

The Good Life...

--- Published by Tamarack Trails Community Services Association ---
(608) 833-1615 – www.tamaracktrails.com / Office Hours M, W, TH, F 9 am- 4 pm, Tuesday 8:30 am - 5:30 pm

August 2018

In This Issue

Architectural Review Board, Finance
& Maintenance
Committee News

Grounds & Maintenance Update

Meeting Calendar

Meetings are open to all residents.

Finance Committee

August 15 - 4:00 pm

Architectural Review Board

Wednesday, August 1 - 7:00 pm

Maintenance Committee

Tuesday, August 7 – 4:00 pm

Board of Directors

August 21 - 6:30 pm

Event Calendar

Please mark your calendars

Tamarack Bridge
Wednesdays from 6:30-10:00 pm

*Save the date for the
Pool Party!!*

September 16, 2018 at 5 pm

NEW OFFICE HOURS

Now Open on **Tuesday's**
8:30 a.m. – 5:30 p.m.

M, W, TH, F hours:

9 am – 4 pm

Current News

Safety at Tamarack Trails – Notice!

"Several neighbors have indicated that individuals are coming to their door and soliciting for the Lussier Food Pantry. We have confirmed with Lussier that these people are not connected with the Food Pantry. The Tamarack office continues to accept monetary donations which are forwarded directly to the Lussier Food Pantry. Door-to-door solicitation in Madison requires a license."

Jean MacCubbin, President of BOD, knows of at least one resident who has given money to these people. I've talked with others who have been approached. We want to make sure that the donations get to the right organizations.

Janet Hirsch – Resident

FOOD PANTRY UPDATE: A WARNING AND SOME GOOD NEWS

First, and very importantly, do not give any contribution to someone who comes to your door asking for monetary donations for the Lussier Center Food Pantry! I was made aware that door-to-door soliciting for the Pantry has occurred in Tamarack Trails and want to assure you that the Center has not authorized any such solicitation and is distressed that this has occurred.

Please, continue to make monetary **donations by checks** made out to the Lussier Community Education Center with Food Pantry noted in the memo line and **give them to Jean at the Tamarack office**. Food donations should be left on the cart by the lift in the clubhouse lobby.

The good news is that in October Dee Seyfarth will assume the role of Lussier Food Pantry Coordinator for Tamarack. Although I am sad to leave this responsibility, as I have very much enjoyed getting to know the volunteers and Lussier Center staff members, it is time for a change. I know that Dee will do an excellent job for Tamarack and I am grateful to her for agreeing to take over coordination. I will continue to be a volunteer!

Thank you all for your continued Pantry support!

Sybil Letzing Tamarack Lussier Food Pantry Coordinator -
letzing.sybil@gmail.com

Coffee with a COP - #nightlylockup

Do you have a nightly routine that you follow to make your home and vehicles safe & secure? If not, have you considered creating a routine so that you don't forget to lock doors or leave valuables visible in your vehicle?

Let's check our doors... our car doors, the garage door, the sliding door, the door to the garage, the front door, and your neighbor's garbage door, too. A reminder call to your neighbor will be appreciated.

What about your lights? Is your post light on (and working); how about other outside lights and lights on timers in your living unit?

Next, walk around to see if anything of value is left out and visible from a door or window. Is your purse still in the car? Your laptop still sitting

on the kitchen counter? Your cell phone or keys within reach of a window or door?

Just creating a nightly routine for you and every member of your family to follow could be the right steps to deter a possible crime like: grabbing something left in your car such as keys or a garage opener; walking in through an unlocked door and quietly lifting your purse or laptop.

Anything you can do on a daily basis to reduce the opportunity for a crime to be committed is one less thing you need to worry about while falling off to sleep for the night.

Talk about your Nightly Lockup routine with your neighbor!

Jean MacCubbin - Resident

BLINK Art Project

Did you see these graphics on Tree Lane?



They are part of the current BLINK art project which is sponsored by the Madison Art Commission. The project, If Not This, Then What? is part of a series of art/writing/design experiments by artist Trent Miller and poet J.L. Conrad. Each graphic portrays one of three texts:

- If not this, then what?
- It's too early to know.
- You take it from here.

According to the project's designers, the somewhat enigmatic messages are open to interpretation: they could be seen by some readers as inspirational, and by others, in different circumstances, as provocative or even unsettling. The installation of this art project was

approved by Tamarack's Architectural Review Board. It can be viewed through the end of October.

Activities & Events Seasonal Reminders & Projects

Tamarack Pool Party!



Sunday, September 16, 2018

From: 5:00 – 8:00 pm

Enjoy live music, tasty food and meet new residents at the Pool Party.

Meal includes your choice of the following hot sandwiches: Rib Eye Steak, BBQ Pork, Marinated Chicken Breast or Vegetarian Burger plus potato salad, coleslaw, fruit salad, lettuce, onion, tomato, condiments, lemonade, iced tea, and dessert.

Reservations required. **RSVP by Sept. 13th.**

Reservation Forms are available at the clubhouse.

Forever Fit Fitness Class at Tamarack



Monday & Wednesday 4:00-4:45 - from Oct. 1 - Jan. 2
(No class Nov. 12, 14, Dec. 24, 31, Jan 1)

Testimonial: "Forever Fit exercise class is a fun, affordable way to get or stay in shape. Patti always makes class fun but varied. We use exercise balls, weights, mats and stretchy bands. It's a great way to improve one's strength, fitness, flexibility and balance. Join us!" Jan Haasl



Payment due by September 1 - \$69.00

Please call Patti Sponem - 279-3149 or Email: psponem@gmail.com

Grounds Update

The landscape crew is working in Cedar Creek, weeding, trimming and mulching. After that is done we will be moving on to Pine Ridge for trimming. I am not sure if we will have enough mulch to do all of Pine Ridge.

Otherwise I am looking for volunteers to help pull weeds in some common areas. I would like to do it on a cooler Friday. The staff cannot keep up and some of the weeds are flowering now. I have a map if anyone is interested in doing this on another day. *Angie Swan - Grounds*

Maintenance Update

Last month Tim worked on trim requests, which he is still working on amongst many other things. Mitch has been working on fences in Phase 2 as well as other locations. He also does the leaf blowing of the tennis courts and pool biweekly, gutter cleanings and post light work. Ryan, our summer painter has been working on the deck rail request list, paint requests, along with gutter cleanings and prepping fence and rail boards at the shop. I have been working all over the board as usual, including the pool, roof leaks, animal complaints, and trim requests. Our house painters are finishing up in Mountain Ash and headed to Winterberry. August, we will continue doing what we are doing, but also start doing some gutter guard installation.

Josh Ostertag - Maintenance

Tamarack News and Tidbits

Gardening Help Available

If you need help with weeding or garden maintenance, want someone to look after your garden while you are on vacation or clean up your Tamarack garden plot at the end of the year, I am available to help with those or similar tasks. Services can be one time only or recurring. Rate is \$15/hour with \$15 minimum. Contact Tricia Gavin, 608-821-0871 or pgavin0115@gmail.com

Radon

Have you ever had your basement tested for radon? If not, you may want to consider it. When I bought my condo here last year I had a radon test done in my basement and it exceeded the EPA action level of 4.0 pCi/l. So, I asked the seller to install a radon reduction system before I moved in. My realtor, who sells a lot in Tamarack, said about one third of the condos here have radon that exceeds the EPA action level but not by much, as was my case (my reading was 5.0 pCi/l). After my remediation device was installed the radon level went down to 0.5 pCi/l).

Testing consists of putting a monitoring device in the basement for a few days. Radon levels fluctuate during the course of a day, so the final reading is based on an average of all the hourly readings. Remediation consists of a pipe installed in the basement that collects the radon coming from the ground. The pipe goes through the garage and out the roof to vent the radon into the air.

My radon testing was done by Premier Inspection and remediation done by Zander Solutions. They both seemed to do a good job and were affordable, so I recommend both companies. Here are some links with more info:

EPA radon guide:

<https://www.epa.gov/sites/production/files/2015-05/documents/hmbuygud.pdf>

Premier Inspection and Consulting: <http://premierhomeinspector.com/>

Zander Solutions: <https://www.zandersolutions.com/contact/>

Badgerland Shopper Stopper – want to discontinue it?

Send an email to cncirculationassistant@madison.com.

Brian Shore - Resident

Trauma Informed Care in our Neighborhood

The media and popular culture have picked up on new science about the effects of trauma on kids and adults. In fact, you may have read about trauma-informed care in the Wisconsin State Journal (links below).

You're invited to learn more about the impact of trauma and how to support resilience in general, the ways these principles are applied right here in our own neighborhood, and how you can help.

Being a Trauma Informed Community

6:30-8:00pm, Thursday, August 16, 2018 at the Tamarack Clubhouse

with Elizabeth Hudson, Tamarack resident, Lussier Community Education Center board member, and Trauma Informed Care expert

Elizabeth Hudson has worked in the field of trauma prevention and treatment for over 25 years as a sexual assault and domestic violence advocate, mental health clinician, clinical supervisor, and non-profit administrator. In February 2014 she was appointed to create the Wisconsin Office of Children's Mental Health. In addition to focusing on innovative ways to prevent and address mental health issues, the Office coordinates, integrates and aligns state agencies activities focused on children's mental health. Prior to this appointment, Elizabeth was employed by the University of Wisconsin-Madison's School of Medicine and Public Health where she partnered with the Wisconsin's Department of Health Services to integrate trauma-informed care into wide range of human service settings, including mental health, child welfare, schools, homelessness services, and juvenile and adult correctional settings. Elizabeth is a board member at the Lussier Community Education Center at 55 South Gammon Road, where she helps staff infuse trauma informed approaches in programs for kids and families.

For the curious, you can find three relevant articles from the Wisconsin State Journal by searching for these headlines on Madison.com:

Adverse childhood experiences survey can predict health, behavior issues

Left unaddressed, childhood trauma can weaken developing brain

Public health approach seeks to cure violence by healing trauma

RSVPs are helpful but not required. Paul Terranova, Executive Director at the Lussier Community Education Center, paul@LCECmadison.org or 833.4979 x210.