

# Cabin Fever

The simple life suits her fine in Manitowish Waters.  
Second in a series on cabins “Up North”.



**N**OW THAT I live in the Northwoods year-round, I can't believe how much I love fall and winter," says Tara Nolan of Manitowish Waters.

Tara grew up in Marion, Wisconsin, and summer weekends were spent at her grandparents' place on Rest Lake in the Manitowish Chain. "Summer was the only season I knew here, but the serenity in the other seasons was something I never realized...and something I needed."

It took a long time for Tara to value this serene lifestyle, having worked for years on the corporate fast track. Her sales position in finance and marketing demanded nearly all her time.

She had a home in Milwaukee and an apartment in Chicago. She was promoted several times and reached upper management at an early age.

Tara's fast-paced career became so all-consuming that she didn't even recognize it. "The job brought financial success," she says, "but the trade-off was a stressful life."

**RELAXED** and refreshed is Tara Nolan at her special place in the woods. Tall red pines and maples surround her cozy cabin on the Manitowish Chain of Lakes in Vilas County.



Photos by Jeff Richter



**NORTHWOODS DECOR** with an Eastern touch reflects Tara's tastes. She grew up vacationing nearby, but her world travels have brought touches of Asia to her home. Modern, efficient kitchen fits her needs. Living room windows from a supper club impart an old-time feel.



**SERENITY AT LAST.** One of Tara's first home projects was to add her "yoga deck" out front. Here, this instructor holds classes in a natural setting. The patio makes a fine place for a cool drink on a warm day.



Today, I no longer see that as true success." Battling burnout, the young executive took a sabbatical. Little did she know it would change her life.

In 2007, Tara took a year off and traveled the world. She toured South America, Australia, New Zealand and Southeast Asia. Though she hadn't set out to do it, she ended the journey with a month of intensive training in yoga and eventually became certified as an instructor.

**Found a Quieter Life**

"I'd done a little yoga in Milwaukee, but never understood the spiritual side of it. Most people think it's just an exercise, but it's more. It's a way of life...and when I came home, I wanted a different life."

Tara returned to the family place on Rest Lake and spent a summer instructing yoga classes. "I thought to myself, I'm so happy living here, and I'm so happy doing this, why not do it full time?"

That led Tara to a new career...and the cozy cabin she loves today.

"I wasn't necessarily looking for a log home, but this place seemed so artistic. It felt warm in the way the original owners had incorporated so many different wood grains. When I walked in, I instantly knew it was my dream."

Tara's cabin isn't big, and that suits her. It was built in the mid-1980s by Bob and Joan Poggi, using trees cut from this site.

"I met them after I moved in, and they pointed out the sizable beam in the living room. They'd carried in that huge log together."

A number of vintage treatments were incorporated into the construction, including windows that came from a former resort. As a result, "People always remark that the place looks older than it is," Tara says. "I've kept much of it as it was, but I've done some remodeling to make it my own."

Tara added her "yoga deck" out front, which is just one of the places she holds classes. "The natural setting brings a feeling of deep relaxation and peace," she says. "Deer are walking past us when we're out there."

These days, Tara teaches up to 15 classes per week—at her cabin, at a studio and in homes. "People often gather a group of friends and hire me to provide instruction in their homes," she says. "Many are on the chain, a few are on the islands. I sometimes take a boat to work, and that's awesome!"

"Traveling around the world taught me this: Northern Wisconsin is truly one of the most beautiful places to be. Here I've found a sense of peace, joy and fulfillment." 🍄

