

CLOSE TO HOME

THE FIELD REGINA NORTHROP NEIGHBORHOOD GROUP NEWSLETTER

November/December 2015

Night on 48th Returns for the 7th Year

A Night on 48th is back for the seventh year on Saturday, November 7, at Turtle Bread Company from 7-9 p.m. Tickets cost \$15 in advance or \$20 at the door and include appetizers, live music, a wine raffle ticket, and cash bar. Space in Turtle Bread is limited; tickets are available on a first-come first-served basis. Buy yours today at www.frnng.org/no48th or by calling the office at (612) 721-5424 to purchase tickets.

If you've been to this special event in previous years, you know the evening is packed and offers the chance to celebrate our neighborhood with friends. As in previous years, there are plenty of great prizes to be won and great deals to be had at the silent auction. All items are generously donated by local businesses. This is a great opportunity to shop locally while having the proceeds directly benefit your neighborhood at the same time! And because

our seventh-annual Night on 48th falls on November 7, a special silent auction gift certificate of \$277 to travel on Delta Airlines anywhere in the world will be featured in this year's auction. If your bids don't win, there is always the wine raffle hosted by Cork Dork that will offer many chances for guests to win some hand-selected wine and beer.

Turtle Bread Company and Pizza Biga keep the party going with a seemingly endless supply of pizza and appetizers, and have a bartender on hand serving beer and wine at the cash bar. This year the music will be provided by AKOUO who describe their sound as "a collage of musical genres." They will be providing their unique jazz music throughout the night.

The Night on 48th event is a major fund raiser to support FRNNG and all the work being done to *Continued on page 2*

FRNNG would like to say "Thank You" to these generous sponsors of Night on 48th:

Cork Dork
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McRae Park & MARC Council
Nokomis Cycle
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Southside Community Clinic
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TA's Automotive
Wells Fargo Bank
Wings Financial Credit Union

46th Street Community Meeting

By Chris Schommer, Communications Committee Chair

On October 21 Representatives from Hennepin County, the City of Minneapolis, Field Regina Northrop, Kingfield, and Tangletown neighborhood associations came together to discuss with residents and neighbors the future of 46th Street from Lyndale to Cedar Ave. Hennepin County is planning on resurfacing 46th Street in the summer of 2016, and had on hand aerial maps of the existing layout of

46th Street with crash data and the latest traffic, pedestrian and bike count information. Also on display for the first time was the initial concept plan developed by representatives the three Neighborhood associations, in conjunction with Hennepin County and Minneapolis Public Works staff, and based on the many comments submitted already. Attendees were invited to leave comments on the maps to detail problem areas and their ideas for improvements and meet in person with engineers,

Continued on page 2

President's Letter

Hello Field Regina and Northrop:

It seems like we have so many things going on in our world today, and I often wonder how to deal with issues of injustice or inequality.

As community members we might ask ourselves, "Does this affect me?" In a lot of ways, it affects all of us. We hear from the people who protest and say that Black Lives Matter. In my opinion *all* of our

Continued on page 3

Night on 48th, con't. from page 1

help keep our community safe, connected, beautiful, and engaged. The event is also a way to express thanks to everyone who has supported us throughout the year during various events and projects that make our neighborhood a great place to live, work, and play.

In addition to the generous businesses who have donated to the silent auction, we thank this year's sponsors who have already made this year's Night on 48th a big success, even before the first guest has entered the door!

We look forward to seeing you on November 7 for our seventh Night on 48th! ❖

46th Street Community Meeting, continued from page 1

planners and elected officials.

The meeting produced a tremendous amount of thoughtful and insightful feedback in the form of Post-It notes, doodles, and one-on-one conversations. It will take a while to sort through them all but the level of detail and expertise was terrific. Publication of this issue comes too early to share a detailed breakdown of comments, but a large majority of attendees expressed hope that some things could be done to calm the often chaotic and high speed of traffic through the corridor. The current concept plan recommended a large stretch of 46th street from Third Avenue to Chicago ave be converted from two lanes in either direction, to a single lane in either direction with a center turning lane was well received. This three lane configuration does have space for parking

and does possibly allow for bike lanes, which was a point of debate among many attendees both for and against.

This meeting was just the beginning of a process that will extend throughout this winter and there will be more opportunities to express your concerns and ideas as the plans move slowly from concept to reality. For those who could not attend the open house or would like to review the maps again, we hope to have a version of the community developed concept plan up on our webpage along with the full project information that will be available on the Hennepin county website at www.hennepin.us. Type "46th Street Study" in the search box or access directly at www.hennepin.us/residents/transportation/46-street

A Dollar Can Do So Much!

By Willie Bridges, FRNNG President

You will be receiving a letter from FRNNG asking you to contribute to our Dollar Campaign. Please consider contributing! The money that we raise from this campaign allows us to provide things for our community that go beyond what we can do with our city budget.

The money that we raise goes back to our community. In the past, we've used the funds raised to help contribute to:

- Kitchen improvements at McRae Park
- New fencing at Field School

- Clean Sweep junk removal service
- Entertainment and refreshments for neighborhood events
- Various events throughout the year

For this next year, we want to construct and provide shading at the wading pool for the kids and parents at McRae Park. We'll also continue to maintain the plants and shrubs along the east sound wall along I-35W, on 2nd Avenue from 50th to 44th Streets.

Your contributions allow us to buy the tools and plants to maintain this piece of land, and purchase gloves and waste bags for the volunteers to use for cleaning up leaves, weeds and trash. The city only mows this area twice a year, so we've had volunteers plant and maintain the landscaping, cutting the grass and keeping it up.

Thanks for your support. With your contribution, we can keep making our community a better place to live!



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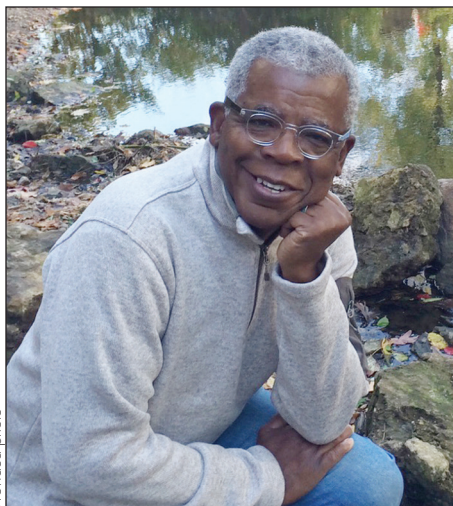


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Provided photo

Willie Bridges, President, Field Regina Northrop Neighborhood Group (FRNNG)

lives matter. We need to work together, and expect the same of all people who work for us taxpayers: city, county & state officials, police, school staff, park staff, etc. We want them to be working for all

of our best interests, and not just for some of us.

We hear about how women should get the same pay as men, and I ask, "Why not?" If women are doing the same job as men, why not the same pay? We all want the best education for our kids. How do we deal with the dropout rates of our minority kids in our community? We hear about homeless families. What responsibility do we have as a community, to help end homelessness? FRN Neighbors: We have a responsibility to make our voices heard on these issues, because all these things have an impact on our community. We are the change makers.

Clean Sweep

I want to thank Ben Elliot and Mike Lyon for another successful Clean Sweep this year – everyone did a great job! Clean Sweep is when FRNNG organizes with

the city to pick up items that people want to get rid of from their basements, garages, etc. Neighbors participate to help load items onto trucks for removal. If you would like to volunteer, look for the information on our website for how you and your block can participate next year.

Night on 48th

We have the annual Fall "Night on 48th" coming up Saturday, November 7, 2015, from 7 – 10 p.m., and tickets will be available online. We hope that you will be able to join us for an evening of fun, with good food, live music and a silent auction. It's a great opportunity to meet your neighbors – mark your calendars and plan to attend!

Field Regina Northrop: You Do Make the Difference!

Willie Bridges

Advertisements in Close to Home

By Chris Schommer, Communications Committee Chair

You will notice that in this issue of *Close to Home*, there are several 4x2" advertisements from local businesses running along the bottom of these pages. This is a departure from previous issues of *Close to Home* that were ad-free and I wanted to share our thinking on this change.

Close to Home has been funded through the City of Minneapolis, who funds the

majority of FRNNG's operating budget. In the past, newsletters funded this way were barred from accepting advertisements. However a few years ago this policy changed. After being approached by several neighborhood business owners who wished to place advertisements to reach out to their neighbors, we came up with a plan that we hope will preserve the community-minded nature of this publication while generating funds to make *Close to Home* more sustainable

in the long run. We plan to continue to share business news and interview existing business owners as our volunteers have always done – all at no charge.

If you are interested in advertising space, please visit frnng.org/advertisements for more information or contact the FRNNG office. If you have any comments about our new adventure in advertising, please contact me at communications@frnng.org



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Discounted Home Energy Squad Continues to Grow in Popularity with FRN Residents

Over 400 households in Field Regina Northrop have already enjoyed the benefits of a reduced-price Home Energy Squad Enhanced visit and more are on their way toward improved comfort and reduced utility costs – just in time for winter!

The Field Regina Northrop Neighborhood Group recently voted to extend the contract with Center for Energy and Environment, the nonprofit that delivers the home visits, to encourage more people to take advantage of this great program. “The more you know about your house, the more empowered you can be about the decisions that you make about your home,” said FRN resident and Home Energy Squad participant, Lindsey Feiner.

With the buy down from FRN Neighborhood Group, visits are less than half price for homeowners – only \$30 for the first 100 people who schedule.

During the Home Energy Squad Enhanced visit, a team of energy professionals will help you identify opportunities to make your home more comfortable while lowering your energy costs. In two-and-a-half hours, they will look at your insulation levels, check your home for air leaks with a blower door test and infrared camera inspection, perform a safety check on your heating system and water heater, and install lots of energy-saving products including door weather stripping, a programmable thermostat, and more. They wrap it all up in a report that highlights

next steps for further savings and a quote for insulation and air-sealing work if it’s recommended at your visit.

Until the end of 2015, free visits for income-qualifying households and 0%-interest financing is available for air-sealing and insulation upgrades. This is thanks to the City of Minneapolis Clean Energy Partnership. ❖

For more information or to sign up contact Beth at (612) 335-5874 or visit mncee.org/hes-mpls

Home Energy Squad Enhanced is provided by CenterPoint Energy and Xcel Energy in partnership with the Center for Energy and Environment (CEE), a local nonprofit that has been helping Minnesota residents reduce their energy use for 35 years.

Become an expert in protecting your lake or stream

By Minnehaha Creek Watershed District

Want to protect clean water in a lake or stream you care about? The Master Water Stewards program can give you the knowledge, skills, and network to make it happen!

Applications are now being accepted for the 2016 class of Stewards. The program is now in its fourth year and is based off of the popular Master Gardener and Master Naturalist programs.

Participants receive extensive training from top industry professionals on how to address threats to water quality. Participants also build a network with like-minded peers, with an emphasis on creativity and collaboration. In many cases, a majority of the program costs are covered by the local watershed district.

Armed with that knowledge, Stewards build projects in their communities that protect water quality and work to educate their neighbors on clean-water issues. To date, 80 Stewards have been trained and built projects that keep more than a million gallons of polluted stormwater out of lakes and streams each year.

Interested participants should attend an informational session to learn more. For session times, and to learn more, visit: www.masterwaterstewards.org. ❖



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Help Create Healing Space for Youth



Photo: Sue Filbin

This mural at 4200 Cedar Avenue was created collaboratively by youth from courageous heARTS.

By Emily Terrell from courageous heARTS
Are you looking to deepen your involvement in the community and work with youth? Non-profit organization courageous heARTS, located at 4164 Cedar Avenue, is looking for community members to join their board of directors.

courageous heARTS is a youth-driven expressive arts space focused on process instead of product. We are trauma-informed and use restorative practices such as Circle to build a healthy and healing community. The mission of courageous heARTS is to co-create experiences with young people by offering them a safe space, built with the intention to heal and empower through expressive arts, community building and leadership development.

You may have already noticed our work in the neighborhood. During the spring of 2015, courageous heARTS teamed up

with muralist Olivia Levins Holden to support the design of the mural that has emerged on the building known as 4200 Cedar. Youth interns participated in a nine-week design workshop, and partnered with representatives from neighborhood organizations and businesses, to conceptualize this powerful mural! Weekly design sessions were held at courageous heARTS prior to transferring the images to the wall and beginning the painting process, which is now in its final stages. The mural represents our connection to both nature and our neighbors, and conveys the power we can harness by working together to solve the problems that impact our communities and world.

Join our board and help us strengthen our relationship with our Northrop neighbors! Contact Board@courageous-hearts.org for more information, or visit: www.courageous-hearts.org ❖



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Close to Home

Close to Home is the official publication of the Field Regina Northrop Neighborhood Group (FRNNG) and is published six times per year by the FRNNG Communications Committee.

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Layout

Smiling Dog Design

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Articles, photos, and announcements are welcome. Please email: communications@frnng.org or call (612) 721-5424

www.frnng.org

The deadline for the next issue: Friday, December 4, 2015

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Reliable service for decades

By Sue Filbin

If you've been in the neighborhood for a while—let's say for more than 30 years—you may recall that a gas station has been a mainstay on the northwest corner of 46th Street and Chicago Avenue for a long time.

A place to grow

In 1984, Terry Anderson purchased the property, cleaned it up, and established a vehicle-repair business. For many years, the business was known at TA's Texaco, representing the brand of gasoline that was available. When Shell Oil Company began supplying the gas about 10 years ago, the name of the station changed to TA's Automotive.

In 1996, a young man who grew up on 47th and 14th started his first job at TA's after graduating from Dunwoody Institute. Nick Luchsinger grew along with the business, becoming, along with his wife Lindsay, the proud and happy owner/operator of TA's when Terry (TA) retired in March 2014.

Like Terry before him, Nick is an ASE-certified mechanic. Automotive Service Excellence certification requires ongoing classes and recertification testing every five years. Skills aren't the only attribute



Neighbors have relied on the service station at 46th and Chicago for gasoline, and vehicle maintenance and repairs, for more than 30 years.

that is regularly updated at TA's. Computer-analysis equipment is updated annually, enabling Nick and his team to offer full-service mechanical work and maintenance updates on all American-made vehicles, most Asian-made vehicles, and many European vehicles.

Five years after Nick arrived at TA's, Charlie joined the crew. Charlie learned from Terry and Nick, and is now manager of the station. Also arriving at TA's in 2001, following military service, was Aric. Rounding out the team of mechanics is Ryan, a graduate from tech college and an Army reservist, who celebrated one year at TA's this August.

Exceptional service

In addition to neighbors who make appointments for maintenance or repairs, or who stop in for a light-bulb change or tire work, TA's also appreciates serving customers who drive to the neighborhood from Maple Grove, Chanhassen, Mendota Heights, and White Bear Lake, because TA's is known for taking time to explain the causes of problems and treating customers with respect. ❖

For more information, stop by at 4554 Chicago Avenue South, or call (612) 823-7100.

Photo: Sue Filbin

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Non-profit quietly thrives in neighborhood



Photo: Minnesota Ovarian Cancer Alliance

Minnesota Ovarian Cancer Alliance (MOCA) staff plants and tends the pots and gardens at 4604 Chicago Avenue, the building the organization purchased in 2006.

By Sue Filbin

Near one of the busiest intersections in the neighborhood, snow is shoveled in the winter and the gardens and pots are planted and tended at 4604 Chicago Avenue by the staff of the Minnesota Ovarian Cancer Alliance (MOCA). During the nine years the organization has owned the one-story building, they've re-bricked the front facade, replaced the roof, and added a deck outside the back door. A volunteer handyman, whose sister had ovarian cancer, was instrumental in having energy-efficient lighting installed throughout the building.

"MOCA was started in 1999 by a group of ovarian cancer survivors who came together to fund ovarian cancer research, raise awareness of the disease, and provide support to women with ovarian cancer and their families."¹ Current staff and volunteers are dedicated to the effort of developing an early-detection test for this disease. They also actively support patients and their families in one-to-one meetings or in support groups.

MOCA values the location at 46th and Chicago, conveniently positioned between St. Paul and western suburbs with easy highway, bus, and bicycling access for staff, board members, and volunteers. Once in the neighborhood, they all appreciate walking to restaurants, shopping for gifts and greeting cards, getting their hair cut

and styled, dropping off vehicles for repair, and ordering in snacks and meals for meetings and events. MOCA is a member of SCABA, the South Chicago Avenue Business Alliance, to "...support the community and be a good neighbor," according to executive director Kathleen Gavin, who frequently rides her bike to work.

Funds from donors enabled MOCA to purchase the building at market value from previous owners – the Women's Cancer Resource Center – while inheriting the furniture and equipment from this same group. The central hallway is lined with donated photos taken at many

MOCA works to raise awareness about ovarian cancer, for which there is no test.

of MOCA's fund-raising events, depicting people who are dedicated to the organization. Double-thick doors along the hallway attest to the building's previous occupation as an early sound studio for music composer, performer, and producer Jimmy Jam (James Samuel Harris III).

About MOCA

Today, MOCA has two full-time and seven part-time people who work to fulfill the mission that hasn't changed since the organization was founded. Two staff are survivors of ovarian cancer; one lost a mother and another her grandmother to the disease that affects one in 72 women and has a 30% survival rate.

In addition to staff, volunteers contribute significantly to the three main annual fund-raising events MOCA organizes and hosts. Their gala is scheduled for April 16, 2016. A summertime golf event at a course in Lakeville is also popular, as is HOM Teal Strides for Ovarian Cancer, a walk/run that attracted 3,200 participants in September. MOCA has provided more than \$5 million to ovarian cancer research during the past 15 years.

Groups like MOCA exist in other states, with the most active ones being in Wisconsin, Colorado, and Georgia, but MOCA is a leader in the country. Kathleen attributes this in part to philanthropic generosity and active volunteerism in Minnesota as well as the location of two National Cancer Institute-designated cancer centers – the University of Minnesota and the Mayo Clinic.

The acronym MOCA is pronounced like the coffee drink. Besides funding research and providing support, MOCA works to raise awareness about the disease, for which there is no test. The group works creatively to bring attention to all things teal – the color of ovarian cancer awareness. MOCA has provided thousands of pairs of teal shoelaces to youth sports teams across the state for their "Tie it Teal" campaign and has lit major bridges and landmarks in teal during September – Ovarian Cancer Awareness Month.

And this November, during the annual Give to the Max giving campaign, MOCA is planning a creative "MOCA for MOCA" campaign during which givers will have an opportunity to receive a MOCA mug as a "Thank-you" gift.

MOCA Executive Director Kathleen earned a masters degree in public health from Columbia University, has directed MOCA since 2002, and has a background in women's health and non-profit management. She is currently involved in research at the Mayo Clinic and also nationally, and is or has frequently served as a consultant and board member. Under Kathleen's leadership, MOCA continues to be "...a conduit for people's energies and ideas" for support, education, and research related to ovarian cancer. ❖

Much more information is available at MOCA's website: <http://mnovarian.org/>

11th-Ward Update

Council Member John Quincy



Council Member Quincy

Dear Neighbors,

Thank you for the opportunity to keep you updated on what is happening at City Hall. Whether or not we are ready for it, it seems like the warm weather of Minneapolis is coming to an end after a wonderful summer season. Children are well into the school year, our neighborhood parks are busy with fall sports, and road construction seems to be lightening up a little. Meanwhile at City Hall, among other things, we are focusing on the 2016 City Budget – as well as the consideration of what is known as the “Working Families Agenda.”

2016 City Budget

I am privileged to serve as the Chair of the Ways & Means/Budget Committee. The City Council is in the process of debating the proposed 2016 city budget with final approval of the budget scheduled for Wednesday, December 9, 2015.

Providing vital city services, investing in our infrastructure, ensuring our public safety, and investing in affordable housing options for residents are the cornerstones of our program-based budget process and reflect the vision and values for our city. This year’s recommended budget calls for a 3.4% levy increase. Even with this modest increase, two-thirds of Minneapolis’ residential property owners will see the city portion of their property tax bill go down.

Of the city’s total proposed \$1.2 billion operating and capital budget for 2016, only about 20 percent is funded through property taxes, funding basic city services such as:

- Police and fire services
- Emergency response through 911
- Criminal prosecutions
- Traffic control
- Snow removal and street sweeping
- Longterm capital projects

Highlights from the mayor’s 2016 proposed budget include:

- \$13 million in affordable housing largely spurred by the Mayor’s “Cradle to K” cabinet’s proposal to focus on housing as a strategy to ensure a healthy start for kids. This includes investments in the Affordable Housing Trust Fund – \$1 million flexible dollars to help create affordable housing options for large families.
- \$10 million for the city’s portion of the 10th Avenue bridge rehabilitation.
- \$400,000 to accelerate Minneapolis’ conversation of city-owned streetlights to LED technology. The funding will implement approximately 900 LED fixtures which will save about \$113,400 a year over their life cycle and pay for itself in three-and-a-half years.
- Raising the sworn compliment of police officers to 862 while funding a recruit class and ongoing community-service-officer classes.
- Funding for 30 TechHire Initiative scholarships that will provide women and people of color with job training to meet employers’ growing demand for a workforce educated in technology skills.

Working Families Agenda

Mayor Hodges proposed the “Working Families Agenda” this spring because it is clear that we have a problem in our city. Low-income and hourly workers – many of whom are people of color – aren’t sharing equally in our growth and prosperity.

As the Council considers the ordinance, we need to strike a balance between supporting our business community in being successful, balanced with the needs of workers to having access to benefits that help them plan for everyday realities with predictable schedules and being paid fairly for all the hours that they work. These are not only good business practices; they help all our communities thrive now and lay the foundation for Minneapolis’ economic success in the future.

As city leaders, we will keep meeting with both our businesses and workers frequently to craft a strong, workable set of policies that will incorporate feedback from ALL parties into the Working Families proposal that will be consistent with the goals and values of a thriving One Minneapolis. ❖

I am always available to answer your questions at (612) 673-2211. If you would like to receive the bi-weekly email Ward 11 Community Connections Newsletter, please send me an e-mail at John.Quincy@MinneapolisMN.gov or visit the website to sign up: www.MinneapolisMN.gov/ward11



Improvements to athletic fields at McRae Park are postponed until 2016. See article on page 9.

Photo: Sue Filbin

Status of Plans for Area Parks

by Steffanie Musich, Commissioner,
Minneapolis Park & Recreation Board

McRae Athletic Field Improvements Delay

The Park Board budgeted \$225,000 total for the community engagement, design, and construction of McRae Field. Four bids were received for the construction work. The low bid was \$349,950 and the high bid was \$488,000. This leaves us with a cost gap for construction of approximately \$150,000. We believe the high bids were due to the large demand for fill material and the trucking of it. These two items are known to fluctuate with demand and can be very unpredictable. We are pursuing raising \$200,000 in additional funds and contingency to close this gap and build the field in 2016.

I want to assure you that this project is very important to the Minneapolis Park and Recreation Board and will be completed as soon as possible. We are pursuing additional funding to cover the identified cost gap that prevents this project from beginning in 2015. As part of the 2016 budget process and when additional funding is allocated, we will be able to announce a revised construction schedule.

Fall sports that were previously scheduled to be moved to other park locations will take place at McRae this fall as they typically do.

Please do not hesitate to contact me (smusich@minneapolisparcs.org) or the project

manager, Tyler Pederson (tpederson@minneapolisparcs.org) with any questions regarding this project.

Nokomis Main Beach Improvements/"Triangle Park" Playground Replacement

Construction of a new "Triangle Park" playground within Nokomis-Hiawatha Regional Park at East 54th Street and Bloomington Avenue began in June. The pouring of play surface, and the trails leading to and within the playground have been contracted out and work is underway. Weather delays and cold temperatures may prohibit this project's completion this fall. With this in mind, temporary fill options are being explored to allow for the use of the play equipment until suitable surface-installation conditions are met during the next construction season.

Hiawatha Golf Course Update

Since the Minneapolis Park and Recreation Board's discovery on September 11, 2015, that more groundwater is being pumped from under the Hiawatha Golf Course than is allowed by its Minnesota



Steffanie Musich, Commissioner, 5th Park District, Minneapolis Park & Recreation Board

Department of Resources-issued permit, the MPRB has taken several steps to determine a solution. Those actions included reviewing documents that span more than 50 years to create a timeline of Hiawatha Golf Course's development and the subsequent addition of storm-water ponds. Also included is the hiring a consultant to understand the existing conditions and determine the potential impacts of pumping on the golf course and surrounding neighborhoods.

Although substantive findings from the consultant aren't expected for several months, we will continue to update the public as information becomes available. ❖



View of Hiawatha Golf Course looking east from the clubhouse.

Photo: Sue Filbin

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4 Questions—with Colton Mollerud, Operation Manager

Minnesota Kali Group

By Adam Webster

1. Many people have a rough understanding of karate. What is Kali, and why is it so central to your name?

Like languages, there is a wide world of different styles and systems of martial arts. Kali is a martial art that has its roots in the Philippines. Vast attention to detail and sensitivity to another person's energy are at the core of Kali as an art form.

These elements are critical to who we are at Minnesota Kali Group (MKG). Kali is also great for health, with coordination and flow drills that promote both physical and mental wellbeing.

It should also be mentioned that while Kali is our school's namesake, we also offer a wide variety of other martial arts – Muay Thai, Brazilian Jujitsu, Panantukan, Combat Submission Wrestling, Jeet Kune Do, Silat and our own signature Phase program all have weekly classes.

2. How long has MKG been in Minneapolis, and how has it evolved over the years? Are you doing something differently now that you weren't then?

MKG has been around over 20 years, and has served different groups, including fighters, law enforcement, and military. Through it all, we have been a martial arts organization for fitness and self-improvement. We also happen to be world class in the arts that we teach. Today, we get a mix of the aforementioned groups, people seeking self-defense training, and international martial artists looking for top-quality instruction, all taking place in an atmosphere of growth and community.

The fact is that everyone is welcome, and that everybody here is looking to make themselves stronger – physically and mentally.

3. What makes for a good martial arts instructor at MKG?

Detail, repetition, and an understanding that each person is different. An instructor here needs to have a strong command of the arts, but must also understand that the people here for classes are not all ninja warriors (though I'm pretty sure some of them are). Most people are here to work on their fitness and wellness at their own pace. Our instructors excel at guiding that process.

4. Who are the sorts of individuals are happiest at MKG? What are the best ways for the curious to get involved?

People who are the happiest here are the people who are invested. Martial arts, like any other worthwhile skill, takes practice and attention. We know that everybody has a starting point, which is why one of our core phrases is "Do only what your body can do today," but it is through that weekly effort that people grow. That is what we strive for here, and people looking to do the same are those who feel most at home.

The best way to find out what MKG can do is "Free Week!" We offer a free week-long trial membership where people can come train or simply watch. Just show up 15 minutes before a class you want to attend. You can even try more than one program. Our Phase 1 class is a great place to start. ❖



Photo: Sue Filbin

Students improve fitness, self-discipline, coordination, and self defense capabilities while relieving stress during fun, high-energy classes at Minnesota Kali Group.

4523 Chicago Avenue South
www.mnkali.com



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Jones Financial Group Hosting Anniversary Celebration

By Patricia Jones, Principal, Jones Financial Group

Just over three years ago, Jones Financial Group opened its office at 4748 Chicago Avenue South. Thanks to the community's welcoming spirit and a solid, growing client base, we have had a satisfying and successful three years at this location. It is a privilege to anchor our financial services business in this neighborhood.



Photo: Sue Filbin

Jones Financial Group will celebrate its three-year anniversary at Café Levain on Saturday, November 21.

With our three-year milestone, Jones Financial Group will be holding an anniversary celebration to say thank you to our clients and to the community. This gathering is open to the public on Saturday, November 21, from 1-3 p.m. at Café Levain at 4762 Chicago Avenue South. No presentations are planned – we simply invite you to come celebrate with us!

Jones Financial Group continues to provide personalized financial services and education about financial and investment topics to our clients and the community. We regularly host Investment meetings and other special seminars and workshops that are free and open to the public. More information can be found on our website: www.myjonesfinancial.com or by contacting us at (612) 326-1800.

Patricia Jones is a Registered Representative with and securities offered through LPL Financial, Member FINRA, SIPC. ❖

FIELD REGINA NORTHROP



FRNNG Meeting Information

Full Board

3rd Wednesday of each month at 6:30 p.m., Lake Nokomis Presbyterian Church (LNPC) 17th Avenue and East 46th St. The full board does not meet in July or December.

Business Committee | business@frnng.org

1st Tuesday of each month at 6:30 p.m., Sovereign Grounds, 48th and Chicago

Community and Safety Committee | communityandsafety@frnng.org

4th Tuesday of each month at 7 p.m., McRae Park Rec. Center

Housing Committee | housing@frnng.org

1st Monday of each month at 7 p.m., Town Hall Tap, 48th & Chicago

Education Committee | education@frnng.org

1st Thursday of each month beginning in October, at 6:30 p.m., LNPC

Parks Committee | parks@frnng.org

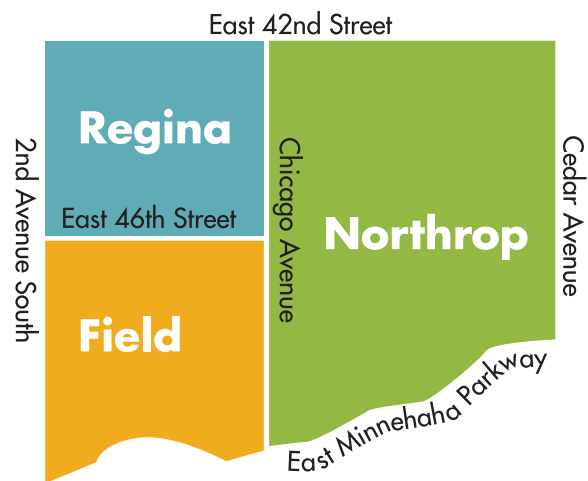
1st Monday of each month at 7 p.m., McRae Park Rec. Center

Greening Committee | greening@frnng.org

2nd Tuesday of each month at 6:30 p.m., Turtle Bread Company, 48th and Chicago

Communications Committee | communications@frnng.org

2nd Wednesday of each month at 6:30 p.m., Sovereign Grounds, 48th and Chicago



We thank our partner in producing this newsletter – Greenhaven Printing, (651) 639-9822, greenhavenprinting.com





Close to Home is written for neighbors by neighbors. The next deadline is Friday, December 4. We welcome your comments, articles, and photos. Please contact us by email: communications@frng.org



Night on 48th Celebrates Seventh Year

The scene at Turtle Bread Company on Saturday night, November 7, will sparkle with neighbors happily conversing, enjoying refreshments, bidding on silent-auction items, and listening to engaging music during our neighborhood's most important annual fund-raising event. (See article page 1.)

Date: Saturday, November 7
Time: 7 to 9 p.m.

Location: Turtle Bread Company
4762 Chicago Avenue

Cost: \$15 now; \$20 at the door

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