

The Field Regina Northrop Neighborhood Group Newsletter

October-November 2010

Community Energy Services Helping FRN Homeowners Save!

ommunity Energy Services has served over 1,800 Minneapolis homes and over 150 Field Regina Northrop homes.

Homeowners are receiving a \$400 energy efficiency package for a co-pay of only \$30. This package includes two energy professionals from the Center for Energy and Environment spending and hour and half with the homeowner in their home. During this time they are



performing a blower door test which measures air leaks in the home as well as installing energy and money saving materials. In order to schedule a customized home visit, you must attend an upcoming workshop. Homeowners also qualify for specialized rebates available to only this program.

Upcoming workshops are being held

- Saturday, October 2nd, 10 am at Loring Community School (2600 44th Ave. N.)
- Thursday, October 7th, 6:30 pm at Windom Open School (5821 Wentworth Ave. S.)

To reserve your spot contact Ashley Robertson at **335-5869** or **arobertson@mncee.org**. For more information visit **www.mnces.org**.

Aprenda a reducir su consumo de energía y ahorrar dinero en su hogar. Reserve su lugar en el taller, llame o escriba a Kyle Boehm a **219-7334** o **kboehm@mncee.org**. Cuidado de niños y asistencia en español estarán disponibles.

The Field Regina Northrop
Neighborhood Group teamed up with
the Center for Energy and
Environment, City of Minneapolis,
CenterPoint Energy and Xcel Energy to
offer homeowners this comprehensive
program. Funding for this project was
provided by the Minnesota
Environment and Natural Resources
Trust Fund as recommended by the
Legislative-Citizen Commission on
Minnesota Resources (LCCMR).

The Buck(thorn) Stops Here

Learn how to property identify, remove and dispose of buckthorn at one of the Minneapolis Park and Recreation Board's (MPRB) fall buckthorn removal events.

Buckthorn is one of many invasive plants that the MPRB manages throughout the city's park system.

The non-native shrub rapidly invades woodlands displacing native shrubs and wildflowers. Late in the fall, after native trees and shrubs have dropped

their leaves, buckthorn is easily spotted because its leaves are still bright green.

After initial removal of large treesized buckthorn, ongoing maintenance in the form of seedling pulling helps to maintain progress against the invasive plant.

In effort to achieve sustainable buckthorn removal efforts, the MPRB focuses on existing native plant communities with an identified need for protection, as well as sites with ongoing neighborhood and volunteer commitment. These areas also have dedicated environmental stewardship volunteers and the MPRB is very appreciative of their hard work and com-

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FRNNG Meeting Information

Full Board

 3rd Wednesday of each month at 6:30 pm, Lake Nokomis
 Presbyterian Church (LNPC), 17th
 Ave. and 46th St. The full board does not meet in Dec.

Business Committee

 2nd Tuesday of each month at 7 pm, The New Congregation UMC (formerly Asbury UMC), 4501 Bloomington Ave.
 Contact: Karen Young at klyoung99@hotmail.com

Community and Safety Committee:

 4th Tuesday of each month at 7 pm, McRae Park Rec Center Contact: Kim McCoy at kmmccoy69@msn.com

Housing Committee

 1st Monday of each month at 6:30 pm, LNPC Contact: Shannon Guernsey at scquernsey@yahoo.com

Education Committee

 2nd Thursday of each month at Contact: Tom Arneson at 6:30 pm, LNPC

tomarneson@msn.com

Parks Committee

 3rd Thursday of each month at 6 pm, Sister Sludge, 46th St. and Bloomington Ave.
 Contact: Kirk Frauenheim at kirkfrauenheim@yahoo.com

Greening Committee

2nd Tuesday of each month at
 6:30 pm at Turtle Bread
 Restaurant, 48th and Chicago
 Contact: Ted Moe,
 thegreeningcommittee@gmail.com

Communications Committee

 2nd Wednesday of each month at 6 pm, LNPC Contact: Kirk Anderson at kirkanderson48@gmail.com

Meeting times may change due to weather, holidays or personal reasons. Please confirm with the contacts listed above.

11th Ward Update

by Council Member John Quincy

Dear Friends and Neighbors – Thank you for this opportunity to provide news on city issues. I am privileged to represent the 11th ward on the Minneapolis City Council. As budget season is in full swing, it's the perfect time to highlight A City That Works, one of our six city goals.

The Mayor's proposal to increase the property tax levy by 6.5% is the lowest proposed increase in the last decade. The City's portion of property taxes funds the city enterprise, the Park Board, the Municipal Building Commission, and the Public Housing Authority. Pension obligations are responsible for all of this year's property tax increase.

Keeping city infrastructure — streets, bridges, sidewalks, sewers, bike lanes and paths — well-managed and maintained is a major push within the 2011 proposed budget. Assuming the state follows through on its commitments in Local Government Aid, Minneapolis will be able to make improvements on 63% of its city streets in the next five years. At our 2010 funding level, we would have only been able to improve 24% of our streets, a drastic difference.

The City shows its commitment to a collaborative, efficient and reform-minded government through the many partnerships it is pursuing, including organics recycling with Hennepin County, MPD officers once again in Minneapolis Public

Schools, and a proposed new park dedication fee that will go before the

city council this fall. We are also focused on an optimal use of technology and wireless capacity through our partnership with USI Wireless, including free hot spots throughout Minneapolis and an initiative to use wireless service throughout the city enterprise.

Due to our philosophy that a shared democracy empowers residents as valued partners the City's budget processes are completely open to the public. Over the next two months, city departments will report to the Ways and Means Committee, presenting how they will meet the Mayor's proposed budget plan and requesting any additional funding. In December, the committee will roll all of what they've heard together with the Mayor's proposal and present it to the full council. Before the final budget is adopted, City residents are invited to testify.

To learn more about the 2011 proposed budget and the budget process, visit:

www.ci.minneapolis.mn.us/city-budget/2011recc/index.asp.

I am always available to answer your questions at 673-2211, including about the city budget and other issues, and would enjoy meeting with you. If you would like to receive the 11th Ward Monthly E-News, please send me an e-mail at:

John.Quincy@ci.minneapolis.mn.us
I look forward to speaking with you!



Upcoming Public Meeting for the Southern Bike Connection

On Tuesday, October 12th, Public Works will host a public meeting to present a draft proposal for the Southern Bike Connection. This project includes a bicycle boulevard and on-street bike lanes. The meeting will be held at 6:30 pm at Bethel Lutheran Church, 4120 17th Ave.

The Southern Bike Connection is a bicycle boulevard connecting Midtown Minneapolis with Richfield. The route is likely to follow 17th Avenue, the Minnehaha Parkway Trails, and 12th Avenue. This project is scheduled for construction in Summer 2011.

A bicycle boulevard is a local, residential street that is improved for bicycling, including features such as traffic calming, safer crossings at busy streets, large bicycle pavement markings, and way finding signs. A bicycle boulevard does not use bike lanes, and it does not remove on-street parking. Bicycles ride on the street.

The goal is to increase bicycling along these streets. This project was funded through the Non-Motorized

Transportation Pilot Program, a source of federal funding with the aim to increase bicycling and walking and decrease driving.

What is proposed in Northrup?

• 17th Avenue at 45th Street: Traffic circle, reversed stop signs

 46th Street: Curb extensions, curb cut to Minnehaha Parkway bike and walking trails

What is a traffic circle?

A traffic circle is not a roundabout. Each traffic circle will be designed to fit the intersection without modifying the street width or corners. Landscaping is included to make the circle attractive. Traffic circles reduce auto speeds, reduce traffic accidents, and increase bicycle and pedestrian safety. Emergency vehicles, trucks, and buses will be able to pass without running over the traffic circle. All intersections where circles are to be constructed will be reviewed by the Fire Department.

If you have questions or feedback, please contact: Shaun Murphy, Minneapolis Department of Public Works, 333-2450 or Shaun.Murphy@ci.minneapolis.mn.us

More information, including a draft project layout, is available at: www.ci.minneapolis.mn.us/bicycles/SouthernBikeConnection.asp



mitment to the Minneapolis park system.

The MPRB has identified the following areas for volunteer buckthorn removal efforts in fall 2010. The events are led by volunteer organizations that are committed to removing buckthorn and are experienced with the removal process.

Buckthorn Removal Events

 Saturday, Oct. 16, 9:30 am-noon, Roberts Bird Sanctuary – Audubon Society of Minneapolis and Linden Hills Neighborhood Council (LHiNC)

Saturday, Oct. 16, 9:30-11:30 am.,
 Mississippi River Gorge – Friends of the Mississippi River. Visit www.fmr.org for more details on this project.

Saturday, Oct. 23, 9:30 am-noon,
 Diamond Lake – Friends of Diamond
 Lake

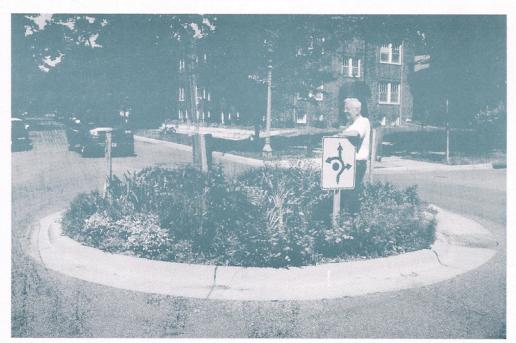
Saturday, Oct. 30, 9:30 am-noon,
 William Berry Woods – LHiNC

Saturday, Nov. 13, 9:30 am-noon,
 Roberts Bird Sanctuary – LHiNC

Space on the removal teams is limited. Contact Michelle Kellogg at **mkellogg@minneapolisparks.org** or **230-6439** if you are interested participating. Volunteers of all ages are welcome; supervision of minor children is required.

A limited number of buckthorn removal opportunities are also available for groups (corporate, school, etc) on weekday mornings and early afternoons. To schedule a project, please contact Michelle Kellogg at least three weeks in advance of the desired project date.

Contact: Michelle Kellogg, Coordinator of Volunteers and Community Partnerships mkellogg@minneapolisparks.org 230-6439



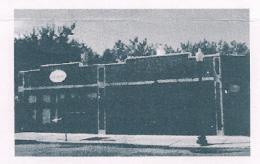
Welcome to The Beauty Room

by Sue Filbin

The Beauty Room is an apt name for the salon owned and operated by Mi Shaun Schwab and her husband, Aaron. The completely renovated space at 4300 Chicago Avenue is attractive, inviting, and unpretentious. And the skilled stylists, colorists, estheticians, manicurist, massage therapist, and beauty technicians create a welcoming, friendly, family-like energy as they enhance the beauty of each client.

A Convenient Location

Aaron Schwab discovered the former Delux Spa building while doing an online search to purchase 3,000 square feet of commercial space. After a March 2010 move-in, Mi Shaun acknowledges that, "she's excited every day" when she drives up to the building, and admitted that she and her husband are "smitten with the building, the neighborhood, and their business."



Having rented a 1,200-square-foot space in the Longfellow neighborhood since 2005, the Schwabs, their clients, and their 21 independent contractors and employees love the new location in "the middle of everything," equidistant from downtown, Uptown, Southdale, and St. Paul. Mi Shaun and Aaron are also aware that by improving their property, they may contribute toward making a positive difference in the neighborhood—and in people's lives.

The appealing space was designed by Mi Shaun while Aaron collaborated with contractors to completely gut the three connected buildings. New electricity and plumbing were installed and Aaron laid new flooring while Mi Shaun

selected colors, wallpapers, finishings, and chandeliers she found at antique shops. She said the renovation was "truly a labor of love."

Many Services

Mi Shaun was raised in a salon environment in one of the three salons owned by her mother. After graduating from the Aveda Institute, Mi Shaun worked for Horst and Friends, and as one of the top colorists and color educators at Juut Salon for almost eight years. She was also recognized one year as the top colorist in the nation by Allure magazine. More than 75% of The Beauty Room's independent-contractor employees share the excellent training and high-quality level of service from their own experience at Juut.

Among the many hair-related services at The Beauty Room are cuts, styling, color, extensions, permanent waves, and the newest trend in hair—Brazilian Blow-Outs and Keratin Treatments. Both treatments smooth and straighten hair. Clients may also schedule skin care, waxing, massage, and gel nails—a manicure that doesn't chip and lasts for two weeks. In addition to carrying several affordable product lines, jewelry, candles, and gifts are also available at the salon.

The website: www.thebeautyroom mpls.com is being renovated and will be completed soon. You may call 724-4111 for an appointment to experience beauty—at The Beauty Room.

If you would like information about your business to appear in *Close to Home*, please contact Jenny, neighborhood organizer, at the Field Regina Northrop office, 721-5424 or frnng@mtn.org.

Senior Helpline

NHS Fall Frolic 2010-Save The Date!

We are so happy to tell you about this year's Fall Frolic.

The Frolic will be held on October 16, from 10 am to 4 pm. Please note, the time change reflects input from our seniors.

As we had last year, there will be a Silent Auction and Bingo to participate in. Fat Lorenzo's will be providing fabulous food and the Nokomis Healthy Seniors Board will provide the desserts. There will be musical groups to entertain us for the afternoon.

There will be new attractions this year. We will have a drawing for a door prize, a Book Sale where soft-bounds will be 50¢ and hard-bounds will be \$1, and temporary tattoos!

We are holding our costs for this year to those of 2009:

\$7 our seniors

\$10 adults

\$4 children

\$4 students

\$25 for a family of four

Mark your calendars and tell your families, neighbors and friends. Tickets will be available in the middle of September for purchase. Call the Nokomis Healthy Seniors office, 729-5499 with any questions or to volunteer.

We look forward to seeing you all!

Nokomis Healthy Seniors Health Programs

Nurse Is In

Get your blood pressure checked, consult with a nurse or schedule a pedicure. You can also just stop in to chat over a cup of coffee and baked goods. The clinic is free; pedicures are \$28 and require an appointment. Thursday mornings, 9 am -noon at Bethel

Evangelical Lutheran Church, 4120 17th Ave.

Exercise Program

Exercise classes tailored to each participant's abilities. A donation of \$1 per class is appreciated. Tuesdays and Thursdays, 10 am at Bethel Evangelical Lutheran Church, 4120 17th Ave.

Creativity and Conversation

A women's art group with no boundaries. Current participants crochet, paint, and whittle! Bring your latest project; enjoy conversation and exchange advice as you create. Wednesdays 10 am-1 pm at Bethel Evangelical Lutheran Church, 4120 17th Ave.

Health Programs

From September through November NHS sponsors progams on topics of health or social interest. Local experts present information for about an hour. There's plenty of time for questions and to catch up with friends and staff. A nurse is available to check blood pressure. Beverages and treats are provided. These programs are free and open to the public. Last Wednesdays, 1:30 pm at Faith Lutheran Church, 3430 E. 51st St. (note that in 2010, the November program is the 3rd Wed., Nov. 17)

Blood Pressure Clinics

Free and open to the public. Fourth Thursdays at 12:30 pm, Standish Green Apartments, 2210 E. 40th St. First Thursdays at 12:30 pm, Holy Cross Lutheran Church, 1720 E. Minnehaha Pkwy.

Congregate Dining

Weekdays noon-1 pm, Holy Cross Lutheran Church, 1720 E. Minnehaha Pkwy. To make a meal reservation, call Evelyn at **729-6668**. The cost of the meal is \$3.

Pedicures

First and Third Wednesdays, 1 pm, Nokomis Square, 5015 35th Ave. The cost is \$28. Call NHS, **729-5499** to make an appointment.

Get Us Online!

We are looking for ways to cut cost and reduce waste – please help us by registering to receive Close to Home electronically. Visit www.frnng.org and look for the link to register. You can also register to receive other communications via email as well. Your email address will be used for FRNNG in only the way you intend and you may unsubscribe at any time.

Thank you for supporting us in this effort.

Drawing a Better Minneapolis

Every ten years, Minneapolis redraws its political boundaries, such as ward and school board districts, to account for population shifts within the city. Minneapolis is considering changes to the redistricting process to make sure that more community voices are heard and to reduce the partisan influence over the process.



The last round of redistricting in 2001 left many voters feeling disenfranchised because the process was used by political parties to draw the districts to their political advantage, without respecting community lines. Communities, such as the Phillips neighborhood, were divided in ways that reduced their ability to have their voice heard at city hall. These problems sparked an effort to reform the process to make sure that these problems don't happen again.

This fall, there will be a question on the ballot in Minneapolis to remove political parties from the redistricting process. Known as a Charter Amendment, this ballot question will eliminate the Redistricting Commission and give the redistricting responsibility to the Charter Commission. This change will let voters take back the process from party insiders and give it to a group of individuals that are appointed the Hennepin County district judge.

How we draw the lines can say a lot about who we are as a city. To ensure that the redistricting process reflects the shared values of the Minneapolis, there will be a series of meetings happening throughout the city to discuss other ways to improve the redistricting process. These conversations will focus on what criteria the redistricting group should use in drawing the lines and what the process should look like.

We hope you will join in the conversation. To find out more information on these events call **605-7978** or visit **www.drawminneapolis.org**.

McRae Park Schedule

906 East 47th Street

The following is a sampler of events. The complete fall schedule is available at McRae Park or online at the address below. You can register for programs at the address listed. Contact the park for more information.

www.minneapolisparks.org 370-4909 (voice) 824-4170 (fax)

Preschool/Kindegarten

Ballet 4 U: Thursday 5 pm

McRae Park Ballet is back! We have a wonderful new teacher "Miss K" who is full of great energy, big smiles and creative new ideas to bring ballet into your childs day. Kids will learn all the basic ballet steps and moves to the sounds of global music. They will also be introduced to how rhythem, storytelling and dance are all inter connected. This is sure to inspire the ballerina in everyone. Space is limited so sign up today! Note: No class on 11/25.

Th 9/7-12/16/2010

5-6 pm Ages 3-5

Fee: \$70

Halloween Party at Pearl Park

Ahoy, Matey! We'll have our "I Spy" room, craft project, a few games and concessions set up so that you'll feel like you are a part of the Wild, Wild West! No matter what your costume, join in on the costume parade at 12:15 pm. Grab a snack from the concessions (sold separately) and before you know it, it'll be time to head home to the bunkhouse for an afternoon nap. You won't want to miss this! Pre-registration at

www.minneapolisparks.org, under

'Pearl Park' is required. Fr 10/22-10/22/2010

10:30 am-12:30 pm

Ages 0-5 Fee: \$2

Children

Jammin' Gymnastics: 6-10 yrs. old

Do you love to do somersaults and cart wheels? Then join your friends at McRae's new Jammin Gymnastics class. Your instructor, Ms. Kim, will help you refine your current gymnastics skills and teach you tuck and pike jumps, effective stretching and some dance move all to the latest cool music! This class will fill up so register today.

Mo 6/14-8/23/2010 6:30-7:30 pm

Ages 6-10 Fee: \$45

Rec Plus: Afternoon School-Age Care

Working parents searching for an affordable quality school-age childcare program need to look no further! The Minneapolis Park and Recreation Board offers Recreation Plus+ for children in grades Kindergarten through 6th grade. Rec Plus+ focuses on three goals:

1. Provides parents with affordable recreation based school-aged care in local park centers. 2. Enables children to experience positive benefits of a balanced recreation program. 3. Provides a safe environment for children that promotes healthy physical and social development. New: Release Days are now an option for parents who only need childcare on school release days. You must register in advance with payment and enrollment packet to attend a release day. There is a \$35 annual registration fee. Space is limited.

Mo Tu We Th Fr 8/30/-12/17/2010

-6 pm Ages 6-12 Fee: \$35

Children/Teens

Cheerleading!

Rah! Rah! Rah! Come and be apart of the awesome McRae Park Cheerleading Squad! Coach Samia will lead and teach you in some of the latest cheer moves and keeping alive a few of the old school ones too! The commitment for cheerleaders is one practice a week on

Monday nights and cheering at McRae football games on Saturday mornings. Mo 8/23/-11/1/2010 6:30-7:30 pm Ages 8-14 Fee: \$30

Youth Sports

13U-Football

This football team is open to all kids between 12 and 13 years old. Registration will be taken at McRae Park and at www.marcsports.org only. Age verification must be shown to register. Volunteer Coaches are needed!! Mo We Fr 8/2-11/8/2010 6:30-8:30 pm Ages 12-13

Fee: \$40

Seniors

Holiday Light Tour

Enjoy a fabulous early homemade dinner at Longfellow Park while listening to holiday entertainment. As the sun sets and darkness falls sit back and relax on a coach bus and tour the beautiful Twin Cities full of holiday twinkling lights! This is the perfect way to get ready for the winter holiday season. Sa 12/11-12/11/2010 3-9 pm

Ages 55-100 Fee: \$23

Community

M.A.R.C.

MARC is the "McRae Area Recreation Council" and it is a parent/community member volunteer council that sponsors athletic programming and special events at McRae Park. We are looking for volunteers to help with the sports teams and special events. Please consider getting involved with your park and your community...the benefits are endless! Mo 1/1-12/31/2010

7-8 pm Ages 21-100 Fee: Free

Field Trips

Corn Maze Trip

Come join all of your friends and find out if you have what it takes to find your way out of the famous Sever's Corn Maze! There are other awesome things to do at the maze like the corn pit, the hay bale maze, the pumpkin slinger, the pig races and magic shows! Fee includes transportation and admission.

Fr 10/22-10/22/2010 11am-3 pm Ages 6-12 Fee: \$10

Minne Ha-Ha Falls of Fun Halloween Party

Bring the whole family on over to Minnehaha Falls on Saturday, October 30th from 2-4 pm for an afternoon of Halloween fun for all! Wear your costumes and join in the games, groove to the entertainment and for a very small fee enjoy some refreshments. What a great way for the whole family to get revved up for the big Halloween Night! Children under 2 free. Please pre register at McRae Park.

2-4 pm Sa 10/30-10/30/2010 Ages 1-100

Fee: \$2, \$10 family maximum

Anne Kegley, Director akegley@minneapolisparks.org 906 E. 47th St. Mpls, MN 55407 370-4909 (voice) 824-4170 (fax) www.minneapolisparks.org



Thanks to our Supporters!

Close to Home would like to thank the following local businesses and organizations in our community for their generous financial contributions to the production and mailing of this newsletter. Now we are asking you to support not only this publication, but also all of our other activities. Anything that you can give will be very much appreciated and put to good use. Also, since we are a "501(c)3" organization, any donations are decuctable to the full extent of the law. If you would like more information on how your organization or business can become a supporter, please call the FRNNG office. We also encourage residents to support these local businesses so that they can continue to be a strong and vital sector of our community.

Partner Level- \$100-\$199

St. Joan of Arc Church 4537 3rd Ave., 823-8205

Donor Level- \$200-\$599

Ba-Gu Sushi 48th and Chicago, 823-5254

Minnehaha Animal Hospital 48th and Chicago, 825-4427

Patron Level- \$600 or better

Dick's Metropolitan Carpet 48th and Chicago, 827-5646

South Chicago Avenue Business Alliance (SCABA)

Support the Field Regina Northrop Neighborhood Group

Help keep FRNNG working for you by sending in a donation of \$15 or more. Combined with the business and church donations, your gift supports *Close to Home* and other activities of the organization. Please keep them coming! FRNNG is a 501.3c organization and all gifts are tax deductable to the full extent of the law.

FRNNG

VOLUNTARY DONATION

\$1	5	\$25	\$50	Otl	nei

Address

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Contributors: Mike Dean, Sue Filbin, Councilmember John Quincy, Ashley Robertson, Rose Ryan, Kristen Whittenbaugh, Janell Wojtowicz

Articles, photos, and announcements of interest to the FRN Community are welcome. Call 721-5424 or Fax 721-4539 E-mail: frnng@mtn.org

Copy deadline for the next issue is November 8

1620 E. 46th St. Mpls, MN 55407 721-5424

The Field Regina Northrop Neighborhood Group, Inc. Established in 1965

1620 East 46th Street Minneapolis, MN 55407 FRN Info Line 721-5424 Fax: 721-4539 E-mail: frnng@mtn.org Program Manager: Open

2010-2011 FRNNG Board

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Housing: Shannon Guernsey

Parks: Kirk Frauenheim

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Useful Phone Numbers

8th Ward Council Elizabeth Glidden 673-2208 11th Ward Council John Quincy 673-2211 Sue Roethele CCP/SAFE 673-2839 Housing Inspector 673-5858 Senior HelpLine 729-5499 McRae Park 370-4909 Airport Noise Complaints 726-9411



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