

CLOSE T^o HOME



The Field Regina Northrop Neighborhood Group Newsletter

December-January 2012-13

Follow the City's 2013 Budget Process, Have Your Voice Heard

As part of the City Council's process of considering Mayor R.T. Rybak's recommended 2013 budget for the City of Minneapolis, Council Members are now holding a series of budget hearings where they hear directly from City departments about how the budget proposal will impact their operations.

These budget hearings are currently being broadcast live, and replayed on Minneapolis 79: the City's cable channel (on Comcast). However, starting Saturday, Nov. 10, the City started rebroadcasting all of the budget hearings back-to-back on Minneapolis 79 every weekend until the budget is approved Wednesday Dec. 12. This gives folks the opportunity to learn more about the budget proposal and its potential impact in advance of the two public hearings scheduled for later this fall. A schedule of the weekend budget hearings "marathon" is available at: www.minneapolismn.gov/tv/79schedule You can also watch any of the budget hearings online at: www.minneapolismn.gov/tv/79.



Public hearings

Along with the budget hearings, the City Council will have two public meetings before a final budget is approved.

Public hearing on tax levy and 2012 City budget

Wednesday, Dec. 12, 6:05 pm
City Hall, 350 So. 5th St., Rm 317

More information on the 2013 budget process is available on the City's website.

- For the Mayor's recommended budget, go to: www.minneapolismn.gov/finance and click on "2013 Mayor's Recommended Budget."
- For the complete budget process, go to: www.minneapolismn.gov/finance/budget
- For a schedule of City Council budget hearings, go to: www.minneapolismn.gov/finance/budget and click on the "calendar" link.

Night on 48th Recap

It was another enjoyable evening on Saturday, November 3rd as friends, family and



neighbors got together for FRNNG's fourth annual Night on 48th wine, dine and date night. Once again the event was held at Turtle Bread and included the typical silent auction, a wine raffle sponsored by Cork Dork, cash bar and food provided by Turtle Bread. New this year was music by Court's in Session and an iPad raffle courtesy of one of our newest neighbors, Health Partners. We had a great turnout of people and we'd like to thank everyone who attended (and of course anyone who bought tickets but couldn't attend). A very special thank you to Turtle Bread for again providing the venue and to our major sponsors, the aforementioned Cork Dork and Health Partners, as well as Pepitos Parkway Theater, Sisters Sludge and the South Chicago Avenue Business Alliance (SCABA). Thank you also to all the individuals and businesses who donated time and/or silent auction items. Mark your calendars for roughly a year from now for Night on 48th #5. Hope to see you there!

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 July or Dec.

Business Committee

• 1st Tuesday of each month at 7 pm, LNPC
business@frnng.org

Community and Safety Committee:

• 4th Tuesday of each month at 7 pm, McRae Park Rec Center
communityandsafety@frnng.org

Housing Committee

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

Education Committee

• 1st Thursday of each month beginning in October, at 6:30 pm, LNPC
education@frnng.org

Parks Committee

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

Greening Committee

• 2nd Tuesday of each month at 6:30 pm at Turtle Bread Restaurant, 48th and Chicago
greening@frnng.org

Communications Committee

• 2nd Wednesday of each month at 6 pm at Turtle Bread Restaurant, 48th and Chicago
communications@frnng.org

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.

The 2013 City Budget

The City Council is finalizing its review of Mayor Rybak's recommended budget for 2013, with budget adoption scheduled Wed., Dec. 12. The Mayor has proposed a 1.7% property tax increase, which will allow hiring of firefighters and police officers, and recommends a reorganization of the Regulatory Services department to better serve city customers and realign services performed by the city.

The Mayor's proposed 2013 budget and the schedule of budget hearings can be found at www.minneapolismn.gov/finance/budget

The city council will hold two public hearings on the tax levy and 2013

City budget: The first was Wed, Nov. 28, 6:05 pm, City Hall, 350 S. 5th St., Rm. 317. The City Council will consider adoption of the budget the same night as the second public hearing, which is Wed, Dec. 12, 6:05 pm, City Hall, 350 S. 5th St., Rm. 317.

One-sort Recycling Begins in Minneapolis!

The first round of Minneapolis recycling customers will get new blue recycling carts in November. If one is delivered to your home, start using it immediately for all of your recycling. No sorting is needed.

Minneapolis is rolling out one-sort recycling in two phases; if you do not get the new cart with this rollout, you will begin when you get a cart next year in the second phase. The City has completed an in depth study of multiple, dual, and one sort methods and has found that the quality of our materials and their value will not change. The quantity of materials

recycled is expected to increase very significantly with a change to One Sort.

Switching to one-sort recycling will not change the amount you pay for your recycling and garbage pickup. For more information, visit:

www.minneapolismn.gov/onesort

Thank You for Historic Voter Turnout on November 6

I wanted to give special thanks to residents for participating in our democratic process and voting. We know that turnout in Minneapolis was extremely high – rivaling 2008 voter turnout and possibly higher in some locations. Thank you also to the election judges and elections professionals that served voters with dignity and respect, working hard to ensure election integrity was maintained.

For many, I know that you waited in long lines in the cold and rain. Thank you for your patience, diligence, and determination to make your voice heard, as some residents had waits of an hour or even longer. The City will conduct a review of this election, including a precinct by precinct analysis of all polling place issues. For voters in precinct 8-5 (Field and part of Regina neighborhoods), we have already confirmed with Elections Staff that a new polling place will be set for future locations, as space at Watershed School was not appropriate for this precinct.

I am always available to answer your questions at 673-2208 or elizabeth.glidden@minneapolismn.gov and would enjoy meeting with you during my Community Office Hours, 9-11 am every Monday at Sabathani, 310 E. 38th St., by Rm. 129. To receive the Eighth Ward Monthly E-News, please go to: minneapolismn.gov/ward8



One-sort Recycling Begins in November for First Round of Minneapolis Recycling Customers

The first round of Minneapolis recycling customers will get new blue recycling carts in November. If one is delivered to your home, start using it immediately for all of your recycling. No sorting is needed; all of the recyclables simply go into the one cart. Recycling has never been easier. Just make sure not to include garbage or other non-recyclables, and rinse all your bottles, cans, jars and cartons. For anyone who does not recycle, this is the perfect time to begin.

Minneapolis is rolling out one-sort recycling in two phases; if you do not get the new cart with this rollout, you will begin when you get a cart next year in the second phase. Start when you get the cart.

A letter with instructions will come to your home about a week before you get the cart. One-sort recycling customers will stay on the same recycling schedules as before. While routes and



schedules won't change, the time the truck comes may change. Make sure to have your recycling at your collection point by 6 am on your recycling day. You may keep your old bin for other uses such as garage storage or for carrying your recyclables from your home to your new cart, or you can leave it at the curb or alley and our crews will recycle it.

Since the routes run street by street (and alley by alley) rather than by neighborhood or quadrant, the routes chosen for the first phase are all over the city. This is the most efficient way to roll out the new carts and keep your service high during the transition.

Switching to one-sort recycling will not change the amount you pay for your recycling and garbage pickup.

For more information visit:
www.minneapolismn.gov/onesort.

Like It or Not, It's Time to Think About Winter

Whether you happily look forward to that first snowfall or dread the thought of snow and ice, winter is on its way. To ensure we're ready, the folks at Homeland Security and the Minnesota Department of Public Safety have put together pointers on winter storms, outdoor safety, holiday fire safety and winter driving. Information can be found at: www.minneapolismn.gov/news/employees/WCMS1P-100531.



Senior Helpline

Life Planning Workshops

The SAGES Ministry of St. Joan of Arc Church is continuing their series of **Life Planning** Workshops. These workshops have been well received and are free and open to everyone.

Thursday, January 10 the topic is **Estate Planning**. The speaker is Peter Hendricks of Garvey & Boggio, PA, LLC. There will be no promotion or sales involved with this workshop— it is strictly informational.

The workshop will be held from 1:30 – 3:30 pm. The church is located at 4537 3rd Ave. So. Please call the Parish Center to register at 823-8205.

Nokomis Healthy Seniors Health Programs and Other Notes

January

January 30 at 1:30 pm
"Money Safety," Josh Cramer,
Wells Fargo
Nokomis Square Cooperative,
5015 35th Ave. So.

These programs are free and open to the public. Beverages and treats are provided.

If you need a ride to any activities please call the NHS office at 729-5499.

Senior Nutrition Program

Monday through Friday the Volunteers of America host a free/reduced price lunch for area seniors aged 60+. The suggested contribution is \$3.50, however they just ask people to pay what they can afford. No one is ever denied a meal because they cannot pay. Meals are at 1 pm at the Holy Cross Lutheran Church at 1720 E. Minnehaha Parkway. For more info call 952-945-4157 or 729-6668.

Snow Emergency Information

Residents, workers and visitors have a number of ways to learn when Snow Emergencies are declared and what to do when they are. We're advising drivers to put many of these tools to use, not just one or two. The more ways people use to learn about a Snow Emergency, the more prepared they will be to do their part, and the less likely they will be to be towed because they didn't know one was declared.

- **Hotline** - By calling the automated **348-SNOW** hotline, folks can find out if a Snow Emergency has been declared. The hotline will include information on parking restrictions that drivers need to follow to avoid tickets and tows. The hotline includes information in English, Spanish, Somali and Hmong.

- **The City's website** - Go to www.minneapolis.gov/snow to find out whether a Snow Emergency has been declared and for a wealth of information on Snow Emergencies in many languages. Also, check out the street

lookup, which lets you put in an address or a neighborhood to see where you can park during a Snow Emergency.

- **Phone alerts** - Minneapolis uses a phone alert system to notify residents when Snow Emergencies are declared. It is an automated notification system that can place thousands of calls per hour. If your landline or cellphone number isn't listed, you can add it to the alert system by signing up at

www.minneapolis.gov/snow.

- **Email alerts** - You can sign up to get Snow Emergency alerts automatically emailed to you. Go to [www.minneapolis.gov/snow/esubscribe](http://www.minneapolis.gov/snow/snow_esubscribe) for more details.

- **The media** - News releases are sent to the media so TV, radio stations and



other news outlets can inform their viewers and listeners that a Snow Emergency is in effect.

- **Cable TV** - Tune in to cable channels 14 and 79. These channels will have information in several languages when a Snow Emergency is declared.

- **Facebook** - "Like" Minneapolis Snow Emergency on Facebook. Go to www.facebook.com/MinneapolisSnowEmergency.

- **Twitter** - twitter.com/minneapolisnow. If you have a Twitter account, just follow us. Both the Twitter and Facebook pages will tell fans and followers when a Snow Emergency is declared.

For more information about parking during Snow Emergencies, visit www.minneapolis.gov/snow.



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 blankets, 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

Holiday Pet Tummy Aches

By Dr. Dawn Bradshaw, Minnehaha Animal Hospital

The holidays are filled with family, food, and fun, but they can also be a source of trouble for your pet. With all the food, plants and decorations around, there is a myriad of things for animals to get into that they are not supposed to. Vomiting may be the first sign of trouble, but that can lead to continued vomiting, diarrhea, dehydration, pancreatitis, and potentially even an obstruction.

To avoid problems in the first place, don't give table food to your dog or cat, especially fatty or spicy foods. An occasional bit of lean meat may be OK for some animals, but others can't tolerate anything other than their normal diet. Never give chocolate, grapes, or onions to your pet, as these can be highly toxic. Bones can splinter and be swallowed, causing real problems. And never assume your cat won't climb on the counter, and pull an ear of corn out of the cooking water! (I once had a cat that pulled the last ear of corn out of the cooling water in the pot on the stove and ate most of the corn off the cob by the time I discovered him. He

suffered no ill effects! Dogs eating the corn and the cob could be in trouble).

You also need to be careful with the decorations and plants you have out. Tinsel and garland can be very attractive new toys for your cat, but if they eat it, it can lead to intestinal obstruction which could require surgery. Poinsettias and other plants can also lead to GI upset (or worse) if your pet ingests them so be careful when deciding what to leave out for decorations.

If your dog or cat vomits once, but is acting OK, you may be able to just withhold food and water for a few hours and see if it resolves. If the vomiting continues, or if your pet vomits water shortly after drinking, call your veterinarian. If he or she is acting lethargic, not wanting to eat at all, or seems painful when you touch its tummy, call your veterinarian. If you're not sure whether to be concerned, call your veterinarian. We are happy to help!

With just a little care, you and your entire family can have a happy and healthy holiday.

Christmas Razzle! at LNPC

Put on your fancy clothes and pull on your dancing shoes, Lake Nokomis Presbyterian Church is hosting its second annual Christmas Razzle! on Friday, December 14, from 7-10 pm. Featuring a trombone quartet, yummy finger food and traditional mulled wine, this is a lovely evening of sparkly holiday fun for a good cause. Bring a pack of size 4 or 5 diapers, or a toy for a child age 7-12 to donate to Tapestry Family Resource Center. Tickets are \$15 at the door. RSVP to jan@lakenokomisp.org or 721-4463.

LNPC is also hosting Trinity School's Chamber Singers and String Ensemble Christmas concert on Sunday, December 9, 3-4:30 pm.

Come one...come all,
to the Christmas
Razzle!!



Attention Women—MN Women's Press to Conduct Online Survey

Are you wondering What Women Want? Do you have some opinions of your own about that? The Minnesota Women's Press invites women to vote for their favorite places to go and things to do in their annual survey online at www.womenspress.com in December and January. In the May Women's Press they will report back women's recommendations for things like the women-friendly car repairs shops, bike stores and garden shops. This is a great chance to recognize some of our neighborhood businesses. Remember, Shop (and recommend!) Close to Home.

Feelin' Good in the Neighborhood With HealthPartners Nokomis Clinic!

HealthPartners Nokomis Clinic is now open and ready to help you feel better and stay healthy. The clinic opened on October 1st and is located in the 48th and Chicago neighborhood at 4730 Chicago Ave.



Services

- Evening and weekend urgent care, including walk-in flu shots
- Traditional clinic-based appointments with Family Practice and Ob/Gyn care teams
- Onsite mammography, chiropractic and wellness care
- Telephone-based appointments
- E.Visits

HealthPartners Nokomis Clinic accepts most forms of insurance, as well as self-pay patients. Call 313-0000 for more information or to make an appointment.

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- Staying Healthy With Super Foods this Winter

By Jennifer Rensenbrink

My twins started Kindergarten this fall, and we've entered a whole new realm of germs. Here are two super foods that we consume liberally during the winter months to keep healthy.

Soup

When you make homemade soups and stocks from scratch, you give your body a gift. It's also inexpensive and easy to make a batch of nourishing soup: just put chicken pieces, veggies, and whatever herbs you like in a crock pot, cover with water and a splash of vinegar, and cook all day. Remove the meat from the pot and let it cool a bit, then strip it off the bones and return it to the pot. Done. I like to freeze the leftovers in pint jars for easy at-work lunches.

Two things about homemade soup make it superior from a nutritional standpoint. First, using meat on the bone gives you more minerals—in easily-assimilated electrolyte form—and also improves flavor considerably, reducing the need for salt. Second is the vinegar.

Its acidity helps pull even more of the minerals out of those bones and into the broth.

Fermented Foods

Fermentation is becoming a very popular food trend, and with good reason. It's easier and more suited to small-scale home gardens than canning is, and the results are tastier and more nutritious. Fermentation has been around since ancient times—and without it, we wouldn't have some of our favorite staples like bread, beer, and cheese.

I started getting interested in fermentation when I started gardening—my garden is not big enough for canning quantities, but I wanted to preserve some of the harvest for the winter. One taste of my very first batch of sauerkraut and I was hooked. This fall, I made sour brine pickles, bread and butter pickles, relish, pickled green tomatoes, kimchee (spicy Korean sauerkraut), and one batch of sauerbraten, which is simply fermented grated turnips. It tastes like horseradish.



Fermented veggies are good for you in much the same way as yogurt (which is a fermented dairy product). They contain the kinds of friendly bacteria that we need in our guts to support healthy immune systems. They help pull minerals and vitamins out of the food we eat them with. They crowd out the bad bacteria that we're exposed to on a daily basis. They can even help restore balance to our bodies after being treated with antibiotic medicines.

Resources for how to get started with fermentation are abundant on the internet, and two great books *Wild Fermentation* (2003) and *The Art of Fermentation* (2012) by Sandor Katz, are available at local libraries.

Jennifer Rensenbrink is a Hennepin County Master Gardener who blogs about gardening and other adventures at newhomeeconomics.wordpress.com.

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

**Check Out the Redesigned
FRNNG Website!
Find Us on Facebook...**



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Season's



Greetings

**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

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Make your check payable to FRNNG, Inc. and mail this form and your check to:

FRNNG, Inc. 1620 E. 46th St. Mpls, MN 55407

CLOSE T^o HOME

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Articles, photos, and announcements of interest to the FRN Community are welcome.

Call 721-5424 or Fax 721-4539
E-mail: frnng@frnng.org

Copy deadline for the next issue is Jan. 4

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

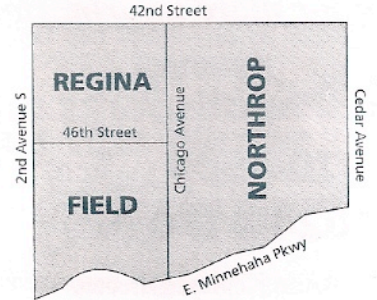
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Program Manager: open

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
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- *Regina Neighborhood Rep: Tom Powers/Carol Kennedy
- *Northrop No. Neighborhood Rep: Jeri Elsner
- *Northrop So. Neighborhood Rep: Pete Berlute
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- Communications: Kirk Anderson
- Community and Safety: Kevin Kelley
- Education: Gerry Sell
- Greening: Ted Moe
- Housing: Nick Peterson/Albert Knight
- Parks: Keely Wheaton
- 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



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