

CLOSE TO HOME



The Field Regina Northrop Neighborhood Group Newsletter

December-January 2010-2011

Applewood Pointe Cooperative Is On The Move!

Interest and reservations continue to increase among area residents over United Properties' planned development of their first urban Applewood Pointe cooperative community. Applewood Pointe of Minneapolis will offer affordable, maintenance-free living for active adults 55 and better. The Applewood Pointe site is located at 1611 E. 46th St., just a few blocks from Minnehaha Parkway and Lake Nokomis on the Northrop school block. This past summer the Historic Preservation Committee approved demolition of the school building. In early November the Planning Commission

approved current plans for the senior community.

Applewood Pointe of Minneapolis will offer the convenience of city living with the luxury of easy-access to outdoor recreation. Current plans feature unique pedestrian nodes inviting users to sit on swinging benches beneath shade trees overlooking rain gardens and ornamental plantings. Underground parking, Fitness Center, Library and a Roof-top Patio area are some of the many amenities which will be provided.

Applewood Pointe will feature one bedroom, two bedroom and two bedroom homes with den or sunroom.

Home prices start in the low \$200's and can be purchased with as little as \$31,980 down. Every Applewood Pointe home comes standard with major brand-name appliances. Heat is also included. Applewood Pointe works together with HUD to provide financing for 55+ cooperative housing. Groundbreaking is anticipated for the summer of 2011.

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Business Spotlight-



Rue 48 Salon

Who We Are

Aptly named for 'sidewalk lined streets' in France, Rue 48, an Aveda Concept Salon, is drawing rave reviews around town for its hospitality and charm.

Rue 48 offers a vintage, yet contemporary experience in a completely renovated space, complete with antique fixtures and reclaimed furniture that speak to our mission of sustainability. We proudly feature vintage station designs and a revolving eclectic art display featuring local artists covering many genres.

Best of all, we offer a boutique salon experience at a tremendous value, all with no attitude. Our skilled stylists are Aveda trained in cut and color and have a combined 48 years of salon experience along with extensive make-up artistry.

Stylist and Owner, Susan, has been in the field for eight years, and has been trained by many of the top national Aveda trainers as well as many other professional hair artists.

Location and Services

Rue 48 Salon is located in the quaint and thriving 48th and Chicago Avenue

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Visit us online at www.frnng.org

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

• 1st Tuesday of each month at 7 pm, LNPC
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 pm, Sisters Sludge, 46th St. and Bloomington Ave.
Contact: Shannon Guernsey at sguernsey@yahoo.com

Education Committee

• 2nd Thursday of each month at 6:30 pm, LNPC
Contact: Tom Arneson at tomarneson@msn.com

Parks Committee

• 1st Monday of each month at 7 pm, McRae Park Rec Center
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.

8th Ward News

by Council Member
Elizabeth Glidden

Dear Friends and Neighbors,

Thank you for this opportunity to update you on city issues. For this month, I will focus on transportation news.

In December of 2010, Metro Transit will finally open its new station at 46th Street over I-35W – this is the first in-lane station in the Twin Cities for Bus Rapid Transit (BRT). Transit riders can use stairs or an elevator in the station to travel from the bridge to an enclosed area on the freeway below to catch the bus. Bicycle riders can use bike racks at 46th Street or bring them in the station and onto the BRT Bus. Features will include real-time signage announcing arrival times of BRT Busses.

Changes for neighbors include improved local service to the BRT station, with service on E. 46th St. and E. 42nd St. every 15 minutes during rush hour. Some of the biggest benefits to riders will include much faster service to southern suburban destinations. For more detail on service improvements and changes, go to www.metrotransit.org/i-35w-46th-street-transit-plan.aspx or call 373-3333.

The 46th Street BRT Station is part of major improvements for transit recently made along I-35W and in

downtown Minneapolis, where double-wide bus lanes on Marquette and 2nd Ave. help create a true transit advantage.

Also in the news, Minneapolis has been able to leverage federal grant funds administered by Transit for Livable Communities to increase bicycling opportunities in our city. Minneapolis has doubled the miles of on-street bike lanes, and is discussing a potential bicycle boulevard, the Southern Bike Connection, that will travel along 17th Avenue through Northrup (details at www.ci.minneapolis.mn.us/bicycles/SouthernBikeConnection.asp). And, Nice Ride Minnesota, the largest bike-share program in the country, just celebrated 100,000 rides in its first year of business. Nice Ride is receiving input now on potential bike kiosk locations in southside neighborhoods, so be sure to give your input ideas@niceridemn.org or www.niceride.org.

I am always available to answer your questions at 673-2208 and would enjoy meeting with you during my Community Office Hours, 9-11 am every Monday morning at Sabathani Community Center, 310 E. 38th St., outside Rm. 129. If you would like to receive the 8th Ward Monthly E-News, please send me an e-mail at Elizabeth.glidden@ci.minneapolis.mn.us.



BE SNOW SMART!
KNOW WHERE TO PARK IN
SNOW EMERGENCIES
CALL 348-SNOW



Applewood Pointe... from page 1

Monthly Information Meetings and tours are held at Applewood Pointe locations. Come and discover why over 50 people have already made reservations for Applewood Pointe of Minneapolis. Call **952-884-6400** for upcoming meeting schedules and to request information or visit www.applewoodpointe.com.

Currently, over 850 Twin Cities residents call Applewood Pointe Cooperatives "Home."

Rue 48... from page 1

neighborhood business district in South Minneapolis.

We're located on the busline, directly across the street from Turtle Bread Company, next door to Spruce Floral and a few doors down from Bagu Sushi and Twin City Tennis Supply.

Our services include Aveda color, cuts (men, women and children), styles, facials, waxing, make-up, tints, nails, treatments, curls, and the popular 'chemical free' Keratin blow-outs.

Stop in and warm up over the holidays with a complimentary cup of Aveda tea, a scalp massage, and a stress relieving hand treatment!

Recent Awards and News

The owners, Susan and Tim Johnson were recently recognized by Salon Today National Magazine for a sustainably focused salon 2010.

Rue 48 Salon was also recently featured on Minnesota Public Radio's 'Art Hounds' segment as the salon hosted local artist Timothy Piotrowski.

Visit our website at www.Rue48.com for more info or call the salon. Mention this ad and receive \$5 off haircuts and \$10 off hair colors. Please also visit the Facebook section of our website for weekly specials.

Holiday Event

Put December 4th on your calendar!

- **Saturday, Dec. 4th**, 3-5 pm live elves, 5-8 pm, appetizers, beverages, live jazz with Maud Hixson!
- **Aveda Products** 20% off; Pure Privilege double points!



On the Corner— 48th and Chicago

A Warm Welcome to Town Hall Tap!

Opening day has arrived for the Town Hall Tap. The new pub and restaurant located at 4810 Chicago Avenue will be the little brother of the Minneapolis Town Hall Brewery on Seven Corners. The Tap will feature 24 tap beers and ciders including four Town Hall micro brews. Two of these beers are being made exclusively for the Tap and will not be available anywhere else in the Cities. Three other tap lines are being saved for seasonal beers and will be rotating on a weekly basis. Three cask lines will also be available featuring Town Hall beers and others from local and regional breweries, further differentiating this unique establishment. In addition to beer, a robust selection of red and white wines will be offered along with a menu filled with savory appetizers and a delectable selection of gourmet burgers and pressed sandwiches including vegetarian options.

Formerly the home of the Chicago Deli Café, the space has been completely renovated giving the Town Hall Tap a warm ambiance which now includes a beautiful antique oak bar, antique signage and other clever touches that will make the Tap a destination point in South Minneapolis. Sports fans have nothing to worry about as the Tap is also equipped with two large flat-screen televisions.

Established in 1997, the Town Hall Brewery has grown steadily due in part to their dedication to quality and working with other local businesses. It was the vibrant neighborhood and wonderful mix of businesses on Chicago Avenue that made this site a perfect place for their new venture. In an interest to invest in and support local businesses the Tap is excited to be working with Rue 48 Salon, Sovereign Grounds and Turtle Bread Company to add a local flavor and feel to their establishment.

The Tap's official first day was Friday, November 12th and will be open daily from 11 am to close. The kitchen will be open from 11 am to 10 pm during the week and 11 am to 11 pm on weekends.

Be sure to stop by!



Winter Safety Tips

As the days become shorter and temperatures quickly drop, it's a good time for all of us to be reminded of how to stay safe when shoveling snow and driving in winter conditions.

Safe Shoveling Tips

- Choose the correct type of shovel. Look for a curved handle and consider going with a plastic blade and think smaller rather than larger. Although it may take a little longer, you'll avoid inadvertently overexerting yourself—a full shovel load can weigh up to 25 pounds!

- Avoid caffeine, nicotine and heavy meals before shoveling—these all put extra pressure on our cardiovascular system.



- Dress in layers, wear a hat, and consider wearing a scarf over your nose/mouth to avoid breathing the cold air.

- Do a few simple stretches before beginning to warm up arms and legs and take frequent rest breaks

- Make sure to lift with your legs not your back. Bend at the knees and keep your back as straight as possible. Never bend at the waist. Step in the direction that you are throwing snow to prevent the lower back from having to twist.

- Stay hydrated by drinking plenty of fluids before and after shoveling.

Winter Driving and Preparation

- Equip your vehicle with a winter survival kit with the following items: flashlights, first aid supplies, high energy snacks, bright colored cloth to tie on antenna, candle, matches and a small metal container to melt snow in for drinking water, pencil, paper and change to make phone calls, hand/foot warmer packets.

- Make sure there are jumper cables, road flares, shovel, sleeping bag or blan-

kets, extra winter clothes (boots/hats), windshield scraper and tow rope.

- Early in the season, test your anti-freeze, battery, brakes, exhaust and lights. Never drive on less than half a tank of gas.

- If stranded in a snowstorm, dial 911 and remember these tips:

- Stay in your vehicle—you could lose your way, become exhausted or worse.

- Keep calm—do not attempt to push the car or shovel in extreme conditions

- Keep fresh air in the vehicle—keep a window cracked and make sure the exhaust pipe is clear. Run the engine for only short periods of time.

- Keep warm without fuel—keep blood circulating by loosening tight clothing and changing positions frequently. Massage fingers and toes and tuck hands between your legs or under your armpits.

Sources: Minnesota Department of Transportation; Hope Heart Institute; Colorado Spine Institute; Early Show Correspondent, Dr. Emily Senay and Trainer Nikki Kimbrough

Acting Class for Adults

Hello neighbors! My name is Mary Keepers. I am a theatre artist and FRNNG resident and, along with my colleague Mary Alette Davis, have started an Acting Class for Adults at the former home of Edgewater Emmanuel United Methodist Church - 52nd St. and 13th Ave. S. Our next session is coming up in January thru March.

Acting Workshop for Adults

When: Eight week session begins in January, Tuesdays 7- 9 pm

Where: Held at Edgewater United Methodist Church, 52nd St. and 13th Ave. S. (5144 13th Ave. S.)

Instructors: Taught by theatre professionals Mary Alette Davis and Mary Keepers (FRNNG resident)

For more information contact marykeepers@msn.com or call Mary at 824-2535.

Energize the mind! Tickle the funny bone! Refresh the soul!

Season's



Greetings

Grants For Commercial Exterior Improvements

If the outside of your business could use a little face lift, consider applying for a grant through the Great Streets Façade Improvement Program. Implemented through the FRNNG office, Great Streets offers matching grants of either 1:1 or 1:2 ratios (up to \$5,000) for a variety of exterior commercial improvements. Time and funds are running out so stop by or call the FRNNG office at 721-5424 today to receive program guidelines and an application.

Calling All Photographers!

Are you a professional photographer or hobbyist who would like to contribute your photos of neighborhood landmarks to the FRNNG website? We will post selected images on a regular basis.



For further information contact Kirk Anderson at kirkanderson48@gmail.com or Mike Mackey at mmackey@advdoc.com.

Welcome to Jenny Case, FRNNG Program Manager

By Sue Filbin, Northrop neighbor

With a master's degree in public health from the University of Minnesota, Jenny Case is trained to collaborate with diverse populations and to initiate and complete beneficial programs.

Because the position of FRNNG program manager had been vacant for months, Jenny has "hit the ground running" as she familiarizes herself with the office and the expectations made on a part-time program manager (community organizer). When asked what about her position has been satisfying, Jenny responded with enthusiasm that she likes connecting people and resources, seeing people excited about projects, and fulfilling goals established by the elected neighborhood board of directors.

Some of Jenny's responsibilities since her August arrival are to help FRNNG committees achieve their goals; communicate with representatives from the Neighborhood Revitalization Program



(NRP), the city of Minneapolis, and with other neighborhoods; keep track of the money allotted to our area; raise funds; and recruit volunteers.

Jenny continues to look forward to encouraging more neighbors to become involved in activities; stimulating timely and clear communication between volunteers, herself, and each other; and raising money to accomplish approved projects. Right now, she is busily matching area businesses with money from the Great Streets Neighborhood Business District Program that expires on February 28, 2011. In collaboration with the Greening Committee, Jenny

has approached the Minnehaha Watershed District about a grant for improving the water quality of Minnehaha Creek. Jenny also envisions more health-focused neighborhood initiatives.

After Jenny earned her bachelor's degree from Southern Illinois University in sociology and psychology, she spent two years in Costa Rica with the Peace Corps as a development worker, helping children, youth, and families. She collaborated with social workers, school staff, parents, and community leaders to establish after-school tutoring programs, organic gardens, walking groups, and more. Jenny also spent time teaching English in South Korea and working at a prep school with teenagers who had social and learning disorders.

To contact Jenny if you'd like to become a volunteer, ask about the Great Streets program or other initiatives, make a suggestion, get information, or welcome her to the neighborhood, call the Field Regina Northrop office at 721-5424 from 2 to 6 pm most weekdays.

*
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Santa Brunch at McRae Park

On Saturday, December 11th McRae Park in conjunction with MARC will be hosting a Santa Brunch from 10 am until 12 pm. Come enjoy a great breakfast! There will be crafts for the kids and the McRae Jazz Band will be performing. Santa will be on hand to take photos with the children. It will also be the official opening of the renovated McRae kitchen, which was funded in part by FRNNG. At 11 am there will be an opening presentation. We are also hoping for donations for the new kitchen in the form of pots and pans, utensils and appliances. Let's get the kitchen off to a good start by fully stocking it. We appreciate your generosity. Tickets for the Brunch are \$3 for children and \$5 for adults. We hope to see you there!

Happy New Year!



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.



McRae Park Schedule

906 East 47th Street

The following is a sampler of events. The complete winter 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.minneapolisparcs.org

370-4909 (voice) 824-4170 (fax)

Ice Skating Lessons

We welcome back for her 3rd year our wonderful teacher Kelsey to lead the kids in learning how to ice skate or to improve your sit spins, flip jumps and spirals! Classes are offered Saturday mornings, Jan. 8-Feb. 19, \$50

Tumblin' Tots

If your little one has energy to burn sign up for our fun, adventurous and active tumbling class! Our talented instructor Kim will be here to lead the kids into the wonderful world of gymnastics! Classes are offered Mondays 5:15-6pm, Jan.10-March 28, \$50

Jammin' Gymnastics

This is for the older kids that have a bit more gymnastic experience. Ms. Kim will help them perfect what they already know and introduce the kids to more advanced moves. Classes are offered Mondays 6-7pm, Jan. 10-March 28, \$50

Friday Night Skates

Come on over to McRae for some fun outdoor wintertime ice skating under the big lights! We will also have a bonfire going and hot chocolate to enjoy. We have skates you can borrow if you need a pair. Neighborhood Event offered Fridays: Jan. 14/28 and Feb. 4, 6:30-8:30pm, FREE

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



Kiki's Consignment— Just Over the Creek

Kiki's Consignment is a family owned business located at 5200 Bloomington Ave. adjacent to Hot Plate Restaurant, a few blocks from FRN.

They are a mother/daughter team that has a passion for fashion, with over 35 years experience in the retail world. Kiki's just celebrated their one year anniversary and would like to thank all the neighbors who helped support them.

Kiki's motto is- *We are small but mighty, so skip the rest and come to the best!* They like the idea of reversing the supersizing of retailers and bringing back the neighborhood stores! So stop by Kiki's for all your fashion needs.

Check them out on Facebook also.

Kiki's Consignment, Leslie Smallman
5200 Bloomington Ave. S.
Mpls., MN 55412
Tues.-Fri. 10 am- 6 pm
Sat. 10 am -5 pm



Senior Helpline

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 programs 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

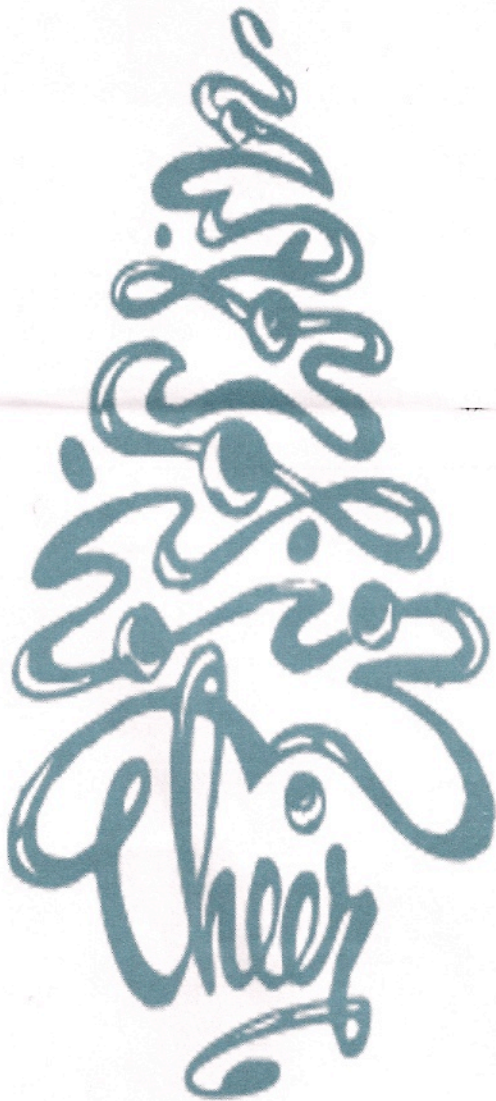
Free and open to the public. Fourth Thursdays at 12:30 pm, Standish Green Apartments, 2210 E. 40th St. First Thursdays at 12:30 pm, Holy Cross Lutheran Church, 1720 E. Minnehaha Pkwy.

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.



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 deductible to the full extent of the law.

FRNNG

VOLUNTARY DONATION

\$15 \$25 \$50 Other

Name _____

Address _____

CLOSE T^o HOME

Close To Home is the official publication of the Field Regina Northrop Neighborhood Group, Inc., and is published six times per year by the FRNNG Communications Committee.

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Jenny Case, Chuck Ellis, Sue Filbin, Kirk Frauenheim, Councilmember Elizabeth Glidden, Susan/Tim Johnson, Mary Keepers, Rayne Krebsbach, Leslie Smallman

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 January 14

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

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

1620 East 46th Street
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FRN Info Line 721-5424
Fax: 721-4539

E-mail: frnng@mtn.org
Program Manager: Jenny Case
(Volunteer/Committee signups)

2010-2011 FRNNG Board

**Executive Committee Officers*

- *President: Stearline Rucker
- *1st V.P.: Wade Warner
- *2nd V.P.: Sandra Smith
- *Treasurer: Herb Gysler
- *Secretary: Shelley Nystrom

*Field Neighborhood Rep: Jesse Hill

*Regina Neighborhood Rep: *Open*

*Northrop No. Neighborhood Rep: Jeri Elsner

*Northrop So. Neighborhood Rep: Sue Redepenning

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Community and Safety: Kim McCoy

Education: Tom Arneson

Greening: Ted Moe

Housing: Shannon Guernsey

Parks: Kirk Frauenheim

Programs: *Open*

Useful Phone Numbers

8th Ward Council Elizabeth Glidden 673-2208

11th Ward Council John Quincy 673-2211

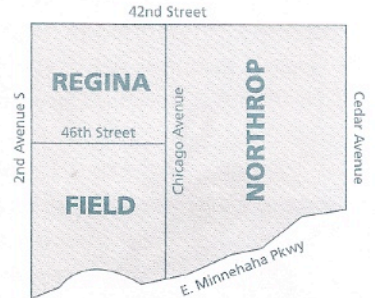
Sue Roethele CCP/SAFE 673-2839

Housing Inspector 673-5858

Senior Helpline 729-5499

McRae Park 370-4909

Airport Noise Complaints 726-9411



Field Regina Northrop Neighbor
4828 12th Ave S
Minneapolis MN 55417-1109

1620 East 46th Street
Minneapolis, MN 55407



Minimum 20% post-consumer content

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TP P1