

Neighbors of WINDSOR & DEFOREST

DECEMBER 2021

THE BRANCHES

Achieving their Dream in Windsor

pg. 8

 Best Version Media®

Cover Photo by Jenny Ripley Photography

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We'll be checking in with our Charter Sponsors periodically and will bring you exciting news, updates and more from the local businesses who made our community a priority and got *Neighbors of Windsor & DeForest* up and running. Watch for that in upcoming issues!

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Neighbors of WINDSOR & DEFOREST

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Content Due.....	Edition Date
December 10.....	January
January 10.....	February
February 10.....	March
March 10.....	April
April 10.....	May
May 10.....	June
June 10.....	July
July 10.....	August
August 10.....	September
September 10.....	October
October 10.....	November
November 10.....	December

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Dear NEIGHBORS,

Welcome to your new community publication!

In our inaugural issue we feature a family which is new to the area, the Branches who have chosen Windsor as the community where they are achieving their dream. They are part of what makes this community such a great place to live and raise a family. If you have someone to nominate for future cover features, please contact us and we will take it from there!

We want to make this publication yours. Toward that end, we invite you to participate and engage! There are many ways to do so:

- Submit events for our Community Calendar
- Send us your FREE classified ads including youth classifieds
- Nominate your neighbor with a good story for a cover feature
- Let us know about charitable events and efforts in the area to feature in our Charity Spotlight
- Contact us about any businesses you feel would be good Expert Contributors to the publication
- Send us photos of your pets for our Pet Corner feature
- Nominate a team or athlete for our Sports Feature

We would appreciate your feedback on what you see and read. Thanks for reading!

This publication is made possible by wonderful local businesses and neighbors like you. Our hope is that you will take full advantage of their services and #shopsmall when you can.

Until next month,

Adam Zook and Jeff Statz



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DeForest Area Public Library Activities

By Christa Tollefson

At the Library

DECEMBER

DeForest Area Public Library

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Hours: Mon. - Thurs. 9 a.m. - 8 p.m.,
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THE NIGHT BEFORE CHRISTMAS
All of December

The fascinating real-life story of The Night Before Christmas chimes to life as told by educational entertainer Martina Mathisen, along with the stories of our American Christmas Traditions. Why do we kiss under mistletoe? Why do we decorate with poinsettias? Where did the jolly older man in the red suit come from anyway? And so many more traditions explored! This prerecorded video will be available all December on our Library's Facebook page.

PUZZLE & GAME SWAP

Wednesday, December 1, 9:00 a.m. - 7 p.m.
Clean out your game closet, bring your games and puzzles, and get something new to you. All items should be in good shape, and all pieces should be included. Just want to donate? You are more than welcome to drop your items off before the swap. Want to browse but have nothing to trade? Come on by, we have plenty!

PIECE CORE Wednesdays, December 1 & 15,
12:00 p.m. - 7:00 p.m.

Come by the library for a relaxing day of puzzles. Work alone or bring a friend, and stay for as little or as long as you like as you try to piece together a variety of puzzles in the Community Room.

WINTERFEST ORNAMENT MAKING Saturday,
December 4, 10:00 a.m. - 12:00 p.m.

Families are invited to join us during Winterfest Weekend to make festive holiday ornaments.

FAMILY BOARD GAMES Saturday, December 4,
10:00 a.m.-12:00 p.m.

Stop by with your family to try a new game or two. Perhaps you'll find something to add to your wish list.

LEGENDS AND LORE OF WINTER (ZOOM)
Monday, December 6, 6:00 p.m.

Winter may seem like a quiet time, but it is actually filled with bizarre tales and stories of how to make weird spirits, Krampus-the helper of Santa Claus, stories of little people, werewolves, witches, people being burned alive, and numerous other cold traditions! Registration is required.

VIRTUAL TRIVIA NIGHT (ZOOM) Thursday,
December 9, 6:30 p.m.

Join us on Zoom and put your trivia skills to the test in this fun night of general knowledge questions! Receive a small prize for playing, or win some cool library swag (and bragging rights!) if you're the winner! Registration is required.

SANTA AT THE LIBRARY Saturday, December
11, 10:00 a.m. - 12:00 p.m.

The jolly old elf himself will be visiting the Library! Be sure to bring your list and your camera.

THE WONDERS OF BIRDING (ZOOM) Tuesday,
December 14, 6:00 p.m.

Are you looking for a new hobby this winter? Give birding a try! Join Caitlyn Schuchhardt to learn about the wide variety of birds you can find in south-central Wisconsin during the winter season. She'll share tips for beginning birders, advice for how to make the most of winter birding, and some must-visit destinations. Registration is required.

FRIENDS OF THE DAPL BOOK SALES

There are lots of ways to shop and save at the Library this month! The self-service Holiday Sale in Studio 203, December 1-27, will feature holiday décor, books, music, movies, and more. December 13 through 27 you're invited to browse through books, CDs, DVDs, and toys at your leisure during regular Library hours, or you can join us for a full-service sale Saturday, December 18, 9:00 a.m. to 3:00 p.m., when both bookrooms will be open and volunteers will be on hand to help you.



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Supplies:

- Mason jar with lid
- Decor of choice for interior (e.g., holiday ornaments, Legos®, laminated photos)
- Hot glue gun
- 2 tablespoons glycerin
- 2 tablespoons of glitter and/or confetti
- Distilled water

The first step is to gather all the supplies and decide exactly what you want to display in your snow globe. Once all supplies are gathered and you've settled on your design, you can begin putting together your globe.

Start by securing your decor to the bottom of the lid using hot glue. Be sure to keep the perimeter clear so you can place the lid easily on the jar.

Next, pour the glitter into the jar. You can use any color of glitter you'd like and can even use larger pieces of confetti or small pom poms. Add the glycerin and fill the jar half way with the water. Stir to dilute the glycerin. Once diluted, fill the jar the rest of the way with water.

Finally, screw the lid on the jar tightly. If you are concerned about leaking or that a little one may try to open the lid, you can put hot glue on the rim of the lid before screwing on. That's it! Now, you can sit back and enjoy your globe for years to come.

For a fun idea, you can have your children create Lego® figures of themselves and use those as the display within the globe. You can even use a laminated photo of your children, dogs, or family.

DIY Snow Globes

By Brooke Day

This month, we show you how to make your very own snow globe! These make perfect gifts for loved ones and make wonderful decorations for any time of year. Making your own snow globe is easy and many of the supplies you may already have at home. For the globe in the photo, I picked up a snowman figurine at our local St Vinny's, where you can find many inexpensive figurines and even mason jars to choose from. You can also recycle a food jar for this project. You'll just need to clean and remove the label and glue on the jar before using.

Active

Address	Price	Beds	Full Baths	1/2 Baths	Finished SqFt
425 Jefferson St	\$219,900	3	1	0	1,641
509 Old Indian Tr	\$237,500	3	1	1	1,648
416 Maple St	\$249,900	2	1	1	1,496
429 Old Indian Tr	\$254,900	3	2	0	1,630
412 E Lincoln Dr	\$259,900	3	1	1	1,610
712 Karow St	\$269,900	3	1	1	1,625
6677 Traveler Tr	\$295,000	2	3	0	2,932
W9432 Lake Dr	\$299,000	3	1	0	1,200
408 Anderson St	\$299,500	3	1	0	1,176
501 Brule Pky	\$300,000	5	2	1	2,400
320 Mohawk Tr	\$309,900	3	2	0	1,792
401 E Holum St	\$319,000	5	2	0	3,158
608 Regal Ct	\$319,900	3	2	0	2,059
114 Renata Ct	\$319,900	4	3	0	2,494
3764 Misty Ln	\$324,900	3	2	0	2,294
144 Seminole Way	\$325,000	3	2	0	2,024
324 S Cleveland Ave	\$342,500	3	2	0	1,800
4376 Curry Ln	\$349,900	3	1	0	1,789
301 Mohawk Tr	\$349,900	4	2	0	2,368
4907 Pine Spring Rd	\$380,000	3	1	1	1,496
614 Greenfield Dr	\$389,900	4	3	0	2,150

Sold

Address	Price	Beds	Full Baths	1/2 Baths	Finished SqFt	New Construction
468 Dahl Dr	\$220,000	3	2	0	1,352	
721 E Holum St	\$221,650	3	1	0	1,334	
6742 Sunset Meadow Dr	\$240,000	3	1	0	1,300	
711 Constitution Ln	\$255,000	3	2	1	1,661	
114 Washington St	\$267,000	4	2	0	1,871	
400 Market St	\$272,500	3	2	0	1,779	
301 Apache Ct	\$300,000	4	2	0	1,486	
804 Southbound Dr	\$305,000	3	2	0	1,700	
900 W Mohawk Tr	\$310,000	4	2	0	1,748	
916 Liberty Dr	\$315,000	4	2	0	1,548	
308 Trailside Dr	\$325,000	4	2	0	2,296	
537 Flambeau Pky	\$330,000	4	2	1	2,240	
926 South St	\$350,000	3	2	0	1,680	
4365 Juliana Ln	\$350,000	3	2	1	1,833	
7099 S Hill Rd	\$355,000	4	2	1	2,664	
600 Hanks Hollow Tr	\$362,000	3	3	0	2,580	
323 Yorktown Rd	\$374,900	4	3	0	2,285	
4431 Snowy Ridge Tr	\$375,000	3	2	1	1,854	
801 W Lexington Pky	\$390,000	3	2	1	2,313	
4614 Sunburst Dr	\$399,000	4	2	1	2,530	
6976 Crystal Creek Ln	\$403,740	3	2	0	1,979	X

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THE BRANCHES

Achieving their Dream in Windsor

By Jeff Statz | Photos by Clear and Quiet

At our core, I think many of us, if we had our druthers, would like our work life to benefit the greater societal good. I suspect we all have a wish to help others through our work but I also suspect it may not happen immediately but rather it evolves. This evolution is occurring with Windsor's Monique and Judson Branch.

The couple met in Phoenix (Monique is a native of the area) while both were working at the Renaissance Downtown Phoenix Marriott in 2014. Monique was in event management and Judson was the Executive Chef. Their positions inherently meant the two had to work well together. "We bonded immediately over our passion to execute memorable events through food. And we have been doing that personally and professionally ever since," Monique related.

Three years later, it was off to a destination wedding at the Riviera Maya in front of 30 family and friends. Then about 22 months ago, they were blessed with daughter Vada.

Their journey as a family is one of development, accomplishment, hard work and passion. In 2015, Judson and Monique left Phoenix and headed for Nashville to work for Gaylord Opryland Resort and Convention Center, the largest non-gaming, in-hotel exhibition space in the world with nearly 3,000 guest rooms and 750,000 square feet in meeting space. Monique managed logistics for events that included those hosted on the Grand Ole Opry Stage.

By 2017, it was time to head due north to Wisconsin with Arizona native Monique braving our wonderful winters for the first time. She took a position with Destination

Madison – the Convention and Visitors Bureau for the Greater Madison area executing events like the CrossFit Games, IRONMAN Wisconsin, EPIC User Conference and World Dairy Expo.

For Judson, the move to Wisconsin saw him take a position as Corporate Chef for Kalahari Resorts. He oversaw all culinary operations for their hotels located in the Wisconsin Dells, Sandusky, OH, Poconos, PA, and their newest, largest resort in Round Rock, Texas. Judson was on the opening team for Round Rock which has the largest Indoor waterpark in America.

From 2017 to 2021, Monique worked for Expedia. She worked with hotels in Milwaukee, Greater Madison, and Wisconsin Dells to help them maximize their production potential and revenue on the Expedia platforms.

While both Monique and Judson loved and were challenged by what they did while working for others, it was always their dream to operate their own shop. Armed with years of relevant and complementary experience and the confidence that comes with achievement, Branch + Daughter, Quality Meats and Market opened in late July. Goodbye corporate world, hello 'Mom & Pop"! Branch + Daughter is no ordinary market, it is a wonderful addition to the community and promises to bring customers from miles around to Windsor.

Said Monique about the couple's evolving fulfillment of their dream: "We are your neighborhood meat market and eatery. We specialize in sourcing and providing locally sourced quality meats, artisan pizza, small batch goods, beer, wine and spirits. Our neighborhood butcher and



specialty market supports the community's agriculture industry by giving local farmers and other small businesses a means to reach the public through our brick and mortar."

Monique continued: "At Branch + Daughter we commit to providing our customers with superior products in the most responsible and sustainable manner based on:

- 1) the humane treatment of animals
- 2) low-waste methodologies
- 3) educating the community on alternative food preparation for better health and wellbeing
- 4) supporting local food, local employees & local community development.

We want to teach our customers that cooking is simple - it's the quality that makes it."

The list of local farmers and small businesses who provide goods to Branch + Daughter is impressive and growing each week. The farms include Lovick Family Farms (DeForest), Grace Acre Farms (DeForest), Whiteside Ranch Grass-Fed Beef (Waunakee), Fischer Family Farm (Cambria), Walk-Era Wagyu (Wisconsin Dells), New Roots Farm and Downhome Soap. The market sells small batch goods from local small businesses including Potters Crackers, Quince and Apple Jam, Rusty Dog Coffee, and Honey Acres. You can find local beer, wine and spirits from producers like Wollersheim Winery, J Henry Farms and Doundrins.

"Our goal is to eventually have those ready-made meals done in a responsible fashion, you can trace the farm it's coming from—you can say, 'this is Grace Acres Farm that's one mile up the road,'" Judson said.

"The building we are in has been there for a very long time. It was a golf driving range and then a small family-owned Italian restaurant (Pepino's). We have done a lot to the outside and inside of the building and it's so exciting to see people's reactions when they walk in the door. Which also leads to the sometimes hour-long conversations we have with our customers!" Monique said. "We want this to be



a gathering spot where you can talk to the butcher or chef about how to prepare an item, occasionally see the farmer dropping off the products you're putting on your tables, or grab a beer and pizza with your neighbor."

Judson points to several inspirations that have come together to make this shop. First being his memories going to local butcher shops with his parents growing up outside Harrisburg, Pennsylvania; another being a love for the "bodega" shop—most well-known on the East Coast—where you can pick up items as well as a quick meal and a drink; and they are also driven by a desire to contribute to better community health through quality food options.

In Judson, our humble Village of Windsor has a chef with an incredible award-winning pedigree in its midst and yes, one who has achieved national notoriety. After receiving a degree from the Pennsylvania Culinary Institute in Pittsburgh, the Pennsylvania native experienced the industry from every level and job responsibility. By the late 2000's, he was the Executive Sous Chef at Philadelphia's Marriott Downtown responsible for a staff of 123.

CONTINUED ON PG 10 »

During his seven years with the hotel he appeared on local television shows and in 2011, was asked to participate on Food Network's chef reality show *Chopped*. *Chopped* challenges four promising chefs to turn a selection of everyday ingredients into an extraordinary three-course meal. Judson made it to the final round of the three-round competition when he was "*Chopped*". Check out the amazing food he created on the show, including the judges' honest assessments:

JUDSON BRANCH'S CREATIONS ON CHOPPED

Food Network's *Chopped* — Aired May 24, 2011 — Season 7, Episode 4: "Have a Heart"

Judges: Ken Oringer, Alex Guarnaschelli and Aaron Sanchez.

Appetizer

Basket ingredients: Bay Scallops, Braeburn Apples, Sorrel, and Duck Hearts.

Judson prepared Duck Heart & Bay Scallop Hash Crostini.

Judge's comment: "Judson's additions of bacon and apricot jam to the hash were very smart and added great flavors. The crostini absorbs a lot of the juices from the hash and detracts from his flavors."

Entrée

Basket ingredients: Fideos, Broccoli Rabe, Mezcal, Eel

Judson prepared Fideos w/ Grilled Eel and Mezcal Cream Sauce.

Judge's comment: "Judson actually delivered a substantial portion of eel which is delicious. Judson made the mistake of adding cream and ricotta, which muddled the flavors."

Dessert

Basket ingredients: Crumpets, Cream Cheese, Aloe Vera Juice, Orange Slice Candy.

Judson prepared Crumpet w/ Raspberry Pastry Cream and Meringue.

Judge's comment: "The judges admire his making of meringues, how his cream is moist and the orange candy chutney. The dessert is over-the-top sweet."

Monique's comment: "I've asked him to do it again multiple times but the answer is still no!"

Other highlights of Judson's 20-year culinary journey before Branch & Daughter include:

- Oversaw operations as the host hotel for NFL Headquarters during Super Bowl XXXIX in Phoenix
- Received the Silver medal two consecutive years in the largest culinary competition in Phoenix
- Oversaw a 400-seat, fine-dining signature steakhouse at Gaylord Opryland in Nashville with annual dinner revenue of \$8 million.

Monique's wide-ranging experiences in event management and marketing are the perfect complement to Judson's as they embark on their new family venture. One of the more unique aspects of her resume occurred as she was graduating high school and starting her freshman year at Arizona State University.

Monique told the story: "Senior year of high school I had to get an internship revolving around Criminal Justice, the degree I was planning on getting at ASU. My Dad was in law enforcement and was the Head of Security for America West Airlines and he helped me land a job with the US Secret Service. I was stationed at the US Secret Service Phoenix field office where I classified all of the counterfeit money they impounded. I worked there all through college. After graduating, I was going through the hiring process with the US Marshalls Office but got cold feet and decided to wait another year. In that year I took the job at Marriott and here we are. At least I know if we get a counterfeit bill at the shop – so don't test me ;)"

When they aren't building their business, Monique, Judson and Vada love spending time as a family at home. "Our favorite is just spending time together in our home, cooking or smoking something on the grill and laughing with our daughter," Monique said. "Being we are still new to WI we have SO much to explore! We always love seeking out other small business and local spots to hear their story. There is nothing quite like seeing a daydream come true!"

During their short time in the community, the Branches feel right at home. "Midwestern Nice is a real thing! We quickly met our neighbors and grew to love this town. Growing up in a metropolitan area with fences up around your house this was a culture shock for me. People wave, give you directions, mow your lawn, bring in your trash cans, and ultimately enjoy hanging out together," Monique said.

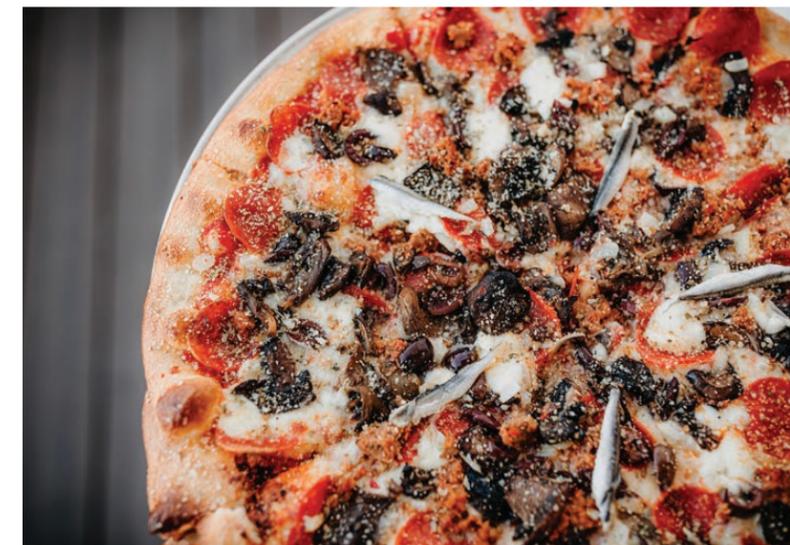
The market has been well received by the community as well. "We had 400 to 500 people come out to our free Fall Fest and at least 100 people trick-or-treat at our Halloween event. That was our goal – to provide a location where people in the community could get together, enjoy good food, and make memories. We have SO much



planned for the future! We look forward to hosting many more free community events like Fall Fest. Since we own the lot out front of the building the ideas are endless!" Monique beamed.

Judson talked about how he wants to use his passion for food to contribute to this sense of community: "Food has the power to bring people together and unite them with a common ground. We truly hope that our food will bring people together and they have been able to make memories around them."

For years, Judson spent many long weeks away from Monique while he helped manage the Kalahari resorts in other states. When their daughter was born in Feb 2020, he was furloughed due to COVID-19. During that time, he had time to spend with Monique and their daughter. They cherished that time although it was a devastating and scary time around them. While Judson was home for a few days between work trips he was taking Vada to daycare and noticed a "for sale" sign went up in front of the Pepino's building in Windsor. "We had always joked that we should ask the owners if they would ever want to sell that property since we had our eyes on it. And there it was – for sale. As a chef you always romanticize about having your own place but when it's right in front of your face it's much scarier!" Judson said.



"So there we were – writing a business plan, doing inspections, meeting the previous owners.....we closed on the property in February 2021, Judson left Kalahari in April and went full-time to open, and I left Expedia in August. It has been a wild ride but wouldn't change a thing!" Monique said. "We have never felt so welcomed at the shop by the local community. From the emails, to the social media messages, and the people we have met in the shop we thank you from the bottom of our hearts for supporting our dream."



DO YOU KNOW A NEIGHBOR WHO HAS A STORY TO SHARE?

Nominate your neighbor to be featured in one of our upcoming issues!

Contact us at jstanz@bestversionmedia.com

What Does Retirement Security Mean to You?



By Katie Christianson, Edward Jones Financial Advisor

What does retirement security mean to you? And how can you work toward achieving it?

Here are some suggestions:

Build your resources. While you're working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer's match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you'll need to save to help reach your goals.

Look for ways to boost retirement income. When transitioning to retirement, you can take steps to align your income with your needs. For example, consider Social Security. You can start collecting it as early as 62, but your monthly payments will be much larger if you can wait until your "full" retirement age, typically between 66 and 67. (Payments will "max out" at age 70.) So, if you have sufficient income from a pension or your 401(k) and other retirement accounts, and you and your spouse are in good health with a family history of longevity, you may consider delaying taking Social Security. You also might want to explore other income-producing vehicles, such as certain annuities that are designed to provide a lifetime income stream.

Prepare for unexpected costs. During your retirement, you can anticipate some costs, such as housing and transportation, but other expenses are more irregular and

Pension

can't always be predicted, such as those connected with health care. Even with Medicare, you could easily spend a few thousand dollars a year on medical expenses, so you may want to budget for these costs as part of your emergency savings, and possibly purchase supplemental insurance. You may also want to consider the possibility of needing some type of long-term care, which is not typically covered by Medicare and can be quite expensive. The average annual cost of a private room in a nursing home is more than \$100,000, and it's about \$55,000 per year for a home health aide, according to Genworth, an insurance company. To address these costs, you may want to consider some form of protection, such as long-term care insurance or life insurance with a long-term care component.

Thinking holistically about your retirement security and developing and executing a strategy aligned with your goals may help free you to enjoy one of the most rewarding times of your life.

Edward Jones, Member SIPC

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Chianti Braised Beef Short Ribs

By Chef Judson Branch, Head Chef and Owner of Branch & Daughter

INGREDIENTS (2 PLATES)

- 22oz Boneless beef short rib
- 1/2 gal Beef stock
- 1ea Celery stalk Rough chopped
- 1ea Carrot, medium Rough chopped
- 2ea Yellow onion, large rough chopped
- 10ea Garlic, cloves Whole, smashed
- 4sprigs ea Thyme, rosemary, parsley Whole sprigs
- 4oz Tomato paste
- 12oz Chianti wine
- 3 ea Bay leaves

PREPARATION

Season beef with salt and pepper. Sear on all sides until golden brown. Place into 4inch pan or dutch oven. In a medium skillet, caramelize mirepoix vegetables. Add tomato paste and cook for 10 minutes until it takes on a dark red color. Be sure to continually scrape the bottom of the pan so that the paste does not burn. Deglaze with the chianti wine. Allow the wine to reduce for 5 minutes on medium heat. Next add the herbs and bay leaves. Add the beef stock and stir. Allow this to come to a simmer and remove from heat. Pour the stock into the pan with the short ribs. Place the herbs and bay leaves into the pan and mix into the stock. Cover the pan with parchment paper and then wrap with foil or lid tightly. Place in 325 degree oven for 2 hours or until fork tender.

*Allergens: Alcohol

Enjoy!

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Fall into Balance

How Yoga & Ayurveda Can Help You Stay Grounded Through the Fall Season

By Sabrina Bodden, Owner & Instructor at Radiant Lotus Yoga & Wellness



December 2021

“Autumn shows us how beautiful it is to let things go. - F. Scott Fitzgerald”



The Fall season brings a lot of movement as the wind picks up, and our schedules tend to get more full. This increase in activity and change can be aggravating to our nervous system and mental state.

It can be a tricky time of year to feel balanced, and yet, as we move into this season of doing so much, it can be the most important time to create rituals and routines to support wellbeing.

In Ayurveda, the traditional Hindu system of medicine and “sister-science” to yoga, Fall is considered “vata” season. According to Dr. Vasant Lad, who wrote Ayurveda: The Science of Self-Healing, vata is “light, subtle, dry, mobile, rough, and cold. During the Fall season, which also exhibits these attributes, [energy] will tend to be aggravated in the human constitution.”

One principle in Ayurvedic medicine is that “like brings more like, and opposites balance”. In the face of more light, subtle, dry, mobile, rough and cold, we can focus on giving ourselves nourishment that is the opposite: heavy, deep, lubricating, still, soft and warming.

You might incorporate body-oiling into your daily routine (consult an ayurvedic consultant to determine the best oil for your constitution), get yourself a weighted blanket, visit an infrared-sauna, or start a stillness meditation practice. Adding a regular gentle yoga practice into your week may also give you the balance you need, so you can carry on with all you're doing with greater ease, joy and presence.

A lot of folks know about yoga, but still don't feel comfortable or confident enough to try a group class in a studio. It can feel intimidating when we imagine that others know what they're doing, and we are just getting started. Thankfully, every yoga student and instructor started not knowing anything either, and in spaces where true yoga is practiced (on and off the mat), there is no judgement or expectations. There is a reason we call it a practice!

Some folks are also concerned about practicing with injuries and limitations, and the great thing about yoga is that when we practice the principles like acceptance, honoring what is present, and non-attachment, we can let go of how we think things are supposed to be, and just practice from wherever we are. If you can breathe, you can practice yoga. It can simply take some support to figure out the way to approach your body in a kind and honest way.

Yoga isn't about what you can or cannot do with your body, it's more about your response to what is or is not happening each moment. Whether you find online classes or visit a studio, adding one or two hours a week of yoga movement and stillness practice to your routine can help you soothe the sensory challenges that can often accompany this windier, cooler season, and help you feel more grounded and available for life as it unfolds.

ALL MONTH IN DECEMBER

DeForest Windsor Food Pantry Donations

@Windsor United Church,
4434 Second Street, Windsor

Helping our local community through the year, and especially during the Holiday season, is important to us all. Food Pantry items needed: Non-perishable food items: canned goods, grains and cereals. Perishable food items: fresh produce and bakery items. Toiletries, Personal Care Items, Diapers. For large food donations, contact Keith Manke at 608.469.4415 or keith.manke@gmail.com to make arrangements. Food pantry is open on Thursdays from 6-7pm.

Donation Barrel Locations:

DeForest Village Hall - 120 S Stevenson Street. Donation barrel is located in-between the double door entryway to Village Hall. Access to donation barrel is available 24/7.

Hometown Pharmacy - 645 S Main Street, Donation barrel available during business hours. Monday - Friday 9am - 6pm. Saturday 9am - 1pm.

EVERY MONDAY, WEDNESDAY & FRIDAY IN DECEMBER

Waunakee Neighborhood Connection Open Shopping and Donations

@208 S Century Ave, Waunakee

We accept donations for the Community Store during our open hours. Clients may shop, by appointment, to ensure proper social distancing.

Time: 9am - 4pm

Animart Veterinary Clinics

@1340 Water Wheel Dr., Waunakee

Open Vaccination Clinics:

Veterinary appointment times for services other than just vaccines are available in Waunakee prior to start of the Walk-In Clinics. Call 608.242.2142 to schedule an appointment today!

TUESDAY, DECEMBER 2ND

Time: 4-6pm

SATURDAY, DECEMBER 18

Time: 10am - Noon

THURSDAY, DECEMBER 30

Time: 4-6pm

FRIDAY, DECEMBER 3

Candle Light Hike

@Western Green Park, 415 Acker Parkway, DeForest

The DeForest Parks & Recreation are excited to be bringing this event back to the community for 2021! Explore the 3/4 mile candle lite loop at Western Green Park on your own self-paced hike. Make sure to dress appropriately and the candle lite loop is stroller/wagon friendly. Admission is free.

Time: 5 - 7pm

SATURDAY, DECEMBER 4

Holiday Craft Fair

@Windsor Elementary School, 4352 Windsor Road, Windsor

The DeForest Area Music Boosters holiday craft fair is back! Free to the public. Tell your crafty and artistic friends! Please contact the Boosters at deforestaremusicboosters@gmail.com for any questions.

Time: 9am - 3pm

WEDNESDAY, DECEMBER 8 AND DECEMBER 22

Chiropractic Clinics for Your Pet

@Animart, 1340 Water Wheel Drive, Waunakee

Open clinic by Dr. Jessica Dredske of Aspen Chiropractic. The chiropractic clinics are held the second and fourth Wednesdays of each month. Please see Dr. Jessica Dredske, DC, Facebook page for more update

Time: 5 - 8pm

SATURDAY, DECEMBER 18

AcuPanda: Free Traditional Chinese Medicine Diagnosis for Seniors

@Acupanda, 1102 Stephenson Lane #100, Waunakee

Open clinic, no appointment necessary. Available to people 65 and older. Every third Saturday of the month.

Time: 9am - 1pm

SATURDAY, DECEMBER 25

Merry Christmas!!

Do you have an event to share for our Community Calendar? Submit your information by the 14th of the month to jstatz@bestversionmedia.com

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