For Martinez, the Isthmus has truly become home—few people speak as lovingly about Madison as she does. Madison is also where she really hit her stride professionally, as a comedian and businesswoman. "Humor is smart," she says, "it's attractive." It's also a skill that she wants more people to hone. While "situational funny" is an instinct, stand-up, Martinez assures me, is a skill that can be taught and practiced.

Christine Ameigh, Martinez's bestie and an entrepreneur herself, describes Martinez as hilarious, kind, a good friend and a great dog mom. "Her humor is contagious and can put you in a better mood." Ameigh adds that Martinez works hard for equity and understanding in both her life and her business. When asked what motivates her, Martinez doesn't hesitate. "First of all, I love the attention." She smiles and laughs, "More broadly, building awareness and community."

This comes as no surprise—presence, awareness and community are values at the heart of her company, Lady Laughs Comedy. Lady Laughs grew out of the Lady Laughs Comedy Festival. In the straight, white male dominated world of comedy, Lady Laughs is an organization that focuses on creating inclusive spaces and empowering women and people in the queer community. It's something that is completely in her wheelhouse. "I'm a woman first, then a trans woman second, then a funny woman third," she says.

A long way from where she started, Martinez has big things on the horizon. She's booked a movie, which stars Dermot Mulroney, and continues to organize monthly Lady Laughs comedy showcases (held monthly on Thursday nights at The Crucible). She's excited to see where it takes her, and she doesn't know how much longer she'll live in Madison. Happily, she's here to preach the power of comedy for at least a little while longer. 🌸

50th Annual
ARTS & CRAFTS FAIR
Spring Green • WI
June 29th & 30th
Last Full Weekend

Saturday 9am–5pm and Sunday 9am–4pm
Downtown Spring Green
West of Madison on Hwys 14 and 23

Over 200 Exhibiting Artists
Food, Entertainment & More!

Find Details and More at
SpringGreenArtFair.com



CREATIVELY DESIGNED, SURPRISINGLY AFFORDABLE KITCHEN MAKEOVERS

Cabinet painting, door replacement, custom
woodwork, Granite, Quartz, tile and more

Visit our Middleton showroom
(hours by appointment) or
schedule an in-home consultation



WWW.VINEYARDCHICMADISON.COM | 608-KITCHEN (548-2436)



CONNECT | IN HER SHOES

SHE'S IN THEIR CORNER

Patti Batt helps those with Parkinson's roll with the punches

BY EMILY McCLUHAN

Patti Batt bounces around the equipment at Hybrid Athletic Club in Fitchburg—heavy ropes, speed bags, free weights, rowing machines. She isn't using these for personal training of competitive athletes though, an area she fully expected to ease into after her retirement from the State of Wisconsin in 2012. Instead she's three years in as the trainer for Rock Steady Boxing, a high intensity exercise program for people with Parkinson's disease. Her passion for this work pours out as she explains the leap of faith that landed her here.

"It was summer of 2015 and I happened to watch CBS Sunday Morning, a show I never watch. Leslie Stahl was doing a piece on Rock Steady Boxing because her husband has Parkinson's," she says. "Something clicked inside me. It was so cool; I knew I had to figure out how to do this."

She already had a few years of personal training under her belt, but she had no knowledge of the disease other than the fact that Michael J. Fox had it. She quickly did some research, then signed up for the three-day training to be a certified coach and make Hybrid the first affiliate gym in Wisconsin. Batt says that after one day of training, she was all in.

Parkinson's is a progressive degenerative neurological disease. There is no test for it and it is typically diagnosed after a slow progression of symptoms like tremors, leg drag and small handwriting. While medication can lessen symptoms in the moment, Batt notes that high intensity exercise has been shown to slow the progression of the disease. She says that, ideally, she catches people as soon as they are diagnosed, before they go into the dark hole of the disease.

PHOTOGRAPHED BY VALERIE TOBIAS



"Secondary symptoms of Parkinson's are apathy, depression and anxiety," says Batt. "So for some of my boxers, just getting here is a huge win."

For people like Mary Greenlaw-Meyer and Joann Pivotto, two-year veterans of Rock Steady Boxing, facing Parkinson's without Batt is unimaginable.

"Rock Steady Boxing has been a lifeline for me," says Pivotto, who was diagnosed in 2015. "I can't imagine doing Parkinson's without Patti."

Greenlaw-Meyer, whose tremors are not visible, deals with balance issues and uses Rock Steady to build strength, stability and confidence that, as her disease

progresses, she'll be able to adapt. She says that Batt hooked her the day she first came to observe a class.

"You see these people, some with gait belts who are having trouble standing on their own and some you would never guess have Parkinson's," she says. "[Batt] has the music cranked and she is just bouncing from person to person. I wanted to be a part of it."

Both women marvel at Batt's energy and uncanny ability to see each person's needs in a class that often has up to 28 people—correcting form, pushing when she hears an "I can't" or just holding a hand on a bad day.

"The classes are exhausting because I'm running around for 90 minutes focusing on a lot of people, but after every class, my heart feels really full," Batt says.

When asked how long she wants to coach this crew, she laughs and says, "The best thing that could happen is they cure Parkinson's and I'm out of a job. Then these people would just be my friends and we could work out together."

Until then, Batt is working to add more classes to support the growing interest.

"One of my favorite things is when someone tells me they got their meds reduced," Batt says. She explains that as the disease progresses, medications become less effective and doses go up.

She admits that it's not all sunshine and flowers. It's a progressive disease and she sees some people progressing faster than others.

"That part is heartbreaking, but in general I see all the positives that it does for people. I know in my mind that I'm helping to slow down that progression and change their perception of their own limits. It brings me so much joy." 🌸

hybridfitness.org/rock-steady-boxing

Check out more photos of Patti Batt and the Rock Steady boxers at BRAVAmagazine.com.

PROMOTION

MADISON MOVERS + SHAKERS



AMBER SWENOR, BUSINESS + BRAND STRATEGIST

Business Coaching for Purpose-Driven People

Amber Swenor is a business strategist that helps heart-centered powerhouses to build impactful businesses that supports the life they desire. She helps entrepreneurs gain clarity for their goals and guides them through strategies to make that vision a reality. She is the founder of Impact Academy, where she offers transformational personal and business coaching, retreats, guest speaking, and courses designed for people who desire to show up and live in authenticity while growing their income. She's also the founder of Strategic Partners Marketing, a brand strategy and marketing firm that helps businesses be more successful, through better marketing.

Her superpower? Guiding others to live their truth, by living hers.

AMBER SWENOR

608.234.5250

amber@impactacademy.com

impactacademy.com

strategiesthatpay.com



MADISON MOVERS + SHAKERS



CG SCHMIDT'S NEWEST VICE PRESIDENT, SARAH DUNN

Meet Madison's Matriarch of Construction

**CG SCHMIDT, INC**

10 W Mifflin St. Ste. 400
 Madison, WI 53703
 608.255.1177
Cgschmidt.com

Sarah Dunn isn't what you would typically picture when you think construction. You won't see her in a hard hat, neon vest or steel-toe boots, yet for many in the Madison area, Sarah is the face of commercial construction. She joined the Madison office of CG Schmidt, a Milwaukee-based construction management and general contracting firm, almost nine years ago, as head of business development, PR and client relations. Since then Sarah has made quite a name for herself – and CG Schmidt – as the one to talk to when planning a commercial construction project.

Sarah was instrumental in making the new St. Paul University Student Center a reality, the upcoming Madison Youth Arts Center, and many more. In 2018 Sarah was named the Wisconsin Chapter of the Society of Marketing Professional Service's "Business Developer of the Year." In 2019, Sarah was named Vice President of CG Schmidt – the first ever female executive in the company's 99-year history, something she hopes will inspire other female leaders.

"Construction has been one of those areas that's still very male-dominated; I want to see that change. I want to show women that there are plenty of opportunities in the industry, even if you're not swinging a hammer."

THE FULLNESS OF LIFE IN AN ARTISTS' COLONY

Susan Gloss' new novel intertwines art, loss and grief

BY LAURA ANNE BIRD

MADISON AUTHOR Susan Gloss loves to fill her home with art. "I've never been the kind of person who moves into a house and leaves the walls bare," she says. "My pieces might not have a lot of value, but they have a lot of meaning."

Gloss' second novel, "The Curiosities," was released in February and centers on an artists' colony based in a home in Madison's Mansion Hill Historic District. Aptly, its walls are graced with a stunning collection of paintings, sketches and antique maps. "I wanted to write about the items we hold dear and what we surround ourselves with," Gloss says. "But you don't have to be an art aficionado to enjoy the story."

"The Curiosities" offers a fascinating look at what motivates, challenges and sustains artists throughout their careers. But the residents of the colony don't just strive to produce art, they also grapple with personal matters like grief, loss, infertility and miscarriage. This realistic edge makes "The Curiosities" relatable on many levels.

Fans of Gloss' first novel, "Vintage," may remember the elegant character of Betsy Barrett. "I'm very inspired by women who have a sense of style, no matter the age," says Gloss. "A lot of readers wanted to see more of her." Betsy returns in "The Curiosities," having bequeathed her home for the purpose of the artists' colony.

Gloss earned her law degree from UW-Madison and lives with her husband and two young sons on the Near East Side. "I love novels with a strong sense of place," she says, which is why Madison itself serves as a vibrant character in her book. "Particularly in winter, we have a sweeping vantage point. Our backyard extends to the other side of Lake Monona."

Some of Susan Gloss' favorite books feature artists while beautifully depicting their creative processes:

THE PAINTED GIRLS

by Cathy Buchanan

This novel, based in Paris in 1878, focuses on three sisters living in poverty. One is a ballerina who becomes a muse for Edgar Degas. "Buchanan brings Belle-Époque Paris to life, from working-class slums to the stage of the opera house," says Gloss.

MADAME PICASSO

by Anne Girard

Girard's novel takes place in 1911, also in Paris. "I was swept up in the love story of Eva Gouel, a costume maker at Moulin Rouge, and the young Pablo Picasso in his early days as an artist"

Read Susan Gloss' essay on pregnancy loss and infertility at BRAVAmagazine.com.



THE GOLDFINCH

by Donna Tartt

"A good art heist story always draws me in." This Pulitzer-prize-winning book—"among my favorite novels of all time"—tracks the haunting whereabouts of a 17th-century painting by Dutch artist Carel Fabritius.

RODIN'S LOVER

by Heather Webb

Webb's novel unwinds the story of Camille Claudel, who served as apprentice to artist Auguste Rodin and had a tempestuous relationship with him. "Claudel was a brilliant sculptor in her own right but struggled in the shadows cast by Rodin's rising fame and her own mental illness."

THE INTERESTINGS

by Meg Wolitzer

"I love novels with multiple viewpoints," says Gloss. Wolitzer tells the stories of six New Yorkers who meet at a summer camp for the arts in the 1970s. As the book follows them into adulthood, some pursue their artistic dreams while others stray far from the people they thought they'd become. ✿

9th Annual
**CANCER SURVIVORS & THRIVERS
ICE CREAM SOCIAL**



**CHOCOLATE SHOPPE
ICE CREAM, PRIZES & YOU!**

Live Music by:

Reverend Raven
with Westside Andy

On Sunday June 2, join us with friends,
family, and caregivers at Madison's
9th Annual Cancer Survivors & Thrivers
Ice Cream Social. Everyone is welcome,
please join us!

June 2, 2019 1-3pm
at Turville Bay
Rain or Shine!



TURVILLE BAY
RADIATION ONCOLOGY CENTER

A member of  **SSMHealth**

1104 John Nolen Drive, Madison, WI 53713

Directions: Hwy 12/18 to John Nolen Drive. Enter frontage road at
the Sheraton, turn right and proceed to Turville Bay. *Follow the signs!*

THRIVE

STYLE WITH SOUL

Deep respect for artists and traditional craftsmanship guides Bungalow608's philosophy as it brings globally-inspired, hand-curated home décor to Madison. Read more in *RETAIL THERAPY*, P. 26.

PHOTOGRAPHED BY SUNNY FRANTZ

SAY WHAT?

Now's the time to protect your hearing

BY SAMANTHA GEORGSON



ACCORDING TO the World Health Organization, an estimated 900 million people will have disabling hearing loss by 2050. The organization even has a “Make Listening Safe” initiative aimed at young people going to concerts and walking around with earbuds in all day.

The bad news is that any damage you do to your ears is irreversible. The good news? It’s entirely preventable. Veronica Heide, a local audiologist and founder of Audible Difference, breaks down the various situations that might call for a little extra protection and the measures you can take to keep your ears safe.

Ultimately the key is to “use the right tool for the job,” says Heide. When it comes to using headphones or earbuds, you should “turn down the volume on your personal listening devices and limit the length of time you use them,” she explains.

For concerts and other loud environments, there are tools such as SPLnFFT, a noise meter app you can put on your phone that will measure the level of noise around you. It will even tell

you how long your ears can withstand that volume.

Of course, if you don’t have an app handy, Heide relies on an easy-to-remember rule of thumb. “If you have to shout to be heard over the noise, it is probably loud enough that you need hearing protection if you are going to stay in that environment for more than a few minutes.”

Heide recommends carrying ear protection on you at all times. “Carry inexpensive soft foam earplugs with you in case you unexpectedly find yourself in an uncomfortable level of loud noise. Foam earplugs are great for reducing sound from loud recreational noise such as sporting events, power tools and gunfire,” she says. “If you are a professional musician or someone who attends lots of concerts, you may want to invest in custom musician’s earplugs from your audiologist.”

Your ears will thank you for taking the necessary steps to protect your hearing. “Hearing protection is key in saving your ears for a life of ease of communication and the ability to enjoy all of the sounds we love to hear,” says Heide. 🌸



Lasting SkinSolutions®
608-661-0000
www.lastingskinsolutions.com




IS THIS
VANITY?

NO, THIS IS
CONFIDENCE!



BOTOX® - DYSPORT - JUVEDERM® - RESTYLANE® - SCULPTRA® - RADIESSE® - SKIN TIGHTENING
BIOIDENTICAL HORMONE REPLACEMENT - LEG VEINS - PRP (PLATELET RICH PLASMA) - ULTHERA®
INTENSE PULSED LIGHT - PROFRACTIONAL™ - BODYFX - MOLE REMOVAL - ACNE TREATMENTS

Mention this ad and receive \$100 off your treatment.



Lasting SkinSolutions® is excited to bring back the

Saving Faces Program

SavingFaces/Lasting SkinSolutions® is dedicated to working with individuals who have suffered from circumstances beyond their control. These circumstances may threaten their self-esteem and confidence, and cause limitations to realize their full personal growth and life's potential. We will promote positive self-image through teaching proper skincare, providing nonsurgical cosmetic treatments, and fostering a safe place to begin the process of healing.

NOMINATE SOMEONE TODAY
skinfo@lastingskinsolutions.com



WHETHER YOU'RE looking for a new job, building a brand, networking or trying to increase your business' visibility, LinkedIn is the most important social media platform for professionals. "LinkedIn identified an unmet need within social networking—that critical juncture of creating a digital space for job seekers and employers to connect," says UW Department of Communications professor Debra Pierce.

With more than 11 million active job listings and 500 million users LinkedIn is a living, breathing record of your professional life. Here, we explore ways to put your best foot forward and optimize this powerful professional tool.

Build it and they will come—creating a powerhouse profile

"Start with some introspective work," says Don Stanley, faculty associate in life science communication at UW-Madison. "Ask yourself what really motivates you and communicate that clearly in your profile. If something is very important to you, like working for a business that has a mission for social good, say that specifically."

Maximize first impressions, Pierce advises. "You have just a few seconds for your profile to capture the attention of recruiters, with use of a professional looking headshot, a clear job title and intro summary. So, it's worth it to invest a few bucks into having a headshot professionally done."

Don't be afraid to let your personality shine through in your profile. "Give us a sense of who you are as a person, Stanley says. "Instead of saying the generic 'data analyst' you might say

"I'm a total geek for the numbers."

Resist underselling yourself! "Maybe you were an administrative assistant by title but what you actually did at a previous job went far beyond that," Stanley gives as an example. "People re-entering the workforce in particular can get hung up on lack of experience when they actually have so many transferable skills." Identify the skills you developed at previous gigs, and don't be afraid to let your talents shine.

Pro tips—become a next level site master

"Once you have a rocking profile, you can leverage the full benefits of the platform by following companies and industries you are interested in, engaging with potential employers as their posts populate your feed, setting up job alerts and even applying directly for jobs," Pierce says.

Curate your content "Video attracts the most attention by a long shot," Stanley says. Shooting and editing short videos is a skill he emphasizes in his classes at UW. "Don't get stressed out if you're not sure exactly how to do it. Relax and play with it"

Worried about oversharing? "In general, if it's work you're proud of and is relevant to your career path, share it," recommends Stanley. "Trust your gut when it comes to volume."

And, as always, manners matter. "Be authentic in interactions and don't reach out blindly. Follow people at companies that you find interesting, engage with their content and comment thoughtfully, lay the groundwork...That personal touch can make all the difference," Stanley says. ✨



Madison Women's
EXPO

You're invited!

Gather your girlfriends to
attend Madison Women's Expo!

NOVEMBER 23 & 24
10 a.m. - 4 p.m.
ALLIANT ENERGY CENTER
MADISON, WIS.

Craft Bar • Shopping
Fitness Classes • Spa Services
Live Music • Seminars

Tickets and exhibitor information
MadisonWomensExpo.com



Spring is here! Let's get going!

Friday, May 3rd
MMoCA Gallery Night 5pm - 9pm
Wil-Mar "Give Back" Art Auction
starting at 9:30pm

May 6th - 18th
Designer Fabric Sale

Creative Energy Designs, Inc.
125 S. Dickinson St., Madison • 608-256-7696
www.CreativeEnergyDesignsInc.com 

Can we get
care at home?

*Agrace
will help.*




HospiceCare | PalliaHealth
Grief Support Center | Age at Home

(608) 729-5660
agrace.org

1752

Comfort with Style!



Morgan's Shoes
COMFORT WITH STYLE!

**Board Certified Pedorthists
on staff. Narrow through
Wide Widths in stock. Free
advanced foot evaluation
with every fitting.**

HILDALE

Mon-Sat 9-9 Sun 11-6
608.238.3509
morganshoes.com

GLOBAL MEETS LOCAL AT BUNGALOW608



WHEN ADRIAN MURPHY began working at the Santa Fe Folk Art Market after college she “fell in love with traditional world crafts and textiles.” The seed was planted for the globally-inspired, fair trade, home goods store on East Washington Avenue. The shop showcases furniture, hand-woven baskets, linens, rugs, pillows, candles and more, curated from all parts of the globe.

At the center of Murphy’s philosophy is respect for both “global perspective and local roots,” she says. “I love to create spaces that are designed around beautiful items that tell a story. I want people to pick up everything in the store, want to know where it comes from and who made it”

Showcasing the bounty of American-made folk art—quilts and ceramics especially—is a particular passion. “I want to support those talented, brave folks who are redefining what it means to be made in the USA.” —Annie Rosemurgy 🌸

116 E. Washington Ave. bungalow608.com



PHOTOGRAPHED BY SUNNY FRANTZ

zerorez®

insanely clean carpets™



3-AREA SPECIAL

3 areas cleaned & sanitized for only

\$139

*standard size areas 15x15 or less

CALL -or- BOOK ONLINE TODAY!

(608) 848-9000

zerorezmadison.com



CARPET



ODORS



AREA RUGS



UPHOLSTERY



TILE



AIR DUCTS

“I WISH WE CAME HERE FIRST!”
— We hear that all the time! —



13,000 sq ft Furniture and Accessory Showroom ♦ Experienced Interior Designers on Staff
Reclaimed Barnwood Furniture and Cabinets ♦ Custom Fabric and Leather Upholstery

5262 Verona Road | Madison, WI 53711
608.274.5559 | roughingitinstyle.com

ROUGHING IT
In Style
FURNITURE & DECOR



LEVEL UP YOUR VACATION RENTAL

PHOTOGRAPHED BY SHANNA WOLF

WHEN DECORATING your home to rent out, think personality, not personal. A neutral decorating palette with curated pops of color is universally appealing. Avoid family photos in favor of interesting art assemblages. Fetishize organization. Neat, open shelving for kitchen items and linens is best. Hooks and wire baskets afford storage while maintaining a clean, minimalist aesthetic.

Help your guests get their bearings with visitor's guides, take-out menus, maps and copies of local magazines (including BRAVA!). Emergency contact numbers and specific instructions for home maintenance—the garbage and recycling schedule, for instance—should be prominently displayed.

Add extra warm touches to make your guests feel at home, such as coffee and tea supplies at the ready, high quality soaps in the bathrooms, cozy throw blankets throughout the house, a stack of board games and DVDs. And, as always, a handwritten note greeting your guests is the gold standard for pro-level home hosting. —Annie Rosemurgy 🌸





JASON THOMAS
— H O M E S —

INNOVATIVE | ORIGINAL



CONTACT US TODAY ABOUT
EXCEPTIONAL HOMES AND LOTS!



JASON T KRATOCHWILL | JASONTOMASHOMES.COM | 608.220.6391



1828 Sandhill Rd., Oregon, WI

608.835.7569

kopkesgreenhouse.com

Like us on Facebook

KOPKE'S GREENHOUSE

Like many in the boomer generation in southern Wisconsin, I grew up on a dairy farm. There were many things that justified the long days of hard work. There was the association with our neighbors, which made the struggles of life more bearable, and Friday night card games were a fact of life.

Growing up dependent on the weather made us stand in awe of nature, fearing its wrath, while appreciating the glorious days of sunshine.

Looking back upon those formative years, my greatest blessing was the diminutive woman who brought me into this world. What she lacked in physical size, Loraine compensated for with an abundance of energy and a positive attitude. She raised six kids, helped milk 40 cows, worked as a baker, grew a large garden, managed to attend school functions, and presided over the PTA for several years.

"As Mother's Day rolls around this spring, I invite you to visit our flower farm and take in the splendor of nature's design, while I give thanks to the women who allowed me to grow."

— Gordy Kopke, owner

I left the farm in search of fortune, only to return years later to try producing food as a noble endeavor.

I built my first greenhouse in 1981, growing starter plants for the vegetable fields. My mother, being an avid lover of flowers, encouraged me to grow a few for her. Although I did not know mums from marigolds, with her guidance, the flower business took root, and blossomed into what it has become today.

My wife Anna's love of flowers has helped shape our family business into a spring destination for many. Her son Josh attends to our fine employees, who make us a leader in customer service—a rarity in the big-box world today.

As Mother's Day rolls around this spring, I invite you to visit our flower farm and take in the splendor of nature's design, while I give thanks to the women who allowed me to grow.

- Gordy Kopke


**Shared
Solar**

Clean. Local. Sustainable.



Go green.

Power your home or business with solar energy from Madison Gas and Electric.

MGE is planning a new Shared Solar installation at Morey Field in Middleton. Join the program to get locally generated solar energy for your home or business. It's easy, affordable, and it helps grow renewable energy in our community.

Shared Solar—Make it your energy.

Visit energy2030together.com/SharedSolar to learn how to participate.



GS3291 4/9/2019

Experience Lakeshore Living



MADISON



NORTHWOODS



LAKE GENEVA



LAKE COUNTRY

We bring you home and garden inspiration — from all over the state!

Read about where to shop, style trends, backyard must-haves, home tech updates and how-tos for your home at lakeshoreliving.com. Be sure to sign up for our e-newsletter on our website, and you'll get the latest from us on home, design and lifestyle topics.

MIDWEST DECORATIVE STONE & LANDSCAPE SUPPLY

OVER 26 YEARS IN BUSINESS!

608.273.9787 • midwestdecorativestone.com
6149 McKee Rd., Madison, WI 53719

Let Midwest Decorative Stone Products help you transform your home's landscape from ordinary to extraordinary!

Topsoil • Bark Mulch • Decorative Stone • Sandbox Sand



GILDA'S BACKYARD BBQ



Celebrate summer
with Gilda's Club Madison
and help ensure no one
faces cancer alone!

Join us
Thursday, June 13th
5:30-8:30 pm
for live music,
tasty BBQ, delicious
beverages, and a
world-class auction.

Get your tickets at
gildasbbq.givesmart.com



608.828.8880
www.GildasClubMadison.org

TRANSFORM YOUR SPACE INTO AN EXPERIENCE.



H. KRUEGER & ASSOCIATES
INTERIOR DESIGNERS

6730 Frank Lloyd Wright Ave., Suite 106, Middleton, WI 53562 | www.hkruegerdesign.com | 608.831.4492

Wayne Larrivee & Gina Della DELIVER *the* Deals!



SPECIAL OFFERS: PELLAWI.COM
#wayneswindows #ginadellapella

PellaWI.com | 2604 Todd Dr, Madison | 262-783-6600 | [f](https://www.facebook.com/PELLAWI) [i](https://www.instagram.com/PELLAWI) [p](https://www.pinterest.com/PELLAWI) [y](https://www.youtube.com/PELLAWI)

WALKING THE WALK

How Darcy Luoma faced the unimaginable and emerged stronger

BY MARNI McENTEE
PHOTOGRAPHED BY HILLARY SCHAVE



In the pre-dawn blackness on March 23, 2016, Darcy Luoma couldn't sleep. Really, she'd been awake for nearly six days straight, and she hadn't been able to eat much, either.

"I get up at 3 in the morning, and I just have this icky, icky feeling. I was sitting in the stillness," Luoma says in March this year, citing one of the tenets of her leadership model that had crystallized just days before. Seeking stillness to quiet the mind and reflect.

She's nestled into the same chair in the same living room of the same house.

"I sat here, and I thought, 'I need curtains.' It was six days after the arrest. This bay window and that window had no curtains," she says, motioning to the kitchen window behind her.

Luoma texted a friend and asked if she and her husband could help. She heard back at about 5 a.m., and soon her friends were there, measuring the windows. They went to the hardware store when it opened. Soon, all the windows were covered—even in the garage.

"Four hours later, he's like, 'alright. I think I'm done. I'm going to go put the tools in the car.' He opens the front door, and there's the bank of media trucks."

.....

All the curtains are gone now. The late afternoon spring sunshine bathes the cozy living room of her Madison-area home. It's nearly three years to the day after Luoma's husband, John Gilbert, who was a stay-at-home dad to their two daughters, was arrested midday, at their home.

After months of hearings, and arrests of other men involved, Gilbert was convicted on federal charges of possessing child pornography and was sentenced to 10 years in prison. Luoma, who'd quickly been cleared of any connection to the case and was considered a victim, had filed for divorce within days of his arrest.

She's ready to reveal how she managed to make it through the toughest of times—times most of us can't even imagine. How she strove to protect her two daughters, now 11 and 13, after they lost a father with whom they had, and still have, deep and lasting bonds.

How her own Thoughtfully Fit leadership model, which came to fruition in Luoma's home office a few days before her ex-husband's arrest, helped guide her through the grief, fear and rage of an upended life. And, how, ultimately, it helped her find forgiveness.

.....

There's no TV in the Luoma living room, and she doesn't read novels, only books on the latest techniques in leadership, coaching and public speaking, from Brené Brown to Viktor Frankl to Stephen Covey. Any video watching, Luoma says, is of TED Talks, so she can study the habits of effective speakers.

Even a quick perusal of Luoma's background shows that she's been a doer and a studier of behavior and motivations her entire life.

Her mom tells her, Luoma says, that she was a born leader, organizing her older sister and other kids in games and projects when she was growing up in Hastings, Minnesota.

She was a varsity athlete throughout school and consistently had leadership roles at UW-Eau Claire, where she majored in German and math, and graduated with teaching certificates in both subjects.

After college, she worked with the Wisconsin Education Association Council and later did advance work for Al Gore's presidential campaign.

In her free time, she traveled and competed in triathlons with her best friend Nancy Clark, who now lives in Neenah, Wisconsin. They alternated adventure trips each year—one in the U.S., one abroad.

Even a quick perusal of Luoma's background shows that she's been a doer and a studier of behavior and motivations her entire life.

She was director of U.S. Sen. Herb Kohl's office for 12 years and earned her master's degree in organizational development with young children at home, dreaming of owning her own business.

Clark says, "I always have loved Darcy's sense of efficacy. She's just not afraid to try things, and she just truly believes if you put the effort in you can do it."

Luoma knew for a long time that she wanted to "help others create high functioning leaders and teams," a mantra she sincerely espouses today. When Kohl decided not to run again in 2012, she launched Darcy Luoma Coaching & Consulting.

"I've always wanted to look within and figure out why, and then to read, to understand the research," Luoma says. "What creates high-performing people? How do people get through adversity? How do you build a strong team? How do you lead?"

.....

For the next three years, she worked constantly, "creating abundance," as she calls it. Along with a growing roster of coaching clients, in 2013 she had 53 speaking engagements and in 2014 she had 100.

She amassed a loyal following. Luoma devotees often ask, when puzzling a tough thing in their personal or professional lives, "What would Darcy do?"



Luoma and her best friend Nancy Clark.



Her husband was home, raising the girls, taking care of the house, doing the laundry, raking the leaves, blowing the snow. He also helped out at their church, leading the youth band and taking some kids on a mission trip. It was an arrangement that, for them, just worked.

Luoma had met Gilbert at a friend's wedding in 1999, and she pretty much fell for him that day. They married in 2006, and their first daughter was born the same year. Their second came 17 months later.

"The things that probably drove Darcy crazy about being a parent just didn't bother him. And he was just good at it. He was a great cook. He could fix anything." –Nancy Clark

Clark says Gilbert was too scattered to take on a traditional job, but he relished his role as a stay-at-home dad. Luoma talks excitedly even now about his energy and his joy in supporting her work and bringing up the kids. In the days before his arrest, Gilbert was serving snacks and playing music while Luoma and her team were spit-balling ideas and filling up flipcharts to create Thoughtfully Fit.

"I think part of what made him a great dad is he could just go with the flow," Clark says. "The things that probably drove Darcy crazy about being a parent just didn't bother him. And he was just good at it. He was a great cook. He could fix anything," Clark says.

Clark says she never would have imagined what happened, but she worried for Luoma sometimes, because Gilbert had an ease with lying and he could be manipulative, all with a smile on his face.

"I would say he was kind of like a church boy. I mean, he had a very strong faith. He sang in his choir," Clark says.

"I just think in some ways he came across as such a simple person, but he had a complex set of issues, I guess would be the way that I would put it."

Luoma says they were in individual and group therapy for years before they got married, dealing with Gilbert's tendency to stray to other women. It was his addiction to sex, Luoma says, that ultimately got the better of him and ruined their lives together.

.....

By 2015, Luoma says, her business was so robust that she was becoming exhausted. She hired a business coach, who helped her plan an expansion. In January 2016, she hired six new coaches and brought aboard Deb MacKenzie as her vice president of operations.

Just months after the expansion, Luoma was on her way to a meeting when Gilbert was arrested.

"So, I was at this program when my phone rang, and it was my neighbor. She said, 'Darcy, what is going on at your house?... There are police cars and 50 SWAT team guys with guns. They just took John out barefoot in handcuffs, and he wouldn't look at us.'"

Gilbert was initially charged with child sexual assault for encounters he'd had with a 15-year-old girl he met online, but those charges were dropped in favor of the federal child pornography charges.

When the media began piecing together their relationship, since they didn't share a last name—and wanting to protect her daughters at all costs—Luoma also hired a crisis communication firm. Her attorney told her not to talk to anyone.

"I took him at his word, because I was scared. I mean, I was really scared," Luoma says.

"The girls saw my tears. They saw my sadness, all of it. But I also wanted them to see my strength, and to see that there can be resilience, that we can get through this."

Luoma continued to work through her sleepless haze. She was scheduled to facilitate a daylong leadership seminar four days after the arrest, and she realized that it was a late-start Monday at the kids' school. She scrambled to find a mom to help. One who called her back had a chilling message.

"She said, 'I'm just telling you right now, if the police find any pictures or videos of my daughter, I'm sending the mafia to your house. My husband has ties to the mafia.'"

Luoma wanted to keep the girls' lives as steady as she could, on the advice of multiple child psychologists she'd consulted. But that call changed everything. She called her attorney who said, "Get them the hell out of Dodge."

She called her sister—and only sibling—crying, and told her, for the first time, what had happened. Then, she drove the girls five hours to her sister's house in Minnesota, dropped them off and turned around and drove back. She arrived for her 8 a.m. presentation the next day, running on fumes.

The kids stayed in Minnesota for the rest of the school year. Luoma returned to Madison sooner to be present for court dates and to handle other things related to her husband's arrest. She took a sabbatical from work, pulling her new coaching staff in to handle her clients. But she was back at it in a few months.

Luoma says being able to handle work at a time when her marriage had flamed out, in the most public and salacious way, required unbelievable resolve and a projection of strength. Even when, she says, she "was totally broken. Defeated."

"When I would have an event, I was preparing fully and bringing in all my armor so I could nail it, A) so that my business didn't die and go bankrupt, and B) because the girls were watching. The girls saw my tears. They saw my sadness, all of it. But I also wanted them to see my strength, and to see that there can be resilience, that we can get through this."

.....

Visit BRAVAmagazine.com to learn more about Darcy Luoma's Thoughtfully Fit model, which can help you build the skills to coach yourself through life's challenges.

Luoma first told part of this story in a public setting at a BRAVA THRIVE Career Workshop she was leading in February this year, where she was teaching one of the six practices of being Thoughtfully Fit. What better example of how Thoughtfully Fit could help a person through any manner of hardship, than how it had helped keep her afloat after the worst thing imaginable happened to her?

She also was testing the waters because she plans to release a book next year about the ordeal and her recovery-in-progress. When she began telling the story, toward the end of her three-hour presentation, the BRAVA audience was rapt; not even a gasp of astonishment was audible when she talked about her then-husband being dragged away in handcuffs.

“There’s just more of the unknown. I’m feeling tender, and I’m also feeling compelled. What’s the point of hiding? What’s the point of keeping it a secret?”

Luoma has been working with BRAVA for seven years, and she has avid followers among its readers.

Mackenzie, VP of Darcy Luoma Coaching & Consulting, says going public was a difficult decision, based on Luoma’s desire to let go (another aspect of Thoughtfully Fit), after years of keeping the information close.

Mackenzie says the team advised, “When your book is published, that’s when you start telling the story. But she was really feeling like she was ready. She was really feeling it. We said, ‘Start small. Don’t walk into a big corporate client’ and tell all, Mackenzie says. “You know, let’s start where we’ve got friends.”

To be sure, Luoma is worried about negative reactions. Firstly, she wants to ensure that her daughters aren’t hurt in any way. And, she’s afraid of losing current or future clients.

“My heart is really alive, very alert. I’m not sure how to describe it. There’s this combination of fear—once we put this out there, you can’t put it back,” she says.

Some people will recoil at the thought of her ever being involved with a man like that, let alone forgiving him. And some, who may have known about the arrest all along, will be glad that they can finally talk to her about it, she says.

“There’s just more of the unknown. I’m feeling tender, and I’m also feeling compelled. What’s the point of hiding? What’s the point of keeping it a secret?”

.....

In late March, Luoma drove her daughters to the airport in Chicago, where they were joining their chaperones and a student group for a language and cultural immersion trip to China.

After she dropped them off, she pointed her car north and started the nearly eight-hour trek to Sandstone, Minnesota, where Gilbert is serving his sentence in a minimum-security prison.

It was the first time Luoma has seen Gilbert alone, without being separated by glass or being closely monitored by guards, since he was arrested.

When Gilbert was in maximum security lockup in Dane County, Luoma didn’t let the girls visit



for an entire year because the place was just too scary, all steel and shouting inmates. After he was moved to a minimum security prison here, she took them to see him once a week. Now, they get up to Sandstone every few months.

When moms wonder how she can let her daughters see him, she explains: “Every therapist I talked to, and I talked to five, all of them said it is always in the best interest of the children to have a relationship with an incarcerated parent, as long as the child is not at risk emotionally or physically. The girls were never at risk, and their friends were never at risk. This was truly a secret double life.”

Plus, she says, “John was in their life every minute of every day until he was swept away. He was a stay-at-home dad. They had a deep connection and bond with him.”

She recalls a visit at the prison last February. When they left at 3:30 p.m., it was 28 below zero outside. “We’re walking to the car and my youngest daughter was skipping through the parking lot of this remote prison with barbed wire and double fences and watch towers, and she’s skipping saying, ‘I love visiting Daddy!’ And I’m like ‘oh my God!’”

.....

Even Mackenzie, who scrambled after Gilbert’s arrest to help Luoma keep her business in order, and who is fiercely loyal to her, has sometimes had a tough time understanding why Luoma would spend time on a man who left such wreckage behind.

“A lot of people are going to question her decision to be as forgiving as she’s been,” Mackenzie says. But she has supported Luoma, because it’s her decision and one that Mackenzie agrees is in the girls’ best interest.

“But,” Mackenzie admits, “there’s also part of me as a woman, you know, I’m still like, ‘just burn all his shit.’”

And Luoma understands and anticipates that reaction, especially after it’s all laid out publicly.

“I’m scared. I think I’m willing to put myself out there in that way and be attacked by people who think I’m a horrible person because I’ve forgiven somebody who has done a horrible thing. I’m ready after three years to just own that,” she says. “I think that fear is OK. It’s my truth.”

Luoma, ever the teacher, ever the coach, also wants anyone dealing with something seemingly unbearable in their own lives to find some solace.

“My hope is that they can see something in themselves, and find some spark of whatever they need, whether it’s joy or forgiveness, or empathy.” ✨

Artistic Expression

Creativity leads to contentment

By Katy Macek

Photographed by Shanna Wolf



When we're young, many of us are taught that success is about making it to the top of our career or raising a family—or both.

What no one tells us about is what happens after we've reached those pinnacles. What comes with the winding down of life, after the kids are launched and after retirement?

Several women in the Madison area are grappling with that very question and think the answer lies in something they gleaned when they were kids; art, in any of its various forms, or perhaps even simpler, a creative outlet, can be an engine for contentment.

Therapeutic art

Denny Geller, 78, is an art therapist who worked more than 20 years at Madison's Oakwood Village retirement community. She retired in 2014 but still leads a knitting as art therapy group there every week.

"Art is another way of calming the mind and giving yourself the opportunity to look at the world in a more significant way," says Geller. "You talk about

keeping the brain active and watching growth, and you watch people walk with a snappier step. It's all about the opportunity to learn and to maybe do something you never did before."

Geller's group is geared toward Oakwood Village's independent living community, but she says anyone is welcome. Group members work on scarves, mittens, hats and prayer shawls.

Many of their creations are donated

to various causes. Last year, Geller says, they gave away more than 300 items to five different organizations.

Geller went back to school for her undergraduate degree when she was 50. She then earned a master's degree in art therapy. But she's been an active artist since she was a little girl, doing everything from crafts to painting and ceramics to her most recent endeavor, creating dolls.

As Oakwood Village's art therapist,

she worked with clients in groups and one-on-one, using art to explore how they were feeling. The process can be as simple as drawing a picture or making a collage of photos from magazines. She also held knitting groups for independent living, assisted living, the nursing space and Alzheimer's patients.

"I had 85-, 88- and 89-year-old women looking at knitting patterns," Geller says. "People come when they're in pain physically and in pain mentally, and they work it out on those needles."

Geller says she's seen countless benefits that art therapy has had on everyone, but especially seniors, including improved health, a more comfortable view on life, an opportunity to talk openly about loss and pain and a relaxing creative outlet to fill the time.

But it doesn't have to be just creating art, she says. Anything that incorporates creativity will help.

"What is that form for you? It could be the physical creation of art," she says. "It could be listening or learning new music. It could be going to a play or visiting a museum."

What it comes down to is finding new and creative ways to work your brain. Because people who "retire and then sit down in a chair don't live very long beyond that," Geller says.

Across town, two women are finding that to be true as well. And they want to help anyone and everyone around them by being that outlet.

Unlocking creativity

On a mission to inspire and empower, Catherine Quint, 73, and her friend Patti Fellenz, 69, set out to create one-of-a-kind art workshops focused on repurposing discarded objects.

"There's so much in your head that has been locked up because of work and raising children and all these things that get in the way," Quint says. "So, what we're trying to do is open up that world for people."



Denny Geller

The two lead art workshops once a month at Yahara Bay Distillery in Madison, which Quint co-owns, or at the business's former location at 3118 Kingsley Way. The venue depends on what kind of materials they're going to be using. Quint says they tend to focus on art made out of natural materials or repurposed items. The idea is to get people thinking creatively.

May's workshop, for example, will be furniture making. The two provide all of the materials—as well as wine and snacks—and will do basic demonstrations. But each student is allowed to create whatever they want from “any piece of furniture we have to offer,” Quint says.

Quint says her students range in age from 30s to 60s, but classes are open to anyone. Each class starts with a demonstration and perhaps some conversation about the students' lives. Quint, a retired art teacher, says she likes to give students permission to forget about whatever else has been going on that day and just focus on creativity for the duration of the class.

Quint says that she and Fellenz have learned over the years that the most important thing for many women to do is take time for themselves. Especially after the kids are grown and life has shifted, both agreed it's important to come to terms with where you are and then make a plan. Because life is difficult, and it's easy to get buried in it. But Quint says that's not an excuse to not make time for yourself.

“Between the two of us, we have had abusive husbands, both physical and emotional, alcoholism, suicide, we've had joint replacements, lung cancer, breast cancer and a variety of other sundry things and we're here doing this fun stuff,” Quint says. “You can't get through life without pain. Maybe that's why you have to be our age to do what we're doing.”

Quint taught two- and three-dimensional art at the middle and high





Patti Fellenz, left, and Catherine Quint

school levels for seven years, but Fellenz says she has no formal artistic background. She was a case manager at Marc Inc., serving people with developmental disabilities, when she noticed that Yahara Bay had a gallery.

Knowing that several of her clients had artistic talent, she struck up a conversation with Quint and a partnership was born.

And Yahara Bay's first-ever art show featured Fellenz' photography—a hobby she picked up to help women with cancer find a way to express themselves.

She's not doing it for the money, but rather to help empower women.

"It doesn't cost me anything except my time, and that's OK, and listening to their stories," Fellenz says. "That's what I like to do."

Quint says that's what Fellenz does at the art workshops, too.

The other benefit of their unique workshop setup, Fellenz says, is that it

allows them to get to know the students and for them to get to know each other.

"When people leave this place, we're hoping they leave with what they gained here," Quint says. "And think about it and apply it in other ways. I think that's happening, or they wouldn't be coming back."

That is true for Artis Schulenberg, who has attended several of the art workshops.

"Every month it's something different, and it's relaxing with a bunch of nice women," Schulenberg says. "None of us are great artists or anything. It's just fun. You have a drink, you sit down, you laugh and you create something in the end that you can be proud of."

And those feelings extend beyond the workshops. She says she finds herself being more creative and thinking about objects with a new perspective.

After taking a workshop on rocks covered with fabric, Schulenberg decided to take those new ideas further and is

in the process of setting up a class at her church on the same project.

Though she's never done something like that before, she says the class inspired her to pay it forward.

"That was something that was easy, yet fun, and you create something kind of unique," Schulenberg says. "I thought I could share that with another group of people."

The workshops, Fellenz says, are about helping people, especially women, feel confident in themselves. A former carpenter, Fellenz says she likes to incorporate power tools into many of the classes. From sanding to saws, she's taught women how to use carpentry tools. She hopes that translates into the students feeling more in control of their own lives.

"I think first we empower the women," Fellenz says. "Once they have the power, they seem to grow and thrive and blossom into something." ❁



A large, stylized graphic of blue roots or branches on the left side of the page, set against a background of horizontal red and white stripes.

Taking Root and Thriving

Four immigrant women
helping keep Madison great

By Megan Roessler

Photographed by Hillary Schave

Immigrants have always had a hand in shaping American culture and society. The diversity of passions, ambitions, customs and perspectives that they bring to Madison and beyond create the storied American melting pot. In distinct and meaningful ways, immigrants help communities to thrive. Yet, those positives can sometimes be lost amid today's negative political rhetoric.

Four Madisonians from diverse backgrounds — Colombian, Indian, Sudanese and Mexican — are among those who have become steeped in the American way, while retaining and sharing the rich cultural fabrics of their countries of origin.



Three parts
make a whole

NATALIA
CHEHADE



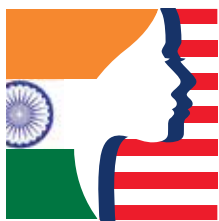
Natalia Chehade's parents each emigrated from Lebanon to Cali, Colombia, where they met. Growing up, Chehade was immersed in these two cultures. On Cali's palm tree-lined streets, vendors sold *chontaduro*, or peach palm fruit, a salty, bright red fruit served in a little plastic bag, and

neighbors offered to fix purses and appliances. At home, the language, dress, music and most significantly, the food, were all Lebanese. "Food was there, 24/7," Chehade says. "At breakfast you talk about what you're having for lunch. At lunch it's what you're having for dinner tomorrow." In part, it's this environment that prompted her to become a pastry chef. If you've been to the Tornado Steak House, or its sister restaurants Tempest or The Weary Traveler and had room for dessert, chances are it was made by Chehade.

Chehade has been the pastry chef at the Tornado Steak House for the last five years and at The Weary Traveler for the last 10. She won third place in the "Favorite Local Pastry Chef" category of Madison Magazine's "Best of Madison" polls in 2018 and 2019. Additionally, she has opened a catering company—Savour Desserts and Catering. When opening Savour, she carefully deliberated the name, not wanting people to assume she only cooked Colombian food. The blending of cultural identities is something Chehade is familiar with, and when she cooks for her friends, she makes Latin food with a Middle Eastern twist.

After attending culinary school in Madison, she and her husband moved to Puerto Rico in 2000. Both of their sons were born in San Juan. In 2009, they returned to Madison. At home, they speak Spanish—it's important to her to celebrate their family heritage and instill this in her children, taking them on trips to Puerto Rico and Colombia. "It's their culture," she explains. As for herself, she says, "Sometimes it takes a while to belong, and to catch up." There's a homesickness and a struggle to reconcile these international roots and communities. "I'm proud to be who I am. Latina, Middle Eastern, American."

It comes as no surprise that her face lights up when she talks about Cali, the way that someone can only feel about their hometown. But San Juan and Madison are her homes as well, and Chehade has truly made a name for herself in Madison's thriving culinary scene. Each place and each culture is part of her identity. Someday, she says she'd like to go to Lebanon. Because after all, it's part of who she is.



"I feel like my life started after 50," Lalita Sankaran declares. She makes a strong case. Sankaran, who went back to school at 46, worked as an occupational therapist with the Fitchburg Senior Center and at some of Madison's prominent hospitals. And she isn't done yet. Currently, she's working with her

daughters to open a wellness center at the Garver Feed Mill on Madison's East Side: Kosa Ayurvedic Spa and Retreat.

The wellness practices and services at Kosa (pronounced kosh-ah) will draw heavily from those that Sankaran grew up with in Mumbai, India. She explains that this is called panchakarma, a combination of the words pancha meaning 'daily' and karma meaning 'rituals'. The main idea? "Draw people into their own bodies, and treat them from the inside out." While Kosa isn't a café, it will include food as an integral part of healing and the spa experience—much of it made using Sankaran's own recipes. In her home kitchen, she has 40 jars of spices, all used in different combinations to create complex, flavorful dishes that she shares with her children and grandchildren.

Sankaran calls up a photo on her phone; she and two of her six grandchildren smile at the Indian celebration of spring, Holi, that her family organized at the children's school. Sankaran explains, "Being an immigrant has meant many things to our family. While integrating and learning many of the Western values and traditions, it also means sharing and inviting the community to participate in learning about India and various other cultures from around the world." To her, this means hosting Thanksgiving and Christmas, in addition to celebrating and sharing the holidays that she grew up with, like Holi and Diwali.

One of the qualities Sankaran takes pride in is her resilience. She believes she learned much of it from her mother. After Pakistan split from India in 1947, when Sankaran was just months old, her family moved to Mumbai—then called Bombay. Completely uprooted, her parents built their lives from the ground up. Describing life in a bustling city, she says, "My friends were Muslim, Hindu, Jewish..." They all attended a Catholic school. This unity across differences is a theme that arose again in her life. When Sankaran and her husband moved to Boise, Idaho, in 1974, she was homesick. One day at the public library, a woman noticed her sari and greeted Sankaran with a "Namaste." They started chatting in Hindi, and the woman, Lois, became what Sankaran considered her 'adopted Mom'. Both stories prove one of Sankaran's beliefs. "I believe that, being born into different cultures doesn't really matter," she says, "because deep down we are all part of the same universe."



Of the same
universe

LALITA
SANKARAN



Rihab Taha loves the idea of little free libraries. It's fitting, on one level, because she's an avid hiker and reader. At another, it's because Taha has worked for Doctors Without Borders and currently helps refugees get settled in the United States through her job at Jewish

Social Services. Charity is in her nature, and it goes a long way.

Taha grew up in Sudan, raised by an Egyptian mother and Sudanese father. She's traveled extensively—in high school, she earned a scholarship to study Russian in what was then the Soviet Union. Later, in 1991, she studied medicine in Cairo to become a pediatrician.

After this, she joined Doctors Without Borders, an independent global medical response agency that currently operates in 60 countries, often amid hostilities. "It took a long time to convince my dad it would be safe," she says. In fact, there were times when trips were cut short because they were too dangerous, but still, Taha enjoyed this job.

After working in Saudi Arabia and the United Arab Emirates, and thinking of educational opportunities for herself and for her children, she decided to come to the United States. "If someone is in a good situation or a safe situation...It isn't an easy decision to leave," she says.

Taha's plan initially had been to stay for three to five years, and she remembers the moment she first arrived: "May 10, 2000, 7:25 p.m." Her oldest daughter was born later that summer, and each year they celebrate together. She discusses the nuances of raising three first-generation American children, noting that they are more direct than she is. Together they joke that after 19 years of living in the United States, Taha still hesitates to ask things of the people around her. There's a duality of cultures in Taha's life, and it's one that is especially relevant in her work.

"I'm an African Muslim woman who works at a Jewish organization," she explains, smiling. "You can see the curiosity on people's faces." While her current position in refugee resettlement seems—and in many ways is—a big change from medicine, when she saw the job posting, Taha knew she was a perfect fit. Recalling how she felt when she first moved to Madison, she describes it as a challenging time. "I was the only Arabic-speaking person." There are many details of everyday life that she became more aware of: "learning a different language, learning a different culture, different weather." Taha wanted to use this experience to help people in similar situations, because as she says, "I was in their shoes."

For her, that's what it's all about—not the money, or the prestige, but the number of people she can make smile. Taha's charity and empathy are clear, and she says that it's important for people to understand different perspectives on the same issue by listening, caring and learning.



Elena Jimenez-Quiroz describes being a Community Impact Coordinator at United Way as her best job. “It let me use my strengths,” she says. There, she could be focused and organized, but also take the values of generosity and hard work that she

grew up with and put them into action. She retired in March after 16 years with the United Way, but she plans to continue paying it forward.

One of her first projects when working on United Way’s Community Impact team was working with the Latino Advisory Delegation. “It was very inspiring to see Latino leaders come together from across the community,” she says. Representatives came from the University of Wisconsin and Centro Hispano, and included youth delegates, among others. Together, the representatives worked to address specific issues affecting the Latino community.

Another project she speaks highly of is Seasons of Caring—an annual program where she led several families of volunteers in short-term projects, sharing the spirit of generosity instilled in her with younger generations. “My heart is for parents to give attention to the children, play with them and give them good values and education to have a good future,” she says. “That’s why I will still be a volunteer wherever I can help Latino families.”

Jimenez-Quiroz grew up in a big family in Quéretaro, Mexico, in the central part of the country. She was brought up with a foundation of strong values for hard work, respect and honesty, which she maintains to this day. “I have a lot of respect for craftspeople in Mexico,” she says, and describes the handkerchiefs stitched and sold by indigenous Otomi women in Quéretaro that she grew up appreciating.

She came to the United States in 1984 to have better opportunities. She’s grateful for the friends and families she found, too. “I don’t get bored,” she says, smiling. Jimenez-Quiroz describes herself as an environmentalist and says that the lakes are among her favorite parts of Madison, especially given their contrast to the semi-arid climate where she grew up. There, she explains, cactuses grew everywhere.

Jimenez-Quiroz takes pride in being part of Madison’s community. Now that she’s retired, she looks forward to taking art classes and volunteering. Although there are people struggling here, she says that there are also people who care—from the small nonprofits helping people less fortunate, to those working to get funding for medical research, to climate change activists. She continues to do her part to make the city a better place for all. 🌸



Doing her part
**ELENA
JIMENEZ-
QUIROZ**



Need a little extra help at home?

Even if you live alone, you don't feel alone when you are part of SAIL.

SAIL offers access to pre-screened service providers and other resources to help make life easier and less stressful.

Enjoy social events, programs, discounts...a great way to make new friends, too!

To learn more, give us a call at 608-230-4321 or email info@sailtoday.org



SAIL™ is a non-profit program of AgeBetter, Inc. in collaboration with Attic Angel Association and Oakwood Village.

www.sailtoday.org | (608) 230-4321 | info@sailtoday.org



EARN YOUR DEGREE **LOCALLY** *Madison* AT UPPER IOWA UNIVERSITY

Master of Business Administration now available!

- Flexible 8-week classes; six start dates per year
- Transfer up to 90 college credits
- Tuition grants and other financial aid available
- Accredited, private, nonprofit university

**CLASSES START MAY 13
REGISTER TODAY!**

608.278.0350 - madison@uiu.edu

UIU.EDU/MDSN-ENROLL



UPPER IOWA
UNIVERSITY

MADISON

CLASSROOM

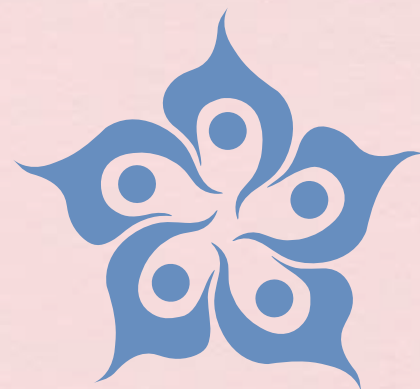
ONLINE

SELF-PACED



THRIVE

AFTER 55 EXPO



Health and lifestyle festival
celebrating the encore years.

Health Resources • Senior Services • Volunteer Organizations • Free Snacks
Special Offers • Demonstrations • Home Safety • Chair Massages
Financial Knowledge, Tools and Expertise • Cruise Ship Travel Showcase

FRIDAY, MAY 31

Madison Marriott West, Middleton

9AM - 4PM • Admission \$5

MadisonTHRIVEAfter55.com



**TRACIE HALVORSEN****PETE CYMBALAK****TIM O'BRIEN**

Enjoy engaging presentations about
topics relevant to **YOU**

MAIN STAGE PRESENTATIONS

10:00 a.m.

**Taking A Stand Against Slips,
Trips, and Falls**

Tracie Halvorsen, SSM Health

In order to empower older adults to be able to remain in their homes it is important to understand how to improve safety in the home, how to improve or maintain physical health, and what to do once a fall has occurred.

11:00 a.m.

**Thriving in Retirement:
Financial Strategies for Success**

Pete Cymbalak

Pete Cymbalak, a retirement planner and investment advisor, will reveal the latest techniques and strategies to help you create a retirement plan that is designed to preserve your capital, earn more income and decrease your risk, reduce your tax burden, and more.

12:00 p.m.

River Cruising

**Mary Margaret Reuther,
Expedia Cruise Ship Centers**

Explore the world's cities at ease with River Cruising. Unpack your suitcase once and travel in luxury as you visit the places on your bucket list.

1:00 p.m.

**Planning Your Next Move: Weighing
in on Homes, Condos and Second
Homes for Active Adults!**

Jason Geiger, Geiger Realtors

Do you stay in your home? Or is a condo the next step? Do you want more space or less maintenance? Learn about the pros and cons of housing options and upcoming developments that might be the right fit for you.

2:00 p.m.

The Benefits of CBD Oil

**Tim O'Brien, Apple Wellness/The
Healthy Place**

See why so many people are using CBD oil for pain, stress, anxiety, depression, and more. Apple Wellness is excited to offer this product to our customers and we are determined to educate our customers on the amazing properties of CBD oil.

CLASSROOM PRESENTATIONS

10:30 a.m.

**Group Cruising:
Organizations, Families,
Friends, etc.**

Tom Panici,

Expedia Cruise Ship Centers

Group and Multi-generational cruising is on the rise. Come learn how to get started planning a wonderful group cruise.

11:30 a.m.

Fused Glass Pendants

**Denny Berkery, The Vinery
Stained Glass Studio**

Each student will explore the wonderful world of fused glass (melting of glass in a kiln) and will create on a blank base of glass using pieces of glass, glass frit, small globs of glass and several other parts and pieces. Each composition will be excitingly different!

**The cost is \$10.00 per person.
(Takes two hours to dry).**

12:30 p.m.

TBD

1:30 p.m.

**FUNctional Fitness -
Group Exercise**

Ron Dorr, MSCR

A 30 minute sample of functional fitness using bands and body weight for resistance moves guaranteed to give you a full body workout. Modifications are available for all fitness levels.

2:30 p.m.

TBD

Are You Retirement Ready?

At Empowered Financial Management, we developed a proprietary process for retirement planning we call the Empowered Solution. This proprietary process was created to help pre-retirees/retirees build a complete retirement plan designed to help achieve their desired retirement lifestyle. Our clients do not want to lower their standard of living in retirement, but rather strive to achieve a financial independence and a work-optional lifestyle.

The Empowered Solution focuses on a complete retirement strategy that contains all six pillars of retirement: income plan, investment plan, tax plan, health & long-term care plan, legacy plan, and a fiduciary advisor. Our philosophy is to focus on the preservation of wealth during both the accumulation and distribution stages of retirement planning, and our strategies emphasize low-risk, low-volatility investments.



Connect With Us

Discover if the Empowered Solution is right for you. Call us today at 608.212.7300 or sign up for the "Planning Your Retirement" course through our website at www.retiremadison.com.



On the Radio

To learn more about building a retirement plan, tune in to the Empowered Retirement show on iHeartMedia's "Ask the Experts". You can also listen live on Saturdays at 9am on News/Talk 1310 WIBA.



EMPOWERED
FINANCIAL MANAGEMENT

8383 GREENWAY BLVD., SUITE 210 | MIDDLETON, WI 53562 | 608-212-7300
RETIREMADISON.COM

Investment advisory services are offered through Empowered Financial Investments, a Registered Investment Advisor. The firm and Investment Advisor Representatives of Empowered Financial Management, LLC, may only conduct business where they are properly registered or are exempt from registration requirements. Registration with the United States Securities and Exchange Commission or any state securities authority does not imply a certain level of skill or training. The firm is not engaged in the practice of law or accounting. All investment strategies have the potential for profit or loss. EFM 278234

Explore & Enjoy These Exhibitors

AARP

Age at Home by Agrace
Angels Loving Care, Inc.
Anytime Fitness
Avada Hearing Care Center
Bath Fitter
Capitol Physical Therapy
ClearCaptions
Color Street - Crystal Toft
Community Living Alliance
Cornerstone Family Chiropractic
Cress Funeral And
Cremation Services
Culligan Total Water
Dr. Kamen Blau
East West Healing Arts Institute
Empowered Financial Management

Everdry Waterproofing

Expedia Cruiseship Centers
Foodelicious Catering &
Consulting / Prime My Body
Ganser Company
Geiger Realtors
Gunderson Funeral Homes
Inlightened Alchemy
L'BRI PURE n' NATURAL
LSM Chiropractic
Mad City Windows & Baths
Madison Point, McFarland Villa,
Stoughton Meadows Senior Living
Madison School & Community
Recreation (MSCR)
Midwest Family Care
Momentum Insurance Plans, Inc.
My Choice Family Care

Noel Manor

Quartz
reBalance MFR
SAIL (Age Better)
SSM Health Care of WI
Stoughton Hospital
The Healthy Place - Apple Wellness
Travel Leaders
US Cellular
Waunakee Remodeling
WI Walk-In Showers
Wisconsin State Journal
Wisconsin Talking Book
and Braille Library

*Exhibitor list current as
of 04/22/2019...check the
website for daily updates.
Madisonthriveafter55.com*





WHAT IS COLLAGEN INDUCTION THERAPY?

Collagen Induction Therapy (aka Medical Micro-Needling) is a procedure aimed at stimulating the body's own collagen and elastin production in order to tighten, lift and rejuvenate the skin. By breaking down old scar tissue and stimulating skin cells, the structure and appearance of your skin can be greatly improved.

How does Collagen Induction Therapy work?

In Collagen Induction Therapy, very fine needles glide along the skin creating numerous tiny needle wounds. These tiny holes in the skin close up within a short while, so any bleeding stops by the time the treatment is finished and does not cause lasting pain. However, the bleeding acts like a messenger, giving the skin cells a signal to produce collagen and elastin. The after-effects of the bleeding and desired healing activity will show up on your skin within the first few days after treatment.

What conditions does Collagen Induction Therapy treat?

Collagen Induction Therapy can be used to treat acne scars, surgical scarring, fine lines and wrinkles, and stretch marks. It is also effective for tightening skin and improving the skin texture and the appearance of pores.

How long does the procedure take and how long is the recovery time?

Collagen Induction Therapy treatments typically take 30 – 45 minutes. A topical anesthetic gel will be applied prior to the treatment in order to minimize any pain. The micro-needling procedure is followed by a facial

treatment that enhances the results of the needling procedure. Afterwards, the skin typically gets a bit red or pink for a few days and may also swell up (feeling like a mild sunburn). Virtually all patients return to work the day after the treatment.

How many treatments will I need and how often?

The procedure is repeated every 1 – 2 weeks for a total of 6 treatments. The procedure may be repeated every month after first 6 treatments.

Are there any risks or side effects associated with Collagen Induction Therapy?

Collagen Induction Therapy should be performed by a physician or physician assistant. When performed by medical skin care professionals in a clinical setting, there are virtually no risks or negative side effects associated with this procedure.

Who do I contact to learn more or to make an appointment?

Please contact the SSM Health Aesthetic Center at ssmhealth.com/AestheticCenter or call **608-821-4000** today.

SSM Health Aesthetic Center services are available to the general public and are not exclusive to Dean Health Plan members.

 **SSMHealth**
Aesthetic Center

*Thank you to all of
our 2019 Sponsors!*

TITLE SPONSOR

EMPOWERED
FINANCIAL MANAGEMENT

GOLD SPONSOR


SSMHealth.

SILVER SPONSOR

 **Expedia®**
cruiseshipcenters®

THRIVE

AFTER 55 EXPO

FRIDAY, MAY 31 • 9AM-4PM
Madison Marriott West, Middleton

PRESENT THIS VOUCHER FOR

 **ONE FREE
ADMISSION**

TO THRIVE AFTER 55 EXPO

CODE: BRAVA_MAY



Presentations on river and ocean cruises • Multi generation cruising
Group cruising • Last minute sales and plan ahead savings
Expedia prices with Local service

608.535.5899 • cruiseshipcenters.com/Madison • 7432 Mineral Point Rd, Madison, WI 53717

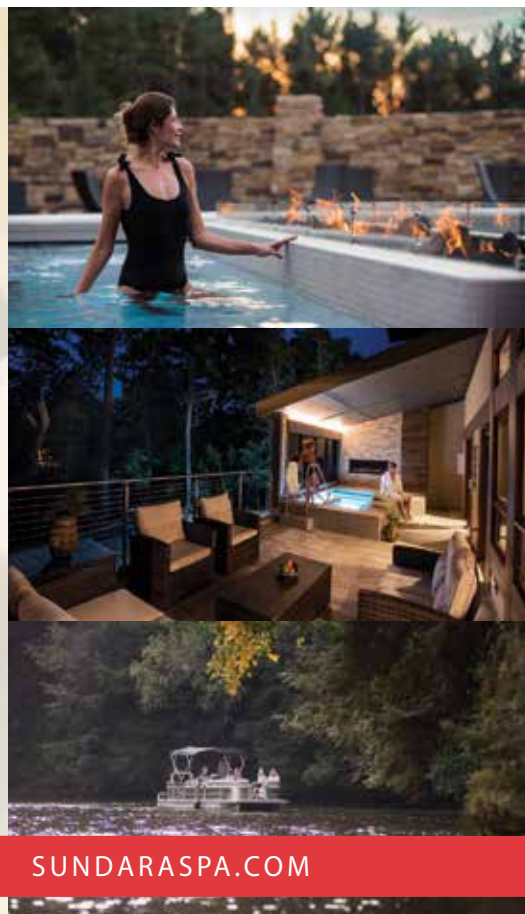
DESTINATION SPA-AHH

No constant pings and notifications, no pressure to be multi-tasking, no schedule to keep. Simply an oasis of calm in a stressful world. A destination spa dedicated to wellness. Transformed with new woodland suites, spa treatment rooms, al fresco dining and indoor/outdoor pools, plus a full schedule of yoga, meditation, guided hikes, lake cruises and cooking demonstrations. Ready for a little transformation of your own?

Energize Your Soul



Sundara Inn & Spa®



WISCONSIN DELLS | 888.735.8181 | SUNDARASPA.COM

BRAVA

THRIVE CAREER



GROW YOUR SENSE OF SELF THROUGH LEADERSHIP PROGRESSION

JUNE 19, 2019



LISA CURLEY



SARAH ROGERS

Sarah Chevis Rogers, Director of Leadership Development with the Girl Scouts-Badgerland Council, and Lisa Curley, 4-H Program Coordinator with the Dane County UW-Extension, have collectively more than 40 years experience developing leaders in non-profit organizations. Lisa and Sarah share a passion for helping others identify talents and grow confidently through stretch assignments, development programs and new roles. Both have worked extensively in employee and volunteer engagement and have been successful motivating individuals to build positive, purposeful leadership paths. In addition, both work for organizations that have been developing leaders for more than a century.

Are you ready for a new challenge, but not sure where to start? Empower yourself to enjoy personal and career success by taking charge of your own development path! Successful leadership development is based in progression. You can unleash the powerful and purposeful leader inside by exploring a variety of growth experiences and approaches. In this interactive workshop, you will develop a plan based on leadership competencies, your talents, and growth opportunities. Sarah and Lisa will energize you and you'll walk away feeling encouraged and ready to take the next step to becoming an even better leader.

SPONSORED BY



FOR MORE DETAILS + TO REGISTER, VISIT BRAVAMAGAZINE.COM/EVENTS

SHOP LOCAL



JEWELRY FOR YOU

Whether you're shopping for modern or classic, Diny's Diamonds is your number one source for diamond bridal and fashion jewelry.

DINY'S DIAMONDS
1903 Cayuga St, Suite 105
Middleton, WI 53562
608.831.3469
diny's.com

Diny's
DIAMONDS EST. 1983



CELEBRATING 6 YEARS OF BLOOMING — WITH YOU!

It's been a beautiful, blooming journey, and there's so much more to come! Every little bit matters when it comes to our health. Thank YOU for your support, and good for you for reaching for healthy and nontoxic skincare. Locally made and nationally awarded, see our site for our current specials. Cheers to clean beauty!

QET BOTANICALS
2018 Main St.
Cross Plains, WI
608.798.1738
QetBotanicals.com

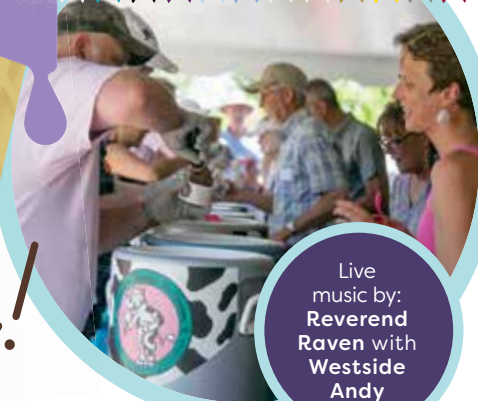


9th Annual CANCER SURVIVORS & THRIVERS ICE CREAM SOCIAL

CHOCOLATE SHOPPE ICE CREAM, PRIZES & YOU!



Join Us!



Live music by:
Reverend Raven with Westside Andy

June 2, 2019 1-3pm
at Turville Bay
Rain or Shine!



TURVILLE BAY
RADIATION ONCOLOGY CENTER

A member of **SSM-Health**

1104 John Nolen Drive, Madison



GO+DO



FRUITFUL FERMENT

Brix Cider, a new farm-to-table cidery and café in Mount Horeb, features a variety of fruit ciders, along with locally sourced foods, including house made sausages. It's truly a recipe for happiness.

Read more in Entrée, P. 60.

PHOTOGRAPHED BY SUNNY FRANTZ

LOCAL LIBATIONS

Brix Cider's apples aren't pressed far from the tree

BY CANDICE WAGENER

BRIX CIDER owners Marie and Matt Raboin started dabbling in home-brewing a decade ago. Combined with the "farming bug" they always felt, starting an orchard seemed like a natural fit. They planted their first trees in Barneveld in 2014, produced their first commercial batch of cider in late 2016 and launched the area's first cider pub in Mount Horeb this past winter.



PRODUCT

With 12 tap lines featured in Brix's tasting room, cider drinkers can have their fill. Since the trees the Raboins planted on their land have just started producing, they established 18 local partner orchards where they can harvest "seconds," the blemished, not-quite-perfect fruit left after u-pick season. They have also used apples from retired orchards and wild apples from friends' farms, though they're not tied down to apples—their recipes often mix in other fruits, honey and hops, all sourced locally whenever possible.

PASSION

With a love for experimentation and a belief that every apple has a unique personality, the Raboins rarely make a cider batch twice, unless they stumble upon an extremely popular variety like Hoppy Honey Crisp.

Marie, who works full time as a conservation specialist for Dane County Land Preservation, is extremely passionate about supporting local farms, which is reflected in both the ciders and the farm-to-table menu at Brix. (Fun fact: if you measure the brix of a particular apple juice, you're actually measuring the juice's sugar content)

PHILOSOPHY

Every apple used in Brix cider is harvested and pressed by the cidery, and every cider is crafted in small batches. "We really do it from the tree all the way to the table," Marie says.

All of the Brix ciders are single-origin, meaning the apples in each batch are solely from one orchard. "What I'm most proud of is how place-based our cider is," she says. 🍷

brixcider.com



PIZZERIA, RISTORANTE & WINE LOUNGE



1828 Parmenter Street, Middleton
608.833.0033 • www.villadolcecafe.com
Open 11am - 10pm Monday - Saturday


Gourmet Pizza • Pastas • Happy Hour Specials • Catering



ONLINE ORDERING
for carry-out or delivery




GREENWAY STATION
1611 Aspen Commons • Middleton • (608) 664.9288
order.biaggis.com



tap wine bar • middleton

grape water



Happy hour and birthday specials
DIY cheese & charcuterie plates
Wine tasting events

Grape Water Wine Bar - Downtown Middleton
7466 Hubbard Ave, Middleton, WI 53562
608.692.6778 • www.grapewater.wine



LOCAL FARE WITH FRENCH-BELGIAN FLAIR



**From Scratch,
Seasonally-Sourced Menu**

**250 World-Class Craft Beers
30 Wines by the Glass**

1923 Monroe St., Madison
608-255-8500 • BrasserieV.com

*Why be a Tourist,
Be a Resorter*



WISCONSIN'S
Elkhart Lake
A legendary getaway
ElkhartLake.com | 1-877-355-4278

EXPLORE
edina
#ExploreEdina  



*Indulge in
Sophistication*

Edina, MN has shopping you'll love, food you'll never forget and is home to signature art events like the Edina Art Fair. Visit us May 31st-June 2nd and see over 300 artists and their original works. Find hotel packages at ExploreEdina.com.



Wisconsin's Best Shopping

SHOP • DINE • EXPLORE • EXPERIENCE

Start planning your getaway today at [FoxCities.org](https://www.FoxCities.org)   

GREATER **FOX**
CITIES
APPLETON WI



EST. 1847
SHOP • DINE • PLAY
Rediscover Downtown Baraboo!

Photo by Kate Senger

FOR A FULL SCHEDULE AND MORE INFORMATION PLEASE VISIT
DOWNTOWNBARABOO.COM  



2019 CALENDAR OF EVENTS

FARMERS MARKETS | WEDNESDAY & SATURDAY | MAY – OCTOBER
SUNDAY MARKETS | MAY – OCTOBER
CONCERTS ON THE SQUARE | THURSDAY EVENINGS | JUNE – AUGUST
SPRING WINE WALK | FRIDAY, MAY 3RD | ADVANCE TICKET PURCHASE REQUIRED
SPRING FAIR ON THE SQUARE | SATURDAY, MAY 11
ART JUNE | SATURDAY, JUNE 15
SUMMER BREW HA-HA | FRIDAY, JUNE 21 | ADVANCE TICKET PURCHASE REQUIRED
BIG TOP PARADE | SATURDAY, JULY 20
FALL FAIR ON THE SQUARE | SATURDAY, OCTOBER 12
FALL ART TOUR | OCTOBER 18, 19, 20
WINTER WINE WALK | FRIDAY, NOVEMBER 22 | ADVANCE TICKET PURCHASE REQUIRED
CHRISTMAS LIGHT PARADE | SATURDAY, NOVEMBER 23
FUN & FESTIVE HOLIDAY EVENTS | NOVEMBER 24TH | DECEMBER 31ST
THE VERY MERRY HOLIDAY FAIR | DECEMBER 13 & 14

BRAVA



SUBSCRIBE TODAY!

Providing local content and events that encourage, inspire and empower women

Get your first year **FREE**,
BRAVAmagazine.com/subscribe



HarborAthleticClub

PERSONAL TRAINING

TRAINER

Our team of certified personal trainers are here to help you meet your fitness & wellness goals. Whether you are coming back from an injury, training for an event or simply looking to continue a healthy lifestyle, we have someone that can help.

harbor athletic club & wellness studios
www.harborathletic.com | 608.831.6500

EAU CLAIRE IS A CLEAR CHOICE

Where recreation and creativity align

BY KATY MACEK

NESTLED BETWEEN two rivers and hundreds of pine trees, Eau Claire is the idyllic north woods escape.

It's a beautiful city any time of year, but, having spent the better part of eight years living there, I can say with certainty: When nature blooms again, this creative city springs to life.

Perhaps it's because downtown, the city's heart, is located at the confluence of the Chippewa and Eau Claire rivers. The

bustling **Phoenix Park** is home to summer farmers' markets, a connection of trails that lead into downtown or out of the city and a boat landing that doubles as the loading zone for tubers looking to float the Chippewa River.

And just last September, the three-story **Pablo Center at the Confluence**

opened its doors to offer world-class, state-of-the-art entertainment to the city and its visitors, right at the heart of both rivers. With two stages, two art galleries, meeting rooms and more, there is always something going on at the center—complete with scenic views of both rivers and Phoenix Park.

Linda John, director of the city's tourism hub Visit Eau Claire, says it's only natural the bustling downtown is the city's lifeblood. "It provides a backdrop and inspiration for the art and creativity that really has become the vibe of Eau Claire," John says. "The recreation and artful creation go hand in hand."

From live music in the downtown venues nightly to a host of independent, locally-owned stores, her point is proven. **Tangled up in Hue** offers local artists' work that make great gifts and goodies.

Red's Mercantile is a women-fronted home goods and accessories store, while **The Local Store** offers a plethora of local musicians' CDs, local authors' books and local creators' handmade soaps, jewelry and more.

"I love the entrepreneurial spirit of Eau Claire," John says. "There are so many shops that showcase what people have



PHOTOS COURTESY VISITEAUCLAIRE.COM

been inspired by and made a business out of."

Come evening, live music overtakes the city, with local bands as well as some bigger names taking over venues such as **The Mousetrap**, **The Plus**, **The Metro** and more. **Volume One's** online calendar can help you find what's going on.

If you really want to soak in the city's rich music scene, head there for the city's famous **Jazz Fest**. On that Friday, downtown Barstow Street is transformed into its own take on the famous New Orleans' 52nd Street, filling at least a dozen venues with live music late into the night.

The three-day festival serves as a competition for student musicians but has grown to become a favorite stop for jazz aficionados.

And for nature lovers, the city has plenty. Walk or bike the **Chippewa River State Trail**, which spans 80 miles through Eau Claire into neighboring cities and along beautiful parks. Stay at the boutique **Oxbow Hotel** and rent a bike or canoe to travel the river or the nearby **Half Moon Lake**.



Phoenix Park



Red's Mercantile

A five-minute drive north of downtown takes you to Mount Simon Park, a network of trails, a disc golf course and its namesake, Mount Simon, which offers stunning views of the city and its many bodies of water.

Whether you're looking for an elegant night out on the town or an adventurous getaway, Eau Claire truly has something for everyone. At a little under three hours northwest of Madison, you can make a weekend out of

it. Or two. Or three. You'll always find something new.

visiteau Claire.com.

KANOPY DANCE

academy for contemporary dance and choreography



Dance Intensive
Dance Camps
Weekly Classes
Guest Artist
Master Workshops
Mini Dance Art Camp

Summer Dance!

Ages 3 to adult
Beginner to Advanced/Professional



Register/Find out more: kanopydance.org
608-255-2211 • 341 State St, Madison

MSCR Summer Programs

Recreation programs for all ages.

Follow us on Facebook Twitter & Instagram



Camps for ages 3 - grade 9!
Arts & Enrichment • Dance
Youth & Adult Sports
Fitness for all ages
Soccer • Adapted Rec
Preschool Programs
Paddling & Boating
Special Events
Swimming and more!



204-3000 or mscr.org for more information.

MADISON SCHOOL & COMMUNITY RECREATION



We have

Inflatables
Super Slides
SuperFoam Parties
Movie Events
Human Foosball
Pony Hops
Dunk Tanks

For your

Event
Festival
Birthday Party
or any occasion!

OPENING FALL 2019

Aldo Leopold Nature Preschool

More Information
aldoleopoldnaturecenter.org



ALDO LEOPOLD
NATURE CENTER
Engage • Educate • Empower



Currently enrolling for Summer and Fall 2019. Call today for more information!



MONTESSORI EDUCATION
TODDLER THROUGH 8TH GRADE

8406 Ellington Way
Middleton, WI 53562
(608) 827-MCMS

www.madisoncommunitymontessori.org
advancement@madisoncommunitymontessori.org



Local Owned 10+ Years

Professional delivery and set-up

608.234.8999
FUNPLAY.BIZ

MAY

EVENTS



PERFORMING ARTS

5/2 | 8 p.m.

KYOKO OYOBE QUARTET

A gifted artist who explores different modes of expression, Oyobe's music reflects an essence and distinct color that borrows from Bebop to Brazilian and Free Jazz to French Impressionist voicing. *Wisconsin Union Theater, Madison. union.wisc.edu*

5/3 – 5/5 | Times Vary

SYMPHONY OF A THOUSAND

John DeMain and the Madison Symphony Orchestra partner with three choirs and eight opera singers to present one of the greatest musical feats in the classical repertoire, Mahler's "Symphony No. 8." *Overture Center, Madison. madisonsymphony.org*

5/3 – 5/18 | Times Vary

"SHINY THINGS"

For the 10th-Anniversary Season of Kathie Rasmussen Women's Theatre, a 10-year-old serio-comedic play compares living with attention deficit disorder to residing amid endless vaudeville performances. *Bartell Theatre, Madison. bartelltheatre.org*

5/7 – 5/8 | 7:30 p.m.

SHEN YUN

Through the universal language of music and dance, Shen Yun weaves a wondrous tapestry of heavenly realms, ancient legends and modern heroic tales, taking you on a journey through 5,000 years of Chinese culture. *Overture Center, Madison. overture.org*

5/10 – 5/25 | Times Vary

"THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME"

Fifteen-year-old mathematics genius Christopher stands beside his neighbor's dead dog, who has been speared with a garden fork. Finding himself under suspicion, Christopher is determined to solve the mystery. *Bartell Theatre, Madison. bartelltheatre.org*

5/12 | 8 p.m.

CHICAGO

Chicago is the first American rock band to chart Top 40 albums in six different decades. From the signature sound of the horns to their iconic vocalists, Chicago's concerts are celebrations. *Overture Center, Madison. overture.org*

5/18 | 7 p.m.

AMANDA SEALES

Comedian, actress, writer, producer and more, Seales doesn't just make you laugh, she makes change! *Overture Center, Madison. overture.org*

5/21 | 7:30 p.m.

SIDE BY SIDE

The Wisconsin Chamber Orchestra welcomes the Wisconsin Youth Symphony Orchestra with young musicians joining seasoned ones on stage to perform an impressive repertoire. *Overture Center, Madison. wisconsinchamberorchestra.org*

5/24 – 6/8 | Times Vary

"A GLIMMER OF HOPE"

An anxiety-ridden young woman decides to try LSD for the first time in the company of her closest, most supportive friends, and she unwittingly embarks on the most fantastic journey of her life. *Bartell Theatre, Madison. bartelltheatre.org*



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BEST
SUMMER
EVER**

**NEW
THIS YEAR!**
10% SIBLING
DISCOUNT

Y Summer Camps YMCA OF DANE COUNTY

- 7 unique, fun, state-licensed camps
- 10% sibling discount
- Hands-on learning and discovery
- Games, sports, arts, swimming and field trips
- East/West Madison and Sun Prairie sites

ymcadanecounty.org/summer-camp

Register now!

Metcalfe's
CATERS
for Graduation!

CUSTOM CAKES
too!

WEST TOWNE
HILLDALE

shopmetcalfes.com

GO+DO | EVENTS

5/25 | 8 p.m.

JOHN PRINE

The two-time Grammy-winner is among the English language's premier phrase-turners. His new album, "The Tree of Forgiveness," recently debuted at No. 5 on the Billboard 200. *Overture Center, Madison. overture.org*

ENTERTAINMENT

5/9 | 6 p.m.

MADISON NIGHT MARKET

Vendors showcase handmade products, local art, artisan gifts, prepackaged foods and fresh produce. The event includes live music, giant board games, food carts and pop-up restaurant experiences. *State and Gilman Streets, Madison. madisonnightmarket.com*

5/11 | 12 p.m.

MADISON MAKERS SPRING MARKET AND PUB CRAWL

Shop over 60 makers with a drink in hand, while exploring local breweries, distilleries and bars. *Locations vary, Madison. madisonmakersmarket.com*

5/30 | 6 p.m.

LIVE MUSIC IN THE BACKYARD:

PAT MCCURDY

Enjoy a special Thursday night concert in Wisconsin Brewing Company's "backyard" featuring Milwaukee singer/songwriter Pat McCurdy, who describes himself as playing "good drinking music." *Wisconsin Brewing Company, Verona. wisconsinbrewingcompany.com*

5/31 | 7:30 p.m.

MAL-O-DUA

Pulling from a wide range of sources including early French pop, traditional Hawaiian music, Gypsy jazz, Kentucky finger picking, Western Swing, Parisian waltz and the American standards songbook, this local duo creates a unique, rollicking good time. *Bos Meadery, Madison. bosmeadery.com*

FAMILY

5/4 | 9:30 a.m.

KIDS BAKING CLASS WITH PUNKY EGAN: PATE A CHOUX

In this hands-on workshop, the director of the baking program at Madison College unlocks the secrets of *pate a choux*—the dough behind a bevy of delicious French pastries including cream puffs and eclairs. *Madison Club, Madison. madisonclub.org*



@bravamagazine

5/5 | 10 a.m.

LITTLE SPROUTS STORY AND STROLL: OVER IN THE FOREST

In this nature and literature-based class children learn the ways of forest animals in a delightful introduction to the woodland habitat. Designed for 2 to 5-year-olds. *Olbrich Botanical Gardens, Madison. olbrich.org*

5/18 | 7 a.m.

BUBBLE RUN

Clad in white T-shirts, adults, kids and strollers run, walk, dance and play across 3 miles of absolute fun! *Alliant Energy Center, Madison. bubblerun.com*

5/18 | 9:30 a.m.

RAISING STRONG KIDS BOOTCAMP

At this boot camp kids ages 5-14 and the adults in their lives learn exercises to boost confidence and build strength. *DreamBank, Madison. amfam.com/making-a-difference/dreambank/*

5/24 | 5:30 p.m.

BABY DATE NIGHT

Bring your baby for a baby date night at the museum where there will be just as much playful fun for parents as for kids. *Madison Children's Museum, Madison. madisonchildrensmuseum.org*

5/30 | 5 p.m.

THE BODEGA AT BREESE STEVENS FIELD

Find vendors, food carts, an interactive children's area, beer and wine sales, live music and plenty of yard games at this market unlike any other in Madison. *Breese Stevens Field, Madison. breesestevensfield.com*

JAUNT

5/1 - 7/7 | Times Vary

THE POWER OF POISON SPECIAL EXHIBIT

Toxin or tonic? Lifesaver or life-taker? Discover the complex role of poison from aphrodisiac to medical marvel to a more nefarious role. *Milwaukee Public Museum, Milwaukee. mpm.edu*

5/4 | 12 p.m.

KENTUCKY DERBY AT THE ANCHOR

Come watch the race on the big screen! Wear your race-day finery, sip a mint julep and participate in the meat raffle. *Anchor Inn, Newville. anchorfun.com*

5/12 | 11 a.m.

MOTHER'S DAY BRUNCH

Celebrate Mom with a sumptuous brunch, then take a leisurely tour of the galleries and leave the dishes for someone else! *Milwaukee Art Museum, Milwaukee. mam.org*



THE LIVING ROOM AT TALIESIN.
PHOTO COURTESY T.S. LONG

5/16 – 5/19 | 7 a.m.

SPORTSCAR VINTAGE RACING ASSOCIATION SPRING VINTAGE FESTIVAL

Over 200 participants are expected to race in 11 separate groups, from production and grand touring cars to sports racers, prototypes and formula cars. *Road America, Elkhart Lake. svra.com*

5/18 | 6 p.m.

MIKE BLOCK HOUSE CONCERT IN TALIESIN'S LIVING ROOM

A rare opportunity to hear live cello music in the intimate space of Frank Lloyd Wright's personal living room at Taliesin. Grammy winner Mike Block is a cello player, singer, composer and member of the Silk Road Ensemble. *Taliesin, Spring Green. taliesinpreservation.org*

SAVOR

5/5 | 11 a.m.

INSTANT POT COOKING CLASS WITH JONNY HUNTER AND ALICE CHOI

Learn the basics and explore the different settings and functions on the Instant Pot in this hands-on class. *Pasture and Plenty, Madison. pastureandplenty.com*

5/9 | 6 p.m.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Make your cooking more efficient and delicious by learning to dice, julienne and chiffonade vegetables and fruits. Also covers how to choose, care for and sharpen knives. *Lakeview Library, Madison. madisonpubliclibrary.org*

5/17 | 6 p.m.

COOKING DEMONSTRATION AND WINE TASTING

Sit back and enjoy a glass of wine as the Riverview Terrace Café Chef, Bruce Evans, demonstrates creative ways to take advantage of seasonal produce. *Taliesin, Spring Green. taliesinpreservation.org*

5/18 | 11:30 a.m.

CLASSICS 101

Skilled bartenders will provide hands-on demonstrations for five classic cocktails, while covering bartending methods and techniques. *Forequarter, Madison. forequartermadison.com*

5/22 | 6 p.m.

JAPANESE TAPAS:

COOKING CLASS WITH JOEL OLSON

Learn how to make simple, delicious Japanese small plates and then enjoy the fruits of your labor with a glass of Saki or wine. *vomFASS, Madison. madison.vomfassusa.com*

5/31 – 6/2 | Times Vary

FESTA ITALIA

Hosted by the Italian Workmen's Club, this annual event features Italian foods and desserts, cultural exhibits, traditional and popular live music, Italian folk dancing, cooking demonstrations, children's games and more. *McKee Farms Park, Fitchburg. iwcmadison.com*

THRIVE

5/4 | 11 a.m.

LAUGHING BODIES/DANCING MINDS, A MOVEMENT CLASS SERIES WITH LI CHIAO-PING

The internationally-known choreographer, performer and professor of dance at UW-Madison will lead an eight-week movement class focused on warm-up techniques, stretch and strengthening exercises, core work, breathing and energy flow. *Madison Senior Center, Madison. cityofmadison.com/senior-center*

5/4 | 1 p.m.

YOGA 101 WORKSHOP

New to yoga? Bliss Flow's owner will teach you what you need to know to feel comfortable and confident in group classes: yoga vocabulary, etiquette and basic postures. *Bliss Flow Yoga, Madison. blissflowyoga.com*

5/15 | 1 p.m.

WELLNESS WEDNESDAY: LET'S YOGA AT THE CHAZEN

Enjoy a peaceful hour of yoga and meditation in the serene, inspired galleries. *Chazen Museum of Art, Madison. uhs.wisc.edu*

5/23 | 6:15 p.m.


DREAM BIG: A CHANCE OF AWESOME: HOW CHANGING THE WAY YOU SEE CHANGES EVERYTHING WITH JASON KOTECKI

The Adulitis fighter will teach you how to recognize opportunities in road blocks and how to see dead ends as new beginnings. *DreamBank, Madison. amfam.com/making-a-difference/dreambank/*


5/30 | 6:15 p.m.

DREAM BIG: THE CONFIDENT YOU: BEING, DOING AND LIVING WITH LANEICE MCGEE

Learn to embrace the confident you and discover the pitfalls that can hinder your greatness. Gain tips on how to create space for growth, gain clarity and self-empowerment, and inspire your action plan to gain momentum for your personal mission. *DreamBank, Madison. amfam.com/making-a-difference/dreambank/*




CHEROKEE




Beautiful Golf Course located
on the protected Cherokee Marsh!



**Tennis facility offers 8 indoor
and 4 outdoor clay courts!**



**Pool memberships start at
\$300 for the whole summer!**



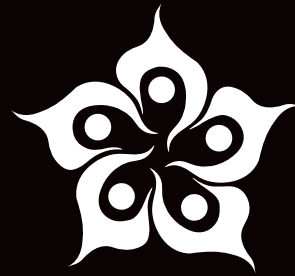
**With 3 separate banquet spaces,
Cherokee is perfect for any event!**

cherokeecountryclub.net

5000 N. Sherman Ave. Madison, WI 53704 608.249.1000

BRAVA

THRIVE CONFERENCE



Inspiring Day, EMPOWERED LIFE

Friday, May 10
Madison Concourse Hotel
8 AM - 4 PM

**Get EMPOWERED, ENRICHED, EDUCATED and ENTREPRENEURIAL
at BRAVA's 4th annual THRIVE Conference!**

Learn, connect and grow with Wisconsin's best presenters and other like-minded women seeking to THRIVE in their personal lives and their careers!

KEYNOTE SPEAKER: DINA NINA MARTINEZ | THE POWER OF FUNNY WOMEN!

Funny women have always been feared by men. It means we're smart, so, yes, fear us. Be in awe of us. Humor is a powerful tool that helps us cope, transcend differences and reach great heights.



TITLE SPONSOR



SILVER SPONSOR



SILVER SPONSOR

Details + Registration | THRIVEwithBRAVA.com

WAKE UP AND TWEET

Social Media Breakfast Madison keeps devotees trending

BY MEGHAN REISTAD
NBC15 ANCHOR

PHOTOGRAPHED BY KAIA CALHOUN

SOCIAL MEDIA BREAKFAST Madison started small. A decade ago, a group of about 20 people gathered in living rooms to talk about social media tips and tools. Now, up to 200 people show up for the meetings held on the third Wednesday of every month. While the size of the group and content covered continues to

business in social media consulting. He says he was blown away by the speakers and people he met there. He eventually joined the board and, three years later, he's leading the charge.

"It's the kind of organization where if you want to get involved all you've got to do is get involved," says Klemons.

"Our goal is to provide both beginners and experts with up-to-date knowledge, tips and business best practices as it relates to social media and digital marketing."

—Margie Romani, Social Media Breakfast Madison vice president

evolve, the nonprofit's goal to serve as a resource for people to keep learning remains consistent

Started as a local branch of a national organization, Social Media Breakfast Madison has been active since 2009. "It's so cool to know that for 10 years, we've provided something that gets people out of bed and to our events at 7:30 a.m. once a month, even in the cold of winter!" says Margie Romani, the nonprofit's vice president

President Josh Klemons first showed up to a meeting when he was starting a

Meetings are free because of volunteers, sponsors and partners. At any given meeting, you'll meet people with a range of professional experience, from executive directors to interns.

"In the ever-changing world of algorithms, it can be difficult to stay on the cutting edge of what's trending and social media best practices. Our completely volunteer-run organization aspires to fill the gaps with monthly content," says Romani. "We seek out speakers who will help inform and enrich the knowledge of our audience. Our goal is to provide



Josh Klemons

both beginners and experts with up to date knowledge, tips and business best practices as it relates to social media and digital marketing. We help empower brands to tell their story through social to attract, engage and delight their audience." 🌸

Visit smbmad.org for more information.

MAY NONPROFIT EVENTS

5/3 | 7 p.m.

WAGS AND WHISKERS: COCKTAILS FOR A CAUSE

Come enjoy an evening of cocktails and nibbles to support the pets and people of Underdog Pet Rescue. *Old Sugar Distillery, Madison.*
oldsugardistillery.com

5/8 | 7:30 a.m.

CLEAN LAKES ALLIANCE COMMUNITY BREAKFAST

Join the community to review our collective progress toward cleaner, healthier lakes. Guests can expect a full, hot breakfast made from local ingredients. *Alliant Energy Center, Madison.*
cleanlakesalliance.org

5/22 | 7:30 a.m.

WOMEN UNITED BREAKFAST

Learn how Women United is working to positively impact the lives of women and ensure the academic success of children in Dane County. *Overture Center, Madison.*
unitedwaydaneconomy.org/wubreakfast



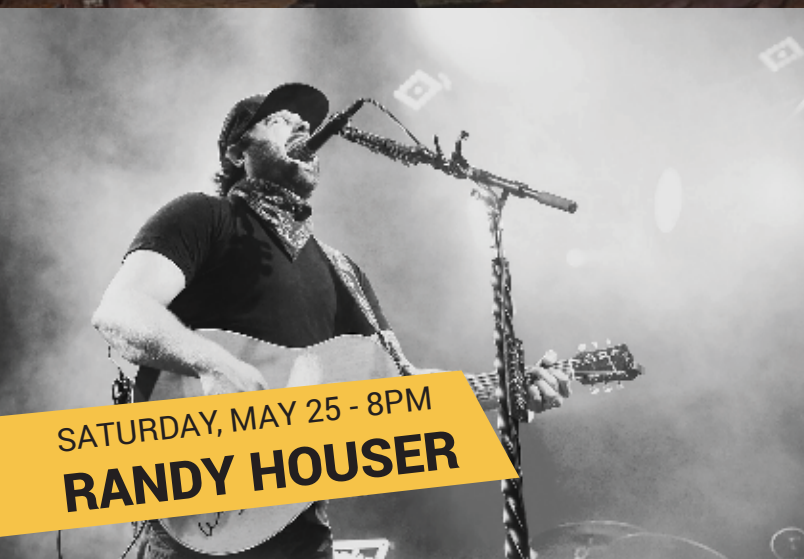
PRIMAVERA, 76 X 123 INCHES, ACRYLIC ON CANVAS, PHOTO COURTESY GALLERY 1308

WONDEROUS WOODS | “Immersed in a forest, lost in the luscious whorls of lichen, I remember that lichen can be a sign of clean air, or a weakening tree,” writes Katherine Steichen Rosing in the artist statement for her show “Beneath the Canopy.” Mural-size paintings and towering sculptures evoke arboreal ponderings in this exhibit through May 17 at Gallery 1308 in Union South on the UW-Madison campus. union.wisc.edu/events-and-activities/art-exhibits-and-galleries



FRIDAY, MAY 24 - 8PM
SMASH MOUTH

Hey now, you're a rock star! Join us at 7:30 pm for a Shrek Costume Group Photo on Friday before Smash Mouth takes the stage to play all your Shrek favorites. Meet us in front of the VIP tent!



SATURDAY, MAY 25 - 8PM
RANDY HOUSER



SUNDAY, MAY 26 - 8PM
WAYLAND

BRAT FEST®



BRATFEST.COM

#FREELIVEMUSIC

3 DAYS – 3 STAGES – 75+ BANDS

HEY! FRIDAY, MAY 24TH IS...

TAKE YOUR BRAT TO WORK DAY!
TREAT YOUR CO-WORKERS TO BRATS

May 24th only, PICK UP 6-9am and DELIVERY from Eat Street 9am-noon

For large pick up orders over 60 call 608-661-6345 or email Kathy.k@shopmetcalfes.com prior to Tuesday May 21



AN ELEVATED EXPERIENCE

Taking luxury to new heights means doing the same with expectations. The Lincoln Aviator, a seven passenger three row SUV blends both power and thoughtful luxury that represents something remarkable. Captivating exterior design lines, interior roominess and ample power give rise to the feeling of flight and a sensation that both soothes and excites.

The All-New 2020 Lincoln Aviator

Arriving early summer 2019

Now accepting orders at Lincoln.com



PROUD VEHICLE
SPONSOR OF

