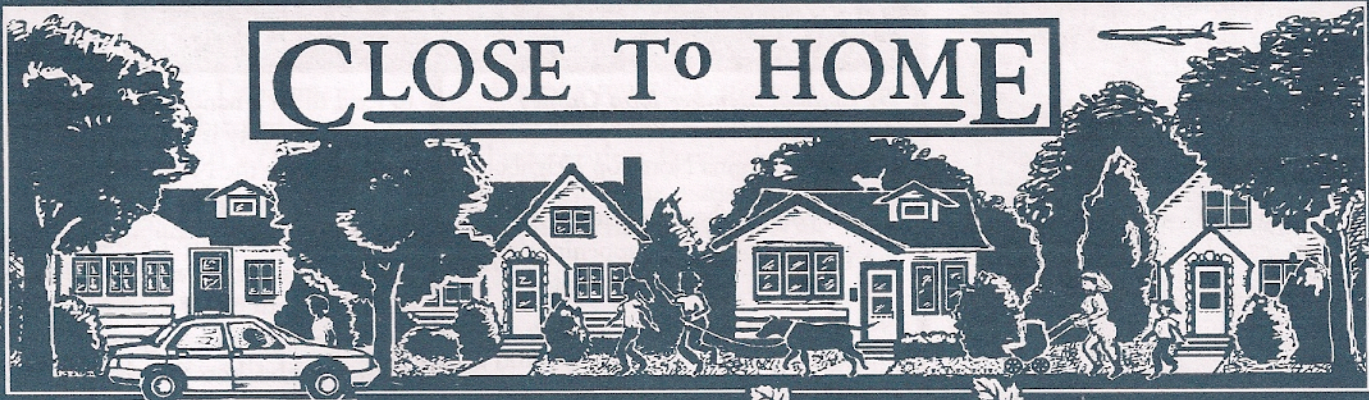


# CLOSE TO HOME



## The Field Regina Northrop Neighborhood Group Newsletter

March-April 2014

### Home Energy Squad Enhanced in Field Regina Northrop

If you're like many Field Regina Northrop residents your heating system has worked extra hard during this record-setting Minnesota winter. Keeping up with cold weather heating demands can be costly, especially if your house has insufficient insulation and weather-proofing. Fortunately, a comprehensive Home Energy Squad Enhanced visit can start saving you money right away.

A Home Energy Squad Enhanced visit involves two energy consultants- an energy technician and energy councilor who visit your home for about two hours. The energy technician conducts diagnostic tests, while the energy councilor accompanies you around your home to point out energy saving tips and install energy saving materials.

At the end of your visit, the energy consultants go over the diagnostic tests and provide you with a Home Energy Squad Score Report. To help accomplish recommended home improvement projects,

the visit qualifies participants to receive 2.99% energy financing from the Center for Energy and Environment's Lending Center. Participants are also given an approved contractor list when insulation work is recommended.

Field Regina Northrop resident Christine DeLarbre says:

"I think everyone should have a visit done... I think it is a really great program, and a really great experience.

It teaches you about your house and in the long run saves you money and energy. I still have the sign in my front yard encouraging everyone to have a visit."

If you want to take your neighbor Christine DeLarbre's advice please call Beth at 335-5874 to schedule a visit. For more information go to:

[www.mncee.org/hes-mpls](http://www.mncee.org/hes-mpls)

Visits are provided by CenterPoint Energy and Xcel Energy in partnership with the Center for Energy and Environment. Home Energy Squad Enhanced visits are discounted to \$70 for Minneapolis residents.



### City of Mpls Launches Twitter Feed

The City of Minneapolis Department of Community Planning and Economic Development has launched a new Twitter feed promoting the latest news on the work the department is doing with our valuable partners to grow Minneapolis!

We will be using Twitter to promote/share information on:

- Public meeting invitations,
- RFP announcements,
- Training opportunities,
- Small area plan updates,
- Public art dedications and events,
- Groundbreaking ceremonies,
- Grand opening events,
- Ongoing project information,
- Content the City Planning Commission, Heritage Preservation Planning Commission, and the Board of Adjustment
- And more!

We invite you to follow us at: [www.twitter.com/Growingmpls](http://www.twitter.com/Growingmpls) or [@Growingminneapolis](https://twitter.com/Growingminneapolis)

Photo Credit: Cary Strandjord

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 July or Dec.

### Business Committee

• 1st Tuesday of each month at 7 pm, LNPC  
[business@frnng.org](mailto:business@frnng.org)

### Community and Safety Committee:

• 4th Tuesday of each month at 7 pm, McRae Park Rec Center  
[communityandsafety@frnng.org](mailto:communityandsafety@frnng.org)

### Housing Committee

• 1st Monday of each month at 6 pm, Sisters' Sludge, 46th St. and Bloomington Ave.  
[housing@frnng.org](mailto:housing@frnng.org)

### Education Committee

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

### Parks Committee

• 1st Monday of each month at 7 pm, McRae Park Rec Center  
[parks@frnng.org](mailto:parks@frnng.org)

### Greening Committee

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

### Communications Committee

• 2nd Wednesday of each month at 6 pm at Turtle Bread Restaurant, 48th and Chicago  
[communications@frnng.org](mailto:communications@frnng.org)

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 Field, Regina Northrop Neighbors,

Thank you for the opportunity to update you about the happenings at City Hall and throughout the City.

### New faces on the City Council

On January 6th, Mayor Hodges and all thirteen members of the Minneapolis City Council were inaugurated during ceremonies held in the rotunda of City Hall. Seven members of the City Council are new to the Council. It is exciting to have so much new energy and excitement join the Council.

Also with the new term, committee assignments have been realigned. I am the DFL Majority Leader for the Council and will Chair the Ways & Means and Budget Committees. I will also serve on the Community Development & Regulatory Services, Claims, and Intergovernmental Relations Committees. These new committees will provide a great opportunity to continue the good work being done throughout the City of Minneapolis and in the 11th Ward.

### As winter continues...

There are a couple of things residents should know and ways to help us all get along better:

- A new mobile app for iPhone and Android lets you know when a Snow Emergency is in effect. The City of Minneapolis has improved its smart phone app so drivers can access current Snow Emergency information immediately to know if they need to follow Snow Emergency parking rules. No matter what day of a Snow Emergency it is, the mobile app will provide current parking restrictions and information. For more information on parking during the winter, visit the City's website.

- When it snows, make sure to clear your sidewalks of snow and ice to keep them safe and avoid a possible fine from the City. Some seniors in the city need help shoveling their walks. Want

to lend them a hand this winter? The City is working with the Neighborhood Involvement Program to find individual volunteers or volunteer groups to commit to shoveling for at least one client for one month or for the entire winter. For more information, go to:

[www.neighborhoodinvolve.org](http://www.neighborhoodinvolve.org) and click on "volunteer opportunities" link under the "seniors programs" tab. To sign up, contact Jeanne Rasumssen at [srvolunteer@neighborhoodinvolve.org](mailto:srvolunteer@neighborhoodinvolve.org)

### Nicollet-Central streetcar project gets a boost in investment

Efforts to bring modern streetcars to Minneapolis are moving ahead in 2014. The City Council voted unanimously to invest \$4 million for the completion of planning and engineering work for a line through downtown Minneapolis along Nicollet and Central avenues. This work includes completing environmental review, refining stop locations, and finding a site for a streetcar operations and maintenance facility. The City must take this step in order to receive federal construction dollars.

### City completes 52 miles of street reconstruction, repaving or seal coating

The City of Minneapolis investment in street surface improvements in 2013 was around \$33.5 million, surpassing the previous year's investment by more than 42 percent. The City's overall 2013 transportation investment totals \$52 million and in addition to street paving includes traffic improvements, bridge work, and pedestrian and bicycle projects.

I am always available to answer your questions at 673-2211. If you would like to receive e-mail updates to the Community Connections website, please send me an e-mail at [John.Quincy@minneapolismn.gov](mailto:John.Quincy@minneapolismn.gov) or visit [www.MinneapolisMN.gov/ward11](http://www.MinneapolisMN.gov/ward11) to sign up.

## Crime Analysis and Mapping Data is Now in the Hands of the City's Citizens

The Minneapolis Police Department has launched a new web-based crime mapping tool called RAIDSONLINE (Regional Analysis and Information Sharing). The product was developed by Bair Analytics.

The new system has been made available to the City of Minneapolis at no cost. It is being used by cities across the country, including several communities locally.

The crime statistics and reports section is the most visited area on MPD's website, [www.ci.minneapolis.mn.us/police](http://www.ci.minneapolis.mn.us/police). The public has a strong desire to know what crimes and incidents are taking place in their communities and on their individual blocks.



The new tool offers increased transparency and public access to crime maps and information. Previously, the MPD placed static crime maps on its website and updated them weekly. With RAIDS, that information is updated daily, and the system stores crime data for the past 3 years. Citizens now have the ability to customize maps in a variety of ways. Data can be mapped by address, crime type or by date range.

"We are hoping the public will use this system to its fullest extent. It provides increased transparency and access to time and accurate police incident data. RAIDSONLINE will give the public a better picture of what's going on in their neighborhoods. This awareness will help the MPD solve and reduce overall crime," Minneapolis Police Chief Janee' Harteau said.

## 24/7 Helpline – A Source of Information/Support

If you're experiencing memory loss, a caregiver of someone with memory loss or dementia, a health care professional or a community member with questions, call the Alzheimer's Association's free 24/7 Helpline for information and support, day or night, at **1-800-272-3900** (TDD: **1-866-403-3073**)

The helpline's highly trained and knowledgeable staff can help you with:

- Understanding memory loss, dementia and Alzheimer's
- Medications and other treatment options
- General information about aging and brain health
- Skills to provide quality care and to find the best care from professionals
- Legal, financial and living-arrangement decisions
- Referrals to local community programs, services and ongoing support

[alz.org](http://alz.org) | alzheimer's association®

The 24/7 Helpline also features confidential care consultation provided by master's-level clinicians, who can help with decision-making support, crisis assistance and education on issues families face every day.

Help is provided in the caller's preferred language, using the Alzheimer's Association's translation service, which features more than 170 languages and dialects.

For online information and local resources and educational events, visit the Alzheimer's Association Minnesota-North Dakota Chapter webpage at: [www.alz.org/mnnd](http://www.alz.org/mnnd)

## The FRNNG Annual Meeting and Elections are Approaching!

Please plan to join us as we review FRNNG's many accomplishments for the past year, hear city dignitaries speak and hold our annual elections. Serving on the Board is a great way to meet your neighbors and become more involved in your community! Information will also be available for how you can volunteer on any of our existing committees. The meeting date is set for Wednesday evening, April 23rd at McRae Park, from 6:30-8 pm. Contact the FRNNG office, **721-5424**, if you're interested in running for a position and to confirm the meeting date/time/location. Also check out our website, [www.frnng.org](http://www.frnng.org) or find us on Facebook for more information.

## It's Coming– the 25th Anniversary Neighborhood Celebration and Parade!

Celebrate the Field Regina Northrop neighborhood at the 25th Anniversary Annual Neighborhood Celebration and Parade. Please support our neighborhood organizations, artists, musicians, and partners by lining the streets and cheering them on during the parade. Check the FRNNG website, [www.frnng.org](http://www.frnng.org), for more information and to see the parade route.

The Annual Neighborhood Celebration will be held at McRae Park. Join us for crafts, music, dance, refreshments, and much more! Learn about the FRN Neighborhood Group and talk to board members about how you can get involved and how we can all work together to make the neighborhood safe, healthy, sustainable, and connected.

Look forward to fun! Major prizes will be given away throughout the event. Save the month of June 2014—more information will be available in the next issue of *Close to Home*.

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[alz.org](http://alz.org) | alzheimer's association

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## InnerCity Tennis Offers Free Saturday Tennis Program for Kids Ages 3-17

**Same Day Registration - Join the Program at Anytime!**

InnerCity Tennis (ICT), located on the corner of 40th and Nicollet, in Martin Luther King Jr. Park, has a free Saturday tennis program, which serves children ages 3-17. On average, over 300 children and 80 volunteers participate each week.

The 2014 Saturday Winter Program continues through April 12th. Children ages 3-11 participate from 3 - 4:30 pm and junior high and high school aged children participate from 4:30 - 6 pm. Same day registration for the program is completed at the tennis center, before the program begins. Children can join the program at any time. Racquets are provided.



For more information on the InnerCity Tennis Saturday Program, visit them on the web at: [www.innercitytennis.org/about/programs#saturday-winter-program](http://www.innercitytennis.org/about/programs#saturday-winter-program)

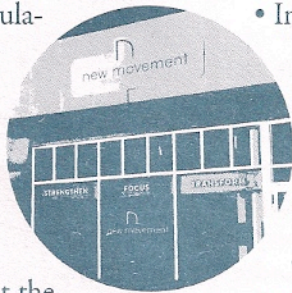
## Looking for a New Exercise to Help With Your New Year's Resolutions?

### Try Jump Board Classes at New Movement Pilates

Jump Board Pilates classes are performed on the reformer with the jump board attached at the foot bar end. Class begins with a warm up including foot work and spinal articulation. Next, jumping combinations are performed in order to raise your heart rate and to strengthen your core, glut, and leg muscles. Think Pilates' version of spin class or plyometrics at the gym. Arm and core intervals are added for muscle building. Class culminates with a cool down and stretching.

**You Will Jump, You Will Sweat, You Will Burn Calories— Come Try a Jump Board Class!**

- Advanced Pilates Playground Monday, 5:15 pm



- Intermediate Pilates Playground Tuesday, 7 pm
- Intermediate Jump Board Wednesday, 5 pm
- Intermediate Jump Board Thursday, 9 am
- Advanced Jump Board Friday, 11 am
- Advanced Pilates Playground Saturday, 9:15 am
- Mixed Level Jump Board Sunday, 11 am

(Pilates Playground Classes include some jump board exercises. Jump Board Classes are 55 minutes dedicated to jumping)

New Movement Pilates  
4748 Chicago Ave.  
**651-395-0914**  
[www.newmovementpilates.com](http://www.newmovementpilates.com)

## South Minneapolis Housing Fair, Saturday, April 5th

### Fun Home Improvement Event for the Whole Family

Whether you are giving a room a "make-over" or starting from the ground up, you'll find answers to all of your questions at the 20th annual South Minneapolis Housing Fair.

### FREE and Open to the Public

This event is FREE and open to the public and will be held Saturday, April 5, 2014, from 10 am to 3 pm. With its convenient location in the Minneapolis Sports Center, 2121 E. Lake St., centrally located in South Minneapolis, the Housing Fair is easy to find. (Behind the Midtown YWCA, parking on site or across the street.)

### Great Local Exhibitors and Door Prizes

We'll have almost 100 amazing exhibitors and vendors to make your dreams come true with expertise and advice on home remodeling, basement finishing, kitchen and bath transformation, landscaping and much more. All exhibitors are located in the Metro area and provide the highest level of professional services. In addition, you'll enjoy making connections with local bankers, real estate agents and a broad range of community experts in a low-key conversational setting.

### Volunteers – You Can Get Involved!

A grass-roots neighborhood produced event like the South Minneapolis Housing Fair is built on hundreds of hours of volunteer time. Your efforts could help to insure the success of the Housing Fair and the improvement in the safety and value of your neighborhood. For more information on how you can get involved contact the Event Coordinator, Marianne Badar at [manager@housingfair.org](mailto:manager@housingfair.org) or call **651-261-7886**.

We'll see you at the Fair!

## It's Time for the NHS Annual Clean-a-thon, Saturday, May 3rd

Have you thought about volunteering this year? We have a great opportunity for you. Nokomis Healthy Seniors (NHS) is having their annual Clean-a-thon this spring and are looking for volunteer teams! What is a Clean-a-thon, you ask? Here's how it works; like any "a-thon" (bowl-a-thon, walk-a-thon, etc.), volunteers form teams, raise pledges from sponsors, and take part in an event. But instead of walking or bowling, Clean-a-thon volunteers spend a Saturday morning cleaning the homes of our neighborhood seniors. They do yard work and heavy cleaning, the type of work that the seniors can't do themselves. It's not glamorous - typical jobs

include washing kitchen cabinets, scrubbing and washing floors washing greasy kitchen walls, cleaning carpets, washing windows, cleaning light fixtures and washing woodwork. Volunteers say it is a rewarding experience and that they would be happy to do it again.

The Clean-a-thon will raise vital funds for the Nokomis Healthy Seniors program. The mission of Nokomis Healthy Seniors Program is to enhance the lives of our community elders by helping them continue to live independently in the homes they love, while enhancing their health. Services are tailored to each individual senior so that we can assist them at their current health level. We provide transportation

to medical appointments by neighborhood volunteers; help with small fix-it jobs around the house; service coordinators to help seniors access other existing services; 'Nurse is In' drop-in clinic once a week; caregiver support, bi-weekly health education seminars for seniors; and nursing staff to conduct community health clinics. We also offer exercise classes four days a week and pedicures by a registered nurse to assist those clients with diabetes and circulatory issues. All of those services are offered at no charge to our clients.

For more information about the Clean-a-thon or Nokomis Healthy Seniors services call **729-5499**.

## Want to Make Your Home and Auto More Secure?

*This article reprinted from an earlier issue*

FRNNG is a wonderful neighborhood; however, regardless of how great a neighborhood is, property crime can still occur. Below are some ideas:

### **Know Your Neighbors**

A strong block is an organized one—so get organized. Do you have a list of the names, phone numbers and email addresses of everyone on your block? If you did, you might be able to better respond to property crime. Report suspicious activity to police immediately.

### **Lock Your Doors**

Many residents leave garage doors open while they work in their yards, run to the store, or unload groceries. That provides an open invitation for unwanted intruders. Doors leading into the home from the garage should be kept locked at all times. Vehicle doors should be kept closed and locked when the garage is not occupied.

### **Keep Your Lights On**

Buy a light sensor socket (\$5 - \$15). Simply screw this sensor socket into a standard light socket. Done. The light will turn on when it is dark out and turn off when it is light out. No timers

to maintain with changing seasons. Outdoor lights with motion detectors can easily replace exterior porch or side door lights, and can be effective in keeping intruders away.

### **Reinforce Exterior Door Frames**

Exterior doors need reinforcement—and with a little effort on installation—your home will be more secure. Kits can be found at your local home improvement store (\$60 - \$150+).

### **Request a Security Audit**

Call Sue Roethle with the Minneapolis Police Department—she can provide ideas on how to best secure your home—for free at **673-2839** or **Sue.Roethle@minneapolismn.gov**

### **Cover/Secure Garage Windows**

Don't let someone shop for valuables in your garage—cover your garage windows. Paint them, frost them, put up blinds or curtains, or even put a piece of plywood on the inside to block the view and add security. Check both door and window locks/latches to ensure that they are in good condition. Add a secondary blocking device as needed.

### **Quality Doors and Locks**

Make sure garage service doors are made of solid-core wood or metal and have a quality, heavy-duty deadbolt lock

with at least a one-inch throw bolt. A good heavy-duty knob-in-lock set with a dead-latch mechanism, along with a heavy-duty, 8"-10" four-screw strike plate with 3-inch screws penetrating into a wooden door frame make it more difficult for burglars to break in.

### **Alerts**

Another deterrent to burglars is the presence of crime prevention or alarm decals on windows, or signs indicating "Beware of Dog," or the installation of a home alarm system with signs visible outside.

### **Lock Your Vehicles**

Unlocked vehicles are also easy targets, even in a garage, according to the police. MPD recommends locking vehicles at all times—even when they are in the garage—and using secondary protection devices that can range from automobile alarms to different types of vehicle-locking devices including wheel locks, to secure vehicles.

### **Remove Valuables**

Always remove valuable items from vehicles when they are parked in the driveway or on the street. This especially includes GPS systems and your automatic garage door opener. Do not keep

*continued on page 6*

# 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.**

## Secure Home/Auto... *from page 5*

extra keys for your vehicle in the console or glove box, or store personal identification information in vehicles that can lead to identity theft.

### Keys

Keep house keys and vehicle keys separate and do not use identification tags on key rings. When lost or stolen, these are an open invitation, with directions, for a burglar to enter your home.

### Photograph Valuables

Police also recommend photographing valuables kept in the garage, making a list of their make, model, and serial numbers. You can also mark your drivers' license number on bicycles, power tools, hand tools, lawnmowers, and other valuables in your garage and home to help in their recovery in the unfortunate event of a burglary.

### Call 911

Calling 911 is for more than life threatening injury or fire; it is also for suspicious activity. Let the police know about it by calling 911 – immediately.

Questions or comments about home security? Contact [communityandsafety@frnng.org](mailto:communityandsafety@frnng.org)

## From the Minneapolis Police Department 3rd Precinct

### Cell Phone Theft Prevention

Cell phone theft is a major problem in Minneapolis as well as the rest of the nation.

Typically the robber will steal an unattended phone or snatch the phone from the users hand and run. The stolen phones are then sold on the black market. A cell phone's resale value can range from \$100 - \$300.

#### What you can do to reduce your chances of being a victim

- Using your phone in public makes you much more vulnerable to being robbed or assaulted. You should be paying attention to what's going on around you and who is near you, rather than paying attention to someone on the other end of a phone conversation.

- Keep your phone in your pocket, bag or in a phone pouch instead of in your hand where someone can grab it.

- Keep your phone close to you. Don't leave it on a table, desk, or counter in a public place.

- Use a password to protect your phone. It will make it more difficult for a thief to use your phone or access the information you have stored on it.



## 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

- Do not store any information on your phone that you wouldn't want others to have (e.g. bank and credit card online passwords, personal info., etc.).

- Keep the phone number for reporting your phone missing or stolen in a safe place. The cell phone provider can probably disable the phone remotely.

- Back up the information on your cell phone. Most cell phone companies offer backup assistance through their phone plans. You may be able to back up your phone data on your home computer as well.

- Download an "anti-theft" application. If your phone is lost or stolen you might be able to locate it, "wipe it" (i.e. remove the data from the phone) or make the phone unusable to the thief. Contact your cell phone provider for more detailed information.

For more information contact CPS Sue Roethele at 673-2839 or [sue.roethele@minneapolisismn.gov](mailto:sue.roethele@minneapolisismn.gov)

**McRae Park**  
906 East 47th Street

*The complete spring schedule is available at McRae Park or online at the address above. 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

*Think  
Spring!*



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



**and Follow Us on Twitter**

### **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 \_\_\_\_\_

Minneapolis, MN Zip \_\_\_\_\_

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

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



# The Field Regina Northrop Neighborhood Group Newsletter

**Home Energy Squad Enhanced in FRN .....p.1**  
**11th Ward Update .....p.2**  
**South Mpls Housing Fair, April 5th .....p.4**

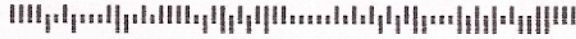
Minimum 20% post-consumer content



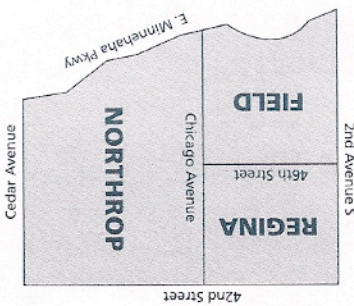
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 4828 12TH AVE S  
 MINNEAPOLIS MN 55417-1109



T10 P1



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

**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  
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**CLOSE TO HOME**

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