

Elvehjem Echo

Special Membership Edition

Elvehjem Neighborhood Association

Founded March 1968

Vol. 45, Issue 3 | April/May 2013

Our Association's 45th Year



"Prez Sez"



Happy **SPRING**, Elvehjem neighbors! **THIS is your 2013 Annual Membership issue Echo.** The information and membership form that you need to join or renew your membership now is included **IN THIS ISSUE.**

Please take a few minutes **right now** to complete your membership form and return it with a \$12 check or money order

made out to **ENA** for your annual dues.

We encourage everyone with internet access to indicate on the membership form that you want to receive the Echo via email. Last year **54%** of your annual dues were spent to print and mail the Echo. Every dollar we can save on those costs is an 'extra' dollar for neighborhood events and programs. Of course, we realize that not all of our neighbors have access to internet and email. So, if you want it by mail, please indicate that on the form!

This is my last "Prez Says" as it's time to "pass the gavel" to another board member. I plan to remain on the board however, because it's a truly rewarding experience! That said, we could use some more help!

Here's a list of the (easy) duties of a Board Member at Large:

- Attend monthly and (very rare) special board meetings.
- Assist in monitoring ENA expenditures and approve documents published by the Board.
- Assist with volunteer recruitment and attend all neighborhood events as able.
- Serve as Chair on standing or ad hoc committees as appointed by the president.

I invite you to attend a few board meetings and decide if you'd like to join us!

Mike Dugman, ENA President



Congratulations "Runner of the Quarter!"

ENA Wooden Steps Running Club member Paul Cusick was recently named the January-March 2013 "Runner of the Quarter" for his leadership and encouragement to the club during the tough winter running months. Paul has been a warrior both on the road and in his everyday life as a Captain in the United States Army. Congratulations Paul and many thanks to your wife Carrie and young son Finn for supporting your running!

CALENDAR

- | | |
|----------------------------|---|
| ◆ April—May | Membership Drive |
| ◆ April 3 7 PM | ENA Board Meeting East Police Precinct |
| ◆ April 15 | Community Change Double Day |
| ◆ April 20 9 AM | Community Garden Opening Day (LVM Community Garden) |
| ◆ April 27 9 AM to Noon | Earth Day Clean-Up Elvehjem Sanctuary |
| ◆ May 1 7 PM | ENA Board Meeting East Police Precinct |
| ◆ May 5 3 to 4 PM | Slow Down Campaign Sign Posting (1606 Vondron) |
| ◆ May 6-17 | Spring Slow Down Campaign |
| ◆ May 20 | Community Change Double Day |

3rd Annual Earth Day Clean-Up

Will you give an hour or two of your time to keep Elvehjem Sanctuary alive, well, and free of litter? Bring family, friends, and neighbors and join us for our Annual Earth Day Clean-Up! All ages and experience levels are welcome.

Saturday, April 27, 2013 9 AM to Noon

Invasive Species Pull – Meet at LVM Park Shelter

Litter Pick-Up – Meet at Cottage Grove Road Entrance to LVM Sanctuary (across from Messiah Lutheran Church)

If possible, please bring/wear the following:

- ⇒ Work gloves
- ⇒ Long pants
- ⇒ Flat-soled shoes
- ⇒ Pruners/bow saws



Sponsored by the Elvehjem Neighborhood Association

Questions? Email parks@elvehjemneighborhood.org

ENA Board Meeting Minutes—March 6th, 2012

Present: Greg Goke, Mike Digman, Guest Keith Gottschalk, Lynn Munsinger Brown, Justin Martin, Christina McKee, Guest Scot Whitney, Guest Amy Miller, Guest Amelia Royko-Maurer, Guest Marline Pearson
Absent: Tiffani Roltgen
Call to Order: Mike called to order at 7:05pm
Secretary's Minutes: The February minutes were approved electronically prior to the meeting.
ECHO Deadline: The deadline for submissions of articles and advertisements for the April ECHO is March 15th.
Treasurer's Report: See Balance Sheet. Treasurer's report was approved without objection.

Guest Presentation: Marline, Amy and Amelia made a presentation to the board in regards to the shooting of Paul Heenan. They asked the board to consider writing a letter to Chief Wray and request an independent system of investigation for police involved shooting with the death of Paul Heenan. Also oppose Officer Heimsness' patrolling anywhere in Madison. Ask for a review of every aspect of the events that led to Paul Heenan's death on Nov. 9th. Demand that the MPD implement an early warning system to identify and work with officers with troubling patterns of conduct. Ask MPD to re-examine the training on the use of deadly force and the interpretation of its policies and procedures. Write a letter to state legislators calling for changes in statutes to ensure that future investigations of deaths due to police shootings are free of possible bias and conducted by an independent external body. The board is considering their request.

Old Business: Annual Meeting-Mike reviewed the agenda. Membership planning- Mike reviewed what is going into the membership echo. Membership form, dues breakdown for 2012, calendar of events, volunteer requests for slow down campaign and community garden update. Community Garden-Lynn updated the board that March 23rd will be registration day at East Side Police Precinct at 10 a.m. with opening day of garden April 26th with a rain date of April 27th. Easter Egg Hunt- planning is under way Ted is getting baskets and Christina is getting treats. Earth Day is set for April 27th.
New Business: Scot Whitney has volunteered to join the board on interim basis. Motion to approve was made by Mike Digman. Motion was seconded by Christina McKee. Motion was approved without objection.
Next Meeting: The next ENA meeting will be Wednesday April 3rd at 7 p.m.

Adjournment: The meeting was adjourned at 8:40 p.m.

ENA Wooden Steps Running Club Summer Schedule Now Available



Come get beach-body-ready with the ENA "Wooden Steps" Running Club. That goes for you too guys!

We've already logged 549.79 miles this year despite the snow and chilly temperatures, and we have our legs set on 3000 miles by December 31, 2013.

Will you help us reach our goal? All runs leave from 5306 East Buckeye Road at the Wooden Steps.

In April, group runs will alternate between 9 a.m. and 11 a.m. (April 7 = 9 a.m., April 14 = 11 a.m., April 21 = 9 a.m., and April 28 = 11 a.m.).

For a complete summer schedule (May-August), visit the ENA website at www.elvehjemneighborhood.org.

Contact co-leaders Tom Berg (221-1892) and Tiff Roltgen (513-9433) at run@elvehjemneighborhood.org with questions or requests to be added to the weekly running club/upcoming race reminder e-mail.

See you on the road!

Volunteer Spotlight – Meet Tom Berg

Tom Berg has been our ENA Running Club Co-Leader since 2012 and a member of the club since 2011. Tom manages the club's e-mail communications and tracks the group's mileage totals. He is a familiar face at all club runs and activities, and members appreciate his welcoming personality and sense of humor.

Last year, Tom and his wife Donna sponsored a "March Miles Match" challenge, donating \$1 for every mile logged by the club. The idea generated increased participation and resulted in \$350 donated to ENA for health and wellness activities. Tom also currently leads the club in individual miles logged for 2013 with 119.7 miles in the books (that he keeps...hmmm).

All kidding aside, Tom has been instrumental in building a running community right here on the streets of Elvehjem Neighborhood.

Thank you Tom for sharing your time and talents!



responsibleEnergy

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1. Program for homes in the city of Madison.
2. Work with a local energy advocate to guide you through the process.
3. Get an energy audit (starting at \$200), testing and written advice from Focus on Energy, Wisconsin's statewide program for energy efficiency.
4. Make energy improvements and get cash back from both the Green Madison program and Focus on Energy.

Call Green Madison at 877-399-1204 or visit cityofmadison.com/greenmadison



Elvehjem Neighborhood Association 2013 Membership Form



Join the Elvehjem Neighborhood Association (ENA)!

- ✓ Events for All Ages—Easter Egg Hunt, Fourth of July Celebration, Halloween Bonfire, 5K Turkey Trot/2-Mile Walk
- ✓ Neighborhood Improvement—Earth Day Clean-Up, Good Neighbor Award, Slow Down Campaigns, Community Garden
- ✓ Communication—ECHO Newsletter, search “Elvehjem Neighborhood” on Facebook, connect with the board via e-mail enaboard@elvehjemneighborhood.org, and visit our website www.elvehjemneighborhood.org for important updates



Address _____ Contact Phone _____

Resident 1 (Last Name, First Name) _____

Email (Please PRINT) _____

Resident 2 (Last Name, First Name) _____

Email (Please PRINT) _____

OPTIONAL: I was encouraged to join ENA by _____

Please check ONE of the following options for delivery of the Echo Newsletter (6 issues per year):

Yes, please send the Echo Newsletter by e-mail. (THANK YOU for “GOING GREEN!”)



No, please send the Echo Newsletter by mail.

Will you help Elvehjem Neighborhood in 2013?

- Yes, I will serve as an ENA Board member (3-year term recommended).
- Yes, I will join a committee to help establish a Neighborhood Watch. This project received the top number of votes from neighbors in 2012 for the initiative they would like to see move forward.
- Yes, I will serve as a volunteer at one or more neighborhood events by giving an hour or two of my time.



Choosing to receive the Echo Newsletter via e-mail saves YOUR valuable membership dollars, which allows ENA to use funds for improved neighborhood services. Plus, the e-mail version arrives in full digital color. Go paperless, and do your part to help our neighborhood and the environment!



All contact information will be used for Echo Newsletter delivery and if applicable, volunteer confirmation. Joining ENA promotes a stronger and safer community. Thank you in advance for your membership and generous support!

Dues are \$12 per year—Only \$1 per month

Please accept my additional donation of \$_____ to support neighborhood events and improvement projects.

Make check payable to ENA and return with membership form to:

ENA Membership

PO Box 14625

Madison, WI 53708-0625

Amount \$_____ Cash Check # _____

Spring Slow Down Campaign (May 6 - 17)

This spring, Safe Communities of Madison-Dane County has selected the Elvehjem Neighborhood as the host neighborhood for the spring Slow Down Campaign! Wouldn't it be amazing if we had red signs on all of our neighborhood streets this May, as a reminder to be alert?

You can help make this happen by volunteering!

If you would like to help with the spring effort, there are many ways to get involved. Street nominations are being taken for sign posting and speed board locations. Volunteers to put up signs and serve as neighborhood 'pace car' drivers are needed. Sign posting will occur on May 5, from 3 to 4 pm. Ideas for more ways to get the message out about the Slow Down Campaign are encouraged.

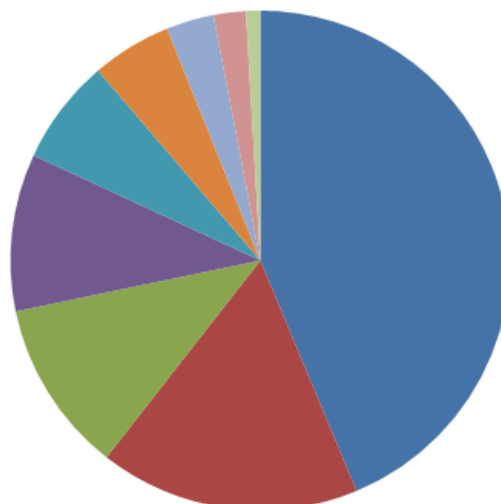
If you would like to volunteer or have suggestions, please contact ENA Safety Coordinator Gail Good at



[safety](mailto:safety@elvehjemneighborhood.org)

[@elvehjemneighborhood.org](mailto:elvehjemneighborhood.org) or
(608) 345-3899.

How Your \$12 Annual ENA Dues Will Be Spent in 2013



- Echo Printing/Mailing (\$5.24)
- 4th of July Celebration (\$2.02)
- Membership Drive (\$1.34)
- Storage Fee (\$1.22)
- Liability Insurance (\$0.82)
- Other Neighborhood Events (\$0.62)
- Office & Administration (\$0.37)
- Neighborhood Programs/Projects (\$0.25)
- ENA Website (\$0.11)



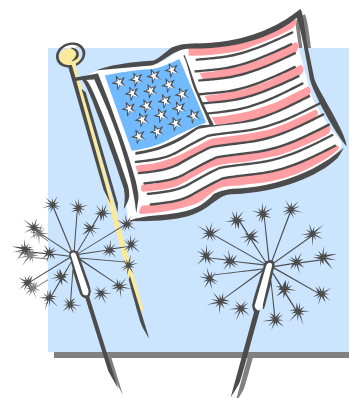
Choosing to receive the ECHO Newsletter via e-mail saves ENA time and resources and allows for improved neighborhood services. Plus, the e-mail version arrives in full color copy each month. Go paperless, and do your part to help our neighborhood and the environment!

3rd Annual Firecracker 5K Run, 2 Mile Walk & Kids Fun Run

Thursday, July 4, 2013

Kids Fun Run @ 8AM Sharp!
5K and 2 Mile @ 8:30 AM Sharp!

All events start and end in front of Elvehjem Elementary (Kids Fun Run next to playground)



New this year:

Pre-registration encouraged! Visit www.elvehjemneighborhood.org or Facebook (search Elvehjem Neighborhood) for registration form and more information.

Optional t-shirt! A portion of the proceeds goes to neighborhood wellness activities.

2 Mile Walk! Come stroll with your neighbors, family and friends through our beautiful neighborhood.

We hope to see you out there and don't forget to pre-register!

Are you interested in helping on race day? Do you have a business that would like to donate a door prize?

Please contact Emily Leas at 608-287-4224 or wellness@elvehjemneighborhood.org

608.222.5004



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Lawn Mowers - Sewer Augers - Water Extraction - Wood Working Tools
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Call us today to see how A to Z can help you with your project!

**Bring this coupon in on your next rental
and save an additional 15%**

Must present coupon to receive the discount

Elvehjem Neighborhood 2013 Events

The ENA Board meets the first Wednesday of the month from 7 to 9 p.m. at the East Precinct Police Station. All neighbors are welcome to attend! *Note: The July meeting takes place on July 10 at the current president's house.



| DATE | EVENT | TIME | LOCATION |
|---|--|---|--|
| March 9, 2013 | Volunteer Social and New Neighbor Meet-and-Greet Annual Meeting | 9:00 a.m. – 10:00 a.m. 10:00 a.m. – 12 noon | Messiah Lutheran Church |
| March 23, 2013 | Community Garden Registration Day | 10 a.m. | East Precinct Police Station |
| March 30, 2013 (Inclement Weather Date = April 6, 2013) | Easter Egg Hunt | 10:00 a.m. SHARP | Droster Park |
| April-May 2013 | Membership Drive | N/A | N/A |
| April 20, 2013 | Community Garden Grand Opening | 9 a.m. | Elvehjem Neighborhood Community Garden |
| April 27, 2013 | Earth Day Clean-Up | 9:00 a.m. – 12 noon | Elvehjem Sanctuary |
| May 5, 2013 | Spring Slow Down Campaign Sign Posting | 3:00 – 4:00 p.m. | Pick up signs at: 1606 Vondron Road |
| May 6-17, 2013 | Spring Slow Down Campaign | N/A | Elvehjem Neighborhood |
| June 15, 2013 | Day at the Zoo | 9:30 a.m. – 5:00 p.m. | Henry Vilas Zoo |
| June 21, 2013 | Make Music Madison | Hours vary | Elvehjem Neighborhood |
| July 4, 2013 | Fourth of July Celebration <i>Kids Fun Run</i> <i>Firecracker 5K & 2-Mile Walk</i> <i>Bike Parade Line Up</i> <i>Picnic/Kids Games</i> <i>Raffle Drawing/Silent Auction</i> | 8:00 a.m. SHARP 8:30 a.m. SHARP 11:45 a.m. 12:00 noon 1:30 p.m. | Elvehjem Park Elvehjem Park Elvehjem Elementary School Elvehjem Park Elvehjem Park |
| August 6, 2013 | Neighborhood Night Out | Hours vary | Elvehjem Neighborhood |
| August 9-10, 2013 | Neighborhood Garage Sales | Hours vary | See map for locations |
| August 17, 2013 | Taste of Elvehjem Neighborhood WELL-V-M Kick-Off Event | 4:00 – 7:00 p.m. | Elvehjem Neighborhood Community Garden |
| September 2, 2013 | Fall Slow Down Campaign Sign Posting | 3:00 – 4:00 p.m. | Pick up signs at: 1606 Vondron Road |
| September 3-13, 2013 | Fall Slow Down Campaign | N/A | Elvehjem Neighborhood |
| September 28, 2013 | National Good Neighbor Day | N/A | Elvehjem Neighborhood |
| October 24-31, 2013 | Halloween Decorating Contest | N/A | Elvehjem Neighborhood |
| October 31, 2013 | Halloween Bonfire | 6:30 – 8:30 p.m. | Elvehjem Park |
| November 21, 2013 | 5K Turkey Trot & 2-Mile Walk | 8:30 a.m. SHARP | Droster Park |
| November 21- December 20, 2013 | Holiday Food Drive | N/A | Elvehjem Neighborhood |
| December 16-20, 2013 | Holiday Lights Contest | N/A | Elvehjem Neighborhood |

Introducing Your Friendly Elvehjem Neighborhood Association Board Members!

To contact all members of the ENA Board of Directors via e-mail, send your question or concern to: enaboard@elvehjemneighborhood.org. Your 2013-2014 board members, their specific street representation, and contact information are noted below. Don't see your street listed? Consider volunteering to share your voice and the unique concerns of your corner of the neighborhood!



Lynn Munsinger Brown— 1601 Dondee Road

lynn@elvehjemneighborhood.org

608-556-9682 (cell)

Lynn, her husband Craig, toddler son Martin, and dogs Athena and Augie reside on Dondee Road. Craig grew up on Ironwood Drive in Elvehjem Neighborhood and owns and operates Steve's Curling Supplies. Lynn works full time from home as a product manager for Oracle. The Brown family can be found at the curling club in the winter, on the bike path in the summer, or out in the neighborhood letting their dogs take them for a walk any time of year. Lynn brings experience in leadership and technology to the board, and she also serves as our Community Garden Coordinator.



Michael (Mike) Digman—5022 Starker Avenue

mike@elvehjemneighborhood.org

608-223-9527 (home); 608-469-8182 (cell)

Mike and his wife Kathy have lived on Starker Avenue since 1993. Their daughter Erin grew up in the neighborhood and attended local schools. Mike enjoys most outdoor activities and likes to refinish old furniture. Kathy's background is in accounting; she's a Knitting Guild of America "Master Knitter" and enjoys genealogy research. They both like to travel! Mike is semi-retired from SMART Motors and brings a career of leadership and communication skills to the board.



Justin Martin—1213 Ellen Avenue

justin@elvehjemneighborhood.org

608-298-7115 (home)

Justin, his wife Mariah, who grew up in the neighborhood, and their children William and Ayla have lived on Ellen Avenue since 2009. Justin is employed as a Health Informatics Specialist by APS Healthcare. In his free time he enjoys home brewing, bicycling, playing cards, and do-it-yourself projects around the house. Justin brings experience in budgeting and administration to the board.

Ted Perttunen—1018 South Thompson Drive

ted@elvehjemneighborhood.org

608-347-9066 (cell)

Ted and his wife Melanie have four adult children who grew up in the neighborhood and attended local schools. Melanie is very involved in Tupperware direct sales, and Ted runs his own cleaning business. Ted brings experience in business and marketing to the board, and he also assists as our ENA Donations Manager.



Jamie Meise—Representative at Large

jamie@elvehjemneighborhood.org

608-477-3955 (cell)

Jamie, her husband Kyle, and their toddler son Andrew moved to the area in 2012. Jamie runs an in-home daycare, and Kyle is a journeyman electrician for Faith Technologies. They enjoy being outdoors, camping, boating, running, and spending time with family and friends. Jamie brings a background in human resources and communication to the board.

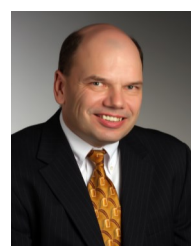


Tiffani (Tiff) Roltgen—5306 East Buckeye Road

tiffani@elvehjemneighborhood.org

608-513-9433 (cell)

Some combination of the Roltgen family—Tiff, her husband Mike, and toddler daughters Adelline and Stella—have lived in the neighborhood since 2004. Mike works in technical services at Epic, and Tiff is employed by the Wisconsin Association of Family and Consumer Sciences (WAFCS) as their executive director. Their home features the now infamous "wooden steps" that provide a weekly meeting point for the ENA Running Club. Tiff and Mike enjoy all the things that people with young children have no time for—traveling, reading, playing team sports, and trying area restaurants. Tiff brings a background in education, health and wellness, and communication to the board, and she also serves as the ENA "Wooden Steps" Running Club Co-Leader.



Scot Whitney—5026 Starker Avenue

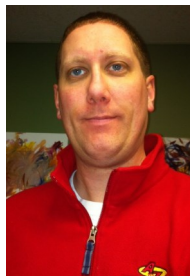
scot@elvehjemneighborhood.org

Scot has lived in the neighborhood for more than eighteen years. A mechanical engineer by trade, he is a neighbor who truly cares for his neighbors. He's always there to lend a helping hand, and sometimes to just lean on the fence and catch up on "what's going on with you." He recently adopted a beautiful golden retriever named Luna who has enriched his life and the lives of all of his neighbors. Scot joined the board in March, and we look forward to his continued involvement.

Please consider sharing your unique skills and talents by participating in the Elvehjem Neighborhood Association Board of Directors!



On behalf of ENA, we offer our sincere thanks to **Greg Goke** and **Christina McKee** for their outstanding years of service and commitment to the neighborhood as members of the Board of Directors. Greg is stepping down as ENA Secretary, but he will assist with one last Fourth of July Celebration this year. Although Greg and his family have relocated outside of the neighborhood, stop and see him anytime for all your rental needs at A to Z Rentall. A to Z has been a generous sponsor and supporter of our neighborhood over the years. Christina will continue to bring her design and organizational skills to the board as our volunteer ENA Echo Newsletter Editor. Thank you Greg and Christina!



Greg Goke, greg@atozrentall.com
608-575-0864 (cell)

Greg and his wife Jennifer lived on Woodvale Avenue from 2002 until late February, when they moved to Windsor. Greg and Jennifer have two young children—Izzabella and Cooper. Greg enjoys playing sports including golf and softball. Jennifer is a stay-at-home mother. Greg is the operations manager of A to Z Rentall on Stoughton Road in Madison. Greg has shared his business skills with the board since May 2010 and has served as secretary for the past year.



Christina McKee
newsletter@elvehjemneighborhood.org

Christina and her husband Ryan have lived on Deerwood Drive since 2007. Christina works as a Project Assistant at the engineering firm Strand Associates, while Ryan is a long-time employee of the State of Wisconsin. They enjoy exploring the neighborhood with their dog, Amos, gardening, traveling, and tackling home improvement projects with gusto. While no longer serving on the board, Christina will continue to serve as Editor of the ENA Echo.

Member Corner

Notices are limited to 40 words and run on a first come, first-served, space-available basis. Youth ads are good for 3 months; all others are 1 month per request. ENA member notices have priority. Notices may be edited.

Send requests to ENA, PO Box 14625, Madison, 53708-0625; or deposit in Echo mailbox at 4503 Deerwood Drive; or email to newsletter@elvehjemneighborhood.org.

Piano Lessons: Lessons taught in your home! Experienced neighborhood teacher with agendas customized to a student's level and ambitions. Member of Madison Area Piano Teacher Association since 2003. Friendly approach, recitals included. Contact Mr. Brian Hagen at (608) 223-1677 and bdhagen@jvlnet.com.

For Rent: One apartment to be available at Leo Drive Apartments, 4513 Leo Dr., June 1 or July 1: \$850 includes heat, utilities. 1st floor, 2 bed., 1 bath. Security Deposit \$425. Call 222-1510 between 2:00 and 8:00 p.m. OR email leighhanson@tds.net.

Bucky Books! A good deal for a good cause: Mentoring Positives, an East-Side youth-serving organization, is selling Bucky Books as a fundraiser for \$25 each! Call Mentoring Positives at 819-6200 or ENA member Lucy Gibson at 221-3258 if interested. www.buckybook.com

Tupperware: Fundraising, Opportunity, Service, or Sales "Shop From Your Seat, Not On Your Feet!!" for all your product needs. www.LetsPartyAtHome.com Melanie 347-8504 or LetsPartyAtHome@yahoo.com Proud sponsor of the two large Easter baskets for ENA's Easter Egg Hunt!

Experienced 17 year old willing to babysit with her own vehicle. Contact Jessica at 222-4747.

Our Neighborhood Clubs and Annual Events are Made Possible by Outstanding ENA Volunteer Coordinators!

Contact information is included below for these hard-working volunteer coordinators who each take responsibility for one specific neighborhood event. There are many other coordinator spots open. The positions can be tailored to meet your schedule and time availability, including several work-from-home options. Visit <http://www.elvehjemneighborhood.org/involved.html> for a complete list of opportunities.

Tom Berg - Club/Event: ENA "Wooden Steps" Running Club E-mail: run@elvehjemneighborhood.org

Mona Everett - Club/Event: ENA Publicity/Facebook Communications E-mail: info@elvehjemneighborhood.org

Lucy Gibson - Club/Event: ENA Friends of the Elvehjem Sanctuary E-mail: sanctuary@elvehjemneighborhood.org

Gail Good - Club/Event: ENA Safety/Slow Down Campaigns E-mail: safety@elvehjemneighborhood.org

Emily Leas - Club/Event: ENA Firecracker and Turkey Trot Run/Walk E-mail: wellness@elvehjemneighborhood.org

Christina McKee - Club/Event: ENA Echo Newsletter E-mail: newsletter@elvehjemneighborhood.org

Ryan McKee - Club/Event: ENA Information Technology

Tom Murray - Club/Event: ENA Website E-mail: webmaster@elvehjemneighborhood.org

Michelle Pfenninger Steffens - Club/Event: ENA Babysitter List E-mail: babysitter@elvehjemneighborhood.org

Joel Stone - Club/Event: ENA City Parks E-mail: parks@elvehjemneighborhood.org

Diana Winter - Club/Event: ENA Neighborhood Garage Sales E-mail: sale@elvehjemneighborhood.org



Elvehjem Neighborhood Association
PO Box 14625
Madison, Wisconsin
53708-0625



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1. Visit www.TheCommunityChange.com to place your order.
2. Select "Elvehjem Neighborhood Association" as your designated charity.
3. Enjoy Madison-area businesses & restaurants at a huge savings!

EL-VEH-JEM ———> WELL-V-M

1 Neighborhood, 1 Year, 1 Commitment to Healthier Living

Elvehjem Neighborhood was the recent recipient of a \$1000 professional project grant from the Wisconsin Association of Family and Consumer Sciences (WAFCS). The project, entitled "EL-VEH-JEM " WELL-V-M: 1 Neighborhood, 1 Year, 1 Commitment to Healthier Living," will run from September 2013 through August 2014. Neighbors interested in improving neighborhood health and wellness are needed to serve on the EL-VEH-JEM " WELL-V-M Committee, as we work to answer the following questions: *Is it possible to spark and inspire change in a population by starting with a core group of self-selected participants? Can a network of committed neighbors help participants overcome the disasters of the traditional "western diet?" Can real changes in health and wellness be documented in one neighborhood in the course of one year? Can "bad habits" truly be replaced? Can we transform EL-VEH-JEM Neighborhood into WELL-V-M Neighborhood, a place where a variety of wellness activities are offered for individuals all ages,*



Mike Digman
Sales Consultant

Business Cell (608) 354-7817

Toll Free (877) 397-6278

email: mdigman@smartmotors.com



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people support one another in their journey toward better health, and the culture promotes making good fitness and dietary choices? If you are interested in serving on the committee, please contact ENA Vice President Tiffani Roltgen at tiffani@elvehjemneighborhood.org or 608-513-9433. We welcome all ages and backgrounds!