

# CLOSE TO HOME



## The Field Regina Northrop Neighborhood Group Newsletter

December-January 2011-12

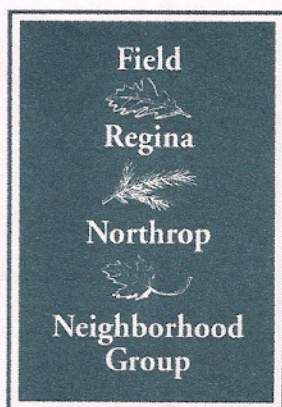
### FRNNG Met with Representatives of Area Schools

**O**n Tuesday, August 30, representatives from FRNNG-area schools gathered at Turtle Bread Company with FRNNG President Stearline Rucker and Education Committee co-chair Gerry Sell to explore different ways for the neighborhood group to introduce the schools to the community. This event was attended by representatives from Our Lady of Peace Catholic School, Field Community School, the Field School PTA, and Watershed High School.

The purpose of this meeting was to explore community engagement opportunities between FRNNG and the community schools. The area's schools have events and opportunities that are of interest and benefit to the general public, and tools like *Close to Home* and the website enable all

FRNNG residents to keep up-to-date on them. The schools also learned about collaborative partnership opportunities such as Our Lady of Peace's "Giving a Child a Foundation for Life" program, which prepares pre-school and pre-kindergarten children for entrance to Hale School and Ramsey International. Our Lady of Peace discovered an opportunity to donate used computer monitors to Watershed High School students who are learning how to tear down and rebuild computers and monitors for their 2011 fall classes.

Our thanks go to Turtle Bread Company for donating the coffee and rolls.



### Focus Group on FRNNG'S Future Priorities to Meet in February 2012

Stop the presses! The Field, Regina, Northrop Neighborhood Group is holding a focus group in February 2012 for the City of Minneapolis' Community Participation Program. We are asking 40 people from each of our three neighborhoods to join their fellow FRNNG'ers on Saturday, February 11 for brain-storming sessions on what they would like to see happen as FRNNG moves forward and forms its Neighborhood Priority Plan.

Make your voice heard in what FRNNG's future priorities should be! If you can't attend the meeting personally, send your suggestions in writing to Program Manager Valerie Powers at [frnng@mtn.org](mailto:frnng@mtn.org). The focus group's location has not yet been determined, but the snow date will be Saturday, February 18. For more information, call the FRNNG office at 721-5424.

Please refer to page 4 of this newsletter to see the timeline for the Community Participation Program.

Visit us online at [www.frnng.org](http://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](mailto:klyoung99@hotmail.com)

### Community and Safety Committee:

• 4th Tuesday of each month at 7 pm, McRae Park Rec Center

### Housing Committee

• 1st Monday of each month at 6 pm, Sisters Sludge, 46th St. and Bloomington Ave.

### Education Committee

• 1st Thursday of each month beginning in October, at 6:30 pm, LNPC  
Contact: Gerry Sell at [jdde@umn.edu](mailto:jdde@umn.edu)

### Parks Committee

• 1st Monday of each month at 7 pm, McRae Park Rec Center  
Contact: Kirk Frauenheim at [kirkfrauenheim@yahoo.com](mailto: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](mailto:thegreeningcommittee@gmail.com)

### Communications Committee

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

**One Minneapolis One Read** is a city-wide program where we ask residents to get involved by reading the book "The Grace of Silence" by Minneapolis native and NPR host Michele Norris. OMOR has particular significance to Field-Regina-Northrop as Michele Norris grew up in the Field neighborhood and attended Field and Washburn Schools. In October, we welcomed Michele Norris to a free event at Turtle Bread, with many neighbors in attendance. Thanks as well to True Colors for its partnership in selling books at the event.

We hope you can become involved in OMOR, which continues with various public events through the end of February 2012! *Check out all of the following events at:*

**[www.OneMinneapolisOneRead.com](http://www.OneMinneapolisOneRead.com)** where you can:

- View Michele Norris and Keri Miller at the Guthrie Nov 3, Michele Norris speaking to MCTC, and other Michele Norris appearances.
- Check out the Calendar for a continually updated list of events.
- Sign up – the YWCA will provide a Free Racial Justice Facilitator for your conversation about race and "The Grace of Silence."

Michele Norris has set up a special page on her website, **[www.michele-norris.com](http://www.michele-norris.com)**, for the Minneapolis Race Card Project. Check out what Minneapolis residents have said about race in a six-word statement.

Do you have great ideas for OMOR or something you'd like to share? Contact us at: **[oneread@minneapolismn.gov](mailto:oneread@minneapolismn.gov)**.  
**2012 City Budget Under Discussion**

The Minneapolis City Council will be making some big decisions in the coming weeks as it considers Mayor R.T. Rybak's proposed 2012 budget. There are

two public hearings before the City Council approves the final budget on Dec. 14, 2011:

Wednesday, Nov. 30, 6:05 pm, City Hall, 350 S.5th St., Room 317

Wednesday, Dec. 14, 6:05 pm, City Hall, 350 S. 5th St., Room 317

The City Council will deliberate and make any changes to the Mayor's proposed 2012 budget beginning Dec. 6, with final approval of the 2012 budget scheduled for Dec. 14.

For 2012, the property tax levy is set for a 0% increase by the Board of Estimate and Taxation. Combined with reductions of \$23 million in the revenue sharing relationship with the State of Minnesota (local government aid), the 2012 budget cuts many programs and services in the City of Minneapolis, with almost all departments in the City impacted by layoffs or other service reductions.

Even with a 0% property tax levy, some homeowners may see property tax increases. One reason for this is the 2011 Legislature's decision to eliminate the market value homestead credit program. This program's elimination means that even with no increase in property taxes from local government, some homes and commercial properties will see increased property taxes.

The Mayor's recommended budget for 2012 is at:

**[www.minneapolismn.gov/city-budget](http://www.minneapolismn.gov/city-budget)**.

Contact Elizabeth! 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@minneapolismn.gov](mailto:Elizabeth.glidden@minneapolismn.gov)**.

# Holiday Gift Ideas Close to Home at 48th and Chicago!

From 48th and Chicago Business Alliance



Our favorite shopping season is here. It's time to make a list of all those special people you want to remember. This year, forego another new sweater or tie and think creative! You can find something for everyone on your list in your own neighborhood. Here are ideas from your neighbor businesses at 48th and Chicago.

- How about a gift certificate from any of the businesses, 11 eating spots on the corner, or Parkway Theater?
- A winter bike tune-up or a nice pair of winter riding gloves from Bikes and Pieces
- \$25 off certificate on a custom area rug/runner or decorative radiator cover from Dick's Metropolitan Flooring

- A Pet Emergency Care Kit for the hunting or camping pet owner, or a pet insurance policy from Minnehaha Animal Hospital

- Candy Scavenger Hunts, Bouquets, Baskets, Piñatas and party grab bags from Candy Alley

- The Holidays are the perfect time for a family or pet portrait —10% discounts on orders at Patrick Nau Photography

- Holiday pies and bakery from Turtle Bread

- A pre-paid gas card from TA Shell

- True Colors has a fabulous children's book department, unique tarot decks, oracle cards and blank journals

- Spruce can provide holiday plants and gifts. Aveda products from Rue 48 – 20% off during their Holiday Open House December 1st from 5-8 pm

- Shiatsu Massage one hour gift certificates: Holiday special \$65 each at Creekside Acupressure Clinic

- Create a wine basket or gift certificate from Ken and Norm's Liquors

Check us out at [www.48chicago.org](http://www.48chicago.org).

And don't forget to shop the other businesses in the neighborhood, too. Keep our local businesses open and strong by shopping Close to Home!

## 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



## New Ordinance Requires Minneapolis Businesses to Offer Recycling



by Mike Kmieciak, owner Bikes & Pieces

Most Minneapolis businesses already recycle, but a new ordinance requires all businesses in Minneapolis to offer recycling. This expands the same recycling requirement that's already in place for all residential property. For businesses that don't already offer recycling, resources are available to help them set up a new system.

The ordinance puts in place the requirement that all nonresidential properties in Minneapolis that have garbage service will also have recycling service. "Throwing away" trash is expensive. Recycling takes two expensive problems – managing garbage and generating new material – and turns them into each other's solutions.

To help ensure that every property owner is able to offer recycling and comply with the new ordinance, Minneapolis is working with Hennepin County to provide information and technical assistance to those who need it.

Under the new ordinance, businesses are required to provide:

- Regular recycling collection (at least twice a month) for all materials generated onsite deemed recyclable in Minneapolis, including paper, cardboard, metal cans, plastic bottles, and glass bottles and jars

- Recycling containers
- Recycling collection and storage areas
- Written recycling information and instructions sent to tenants and/or employees annually or posted

- A written recycling plan. It can simply list where on the premises you collect recycling and which recycling company you use. See template for guidance at:

[www.minneapolismn.gov/regservices/docs/commercialrecyclingplantemplate.pdf](http://www.minneapolismn.gov/regservices/docs/commercialrecyclingplantemplate.pdf). Property owners can find a simple, step-by-step guide to setting up a new recycling system at:

[www.RethinkRecycling.com/business](http://www.RethinkRecycling.com/business). Hennepin County also provides technical assistance and education resources at [www.hennepin.us/businesswaste](http://www.hennepin.us/businesswaste).

Property owners with questions about this new recycling requirement can call the City of Minneapolis at 311 or 673-3000.

## The Community Participation Program

Neighborhood Focus Groups  
February 2012

Vote on top Priority Plan at  
FRNNG neighborhood  
March 2012 Board Meeting

Neighborhood Priority Plan  
Submission  
April 16, 2012

Check Out the  
*Redesigned*  
FRNNG Website!

Find Us on Facebook...



and Follow Us on Twitter

## Temple Israel Memorial Park– Historic Cemetery that Borders on FRN

by Linda Rost

As you walk or drive west along the FRN-Bryant border on 42nd Street, have you ever wondered about the cemetery to the right between 4th and 3rd Avenues? Well I have, and I was delighted to have the opportunity to satisfy my curiosity along with other neighbors (residents of the Bryant and FRN neighborhoods) through a tour of the cemetery one rainy October Sunday. Our host and guide that day was Jim Gainsley, past director of the Temple Israel Minneapolis Foundation, a branch of Temple Israel Synagogue located in south Mpls.

We learned that this 4.5 acre parcel, extending from 3rd to 4th Ave., between 41st and 42nd Streets, was established back in 1876 and is the only Jewish cemetery in Minneapolis city limits.

The tour began in the historic Montefiore Cemetery Chapel (built in



Jim Gainsley

the 1890s). There we learned about Jewish funeral traditions and the chapel and park history.

The sun came out just as our walking tour began. We started in the oldest part of the cemetery moving through to the lovely meditation area. We were also shown the location of the new entrance to be built within the next year or two. The original is too tight for modern vehicles, having been built with horse-drawn carriages in mind!

The park is open to the public Sunday through Friday. Neighbors are especially invited to visit. I would highly recommend spending time in the serenity of this beautiful space.

For more details and info on the cemetery, its chapel and early Jewish community in Minneapolis, visit [www.templeisrael.com](http://www.templeisrael.com).

# Thanks to our Supporters!

*Close to Home* would like to thank the following individuals, 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 deductible 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 at 721-5424. **We also encourage residents to support our local businesses so that they can continue to be a strong and vital sector of our community.**

## Under \$100

**Southside Chiropractic, P.A.**

55th and Chicago, 827-0657

**Pathfinder Care Management**

48th and Chicago, 729-9096

## Partner Level- \$100-\$199

**Minnehaha Animal Hospital**

48th and Chicago, 825-4427

**T.A.'s Automotive, Inc.**

42nd and Bloomington, 823-7100

## Gardening Tips- Being Creative With Pumpkins

by Jennifer Rensenbrink

When my twins were babies, we made quite a bit of frozen pumpkin and squash for them. I quickly realized how convenient it is to have those little cubes of frozen squash on hand — you can mix a cube or two into pretty much anything.

Cut your squash or pumpkin in half and scoop out the seeds. Don't be too meticulous about the strings — they're actually good for you. Place the pieces cut-side down in a baking pan, and add about 1/2 in. of water to the bottom. Cover with foil and bake at 350 for about an hour or until soft.

Let it cool for a while; it will be easier to handle. Then scrape out the cooked flesh into a bowl. Mash it some with a potato masher, cut it up a bit with kitchen sheers if it's stringy, or give it a whirl with an immersion blender. Spoon into ice cube trays. Freeze until set, then transfer to gallon-size freezer-safe bags. For one cup of pumpkin, use around 5-6 cubes.



Here are some ways you can use pumpkin or squash that has been frozen:

1. Baby food. Puree the pumpkin in a food processor before freezing to avoid choking.
2. Add 2-3 cubes to oatmeal as it's cooking, then add cinnamon, cloves, dried ginger and a bit of sugar for pumpkin pie oatmeal.
3. Use it in pumpkin or squash soup recipes. Or stir 1-2 c. into your favorite chili recipe for pumpkin chili.
4. Use it in any baking recipe that calls for canned pumpkin. It's a little bit runnier than canned pumpkin; you will want to reduce the liquid in your recipe accordingly.

Jennifer Rensenbrink is a Hennepin County Master Gardener who blogs about gardening and other adventures at [newhomeconomics.wordpress.com](http://newhomeconomics.wordpress.com).

## FRN Resident to Offer Adult Acting Class

Hello neighbors! My name is Mary Keepers. I am a theatre artist and FRN resident, and once again I'm offering an Acting Workshop for Adults this winter. The next session is coming up in January thru March.

### Acting Workshop for Adults

**When:** Nine week session begins in January! Thursday mornings 10 am-12 noon, January 12-March 15

**Where:** Mayflower United Church of Christ - 106 E. Diamond Lake Rd. (35W and Diamond Lake Rd)

**Instructor:** Taught by theatre professional Mary Keepers

For more information contact [marykeepers@msn.com](mailto:marykeepers@msn.com) or visit [www.marykeepers.com](http://www.marykeepers.com).

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



**BE SNOW SMART!**

KNOW WHERE TO PARK IN  
SNOW EMERGENCIES

CALL 348-SNOW

2011-2012

# Have a Safe and Enjoyable Holiday Season

The Minneapolis Police Department wishes everyone a wonderful holiday season and wishes to give you some tips for the holiday season.



## Transporting Gifts in Your Car

- Gifts left unattended and visible in your car can be tempting.
- Lock purchases in your trunk.
- Pick up large items at the end of your shopping trip.
- Remove packages when you reach your destination.

## Displaying Gifts

- Many households display gifts before and after the holiday. Remember that homes are vulnerable, because of the time spent away and the long hours of darkness.
- Keep presents away from windows or out of sight.
- Put presents away before you leave your home.

## Walking after Dark

- With the long hours of darkness, be extra aware when you are on your way to work and on your way home.
- Walk with relaxed confidence.
- Walk in well lit areas. Avoid alleys or poorly lit areas.
- Try to walk with another person.
- Have your keys ready and in your hand when approaching your car or home.
- Carry as little cash or valuables as possible. If you carry a purse, place valuables in a pocket or consider a fannypack.
- Turn on lights in and outside your home, so you are not entering a dark area when you reach home.

## Auto Security

- Always remove the keys from your car— Never leave a car running unattended.
- Park vehicles in a garage or in a well-lit area.

- Keep all car doors locked – even when the car is in the garage. Also, lock all garage doors and secure and cover garage windows.

## Be a Good Neighbor

- Keep a watchful eye out on your block. If you see or hear suspicious activity call **911**. Call if you witness curfew violations, someone appearing to be casing cars, or hear the sound of breaking glass.
- Leave outside lights on at night, so you and your neighbors have better visibility.

If you would like additional crime prevention information, please call our police precinct SAFE Unit.

For individuals with disabilities: If you need this material in Braille, large print, computer disk, or cassette tape, call **673-2839**. Sign language interpreters available. Call **673-3220** or **673-2626 (TTY)**. Please allow two weeks for accommodation.

## Senior Helpline

### Nokomis Healthy Seniors Activities

#### 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  
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  
Bethel Evangelical Lutheran Church  
4120 17th Ave.

#### Fifth Thursdays: Lunch and a Movie

Starting in 2011, NHS will offer lunch and movie on the 5th Thursday of each quarter. Watch for further information at "Nurse Is In" or call the office, **729-5499** for more details.  
Bethel Evangelical Lutheran Church  
4120 17th Ave.

#### Health Programs at Nokomis Square

December 14

*Humor is the Best Medicine*

1:30 pm, Nokomis Square Cooperative  
5015 35th Ave.

For further information about our services call the NHS office at **729-5499**.

## Vacant House on Your Block— What Can Neighbors Do?

Field Regina Northrop Neighborhood Group is interested in keeping track of properties in our neighborhood that have become vacant, abandoned or are otherwise causing concern to their neighbors. In order to keep the city and neighborhood engaged in improving our neighborhoods, please contact the FRNNG at **721-5424** or **frnng@mtn.org** office if you notice a vacant or problem property on your block.

For further information go to **www.frnng.org** and follow the link at 'Vacant Houses on Your Block'.

**McRae Park**  
906 East 47th Street

*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)

Anne Kegley, Director  
akegley@minneapolisparcs.org

Season's



Greetings

## 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](http://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.



## 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<sup>o</sup> 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.

Editor: Linda Rost  
Layout: John Vasiliou

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**Contributors:**

Council Member Elizabeth Glidden, Mary Keepers, Mike Kmiecik, Sue O'Brien, Valerie Powers, Judy Moses, Jennifer Rensenbrink, Sue Roethele, Joyce Tesarek

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 6

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: Valerie Powers

**2011-2012 FRNNG Board**

\*Executive Committee Officers

\*President: Stearline Rucker

\*1st V.P.: Wade Warner

\*2nd V.P.: Willie Bridges

\*Treasurer: Shannon Guernsey

\*Secretary: Shelley Nystrom

\*Field Neighborhood Rep: Open

\*Regina Neighborhood Rep: Open

\*Northrop No. Neighborhood Rep: Jeri Elsner

\*Northrop So. Neighborhood Rep: Pete Berlute

Business: Karen Young

Communications: Kirk Anderson

Community and Safety: Open

Education: Gerry Sell/Mary Ellen Mueller

Greening: Ted Moe

Housing: Open

Parks: Kirk Frauenheim

Programs: Keely Wheaton

**Useful Phone Numbers**

8th Ward Council Elizabeth Glidden 673-2208

11th Ward Council John Quincy 673-2211

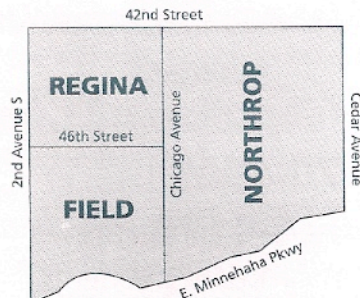
Sue Roethele CCP/SAFE 673-2839

Housing Inspector 673-5858

Senior HelpLine 729-5499

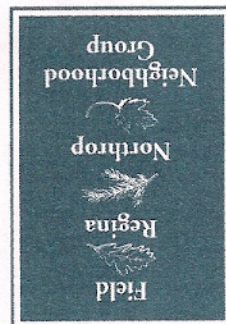
McRae Park 370-4909

Airport Noise Complaints 726-9411



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

1620 East 46th Street  
Minneapolis, MN 55407



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## The Field Regina Northrop Neighborhood Group Newsletter

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