

# THE RIVER BEACON

## Welcome

Our goal with the River Beacon is to communicate local news and activities while engaging you and your neighbors in active participation in its publications.

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Please submit articles/comments to [neighbors@stawno.org](mailto:neighbors@stawno.org) or call Bob Margl, 612-378-8886.



## Northeast Neighborhood Fundraiser: Silent Auction and 5K Run/Walk

By Pete Gamades



Want a great way to meet your neighbors? Join the St. Anthony West Neighborhood Organization for “An Autumn Eve in Historic Northeast” on Saturday, October 3, at Elsie’s Banquet Center (729 Marshall St, NE). Your ticket includes live music, wine tasting, hors d’oeuvres, and a silent auction. Doors open at 7 pm and tickets are \$25 in advance and \$30 at the door.

Also join us for the 6th Annual Historic Riverfront 5K Run/Walk on Saturday, Oct 10. This 5K goes through some of the most scenic areas of Minneapolis, starting in Boom Island Park and going across the

Historic Stone Arch Bridge. Go to [www.active.com](http://www.active.com) or [www.stawno.org](http://www.stawno.org) for more information or to register.

**All proceeds will go to the B.F. Nelson Park project and other neighborhood initiatives. Over the last five years, the St. Anthony West Neighborhood Organization has raised over \$50,000 for these activities. Please contact Pete Gamades at [gama0006@umn.edu](mailto:gama0006@umn.edu) or 612.310.6151 for tickets or for more information.**



## Your Input Sought on Final STAWNO NRP Plan

By Joyce Vincent

We need community input on the final draft of the St. Anthony West Neighborhood Action Plan, at a meeting on Thursday, Oct. 8, 7 p.m. , at St. Maron’s Church, 600 University Ave. NE.

This plan outlines how you and your neighbors over the past few years have determined that St. Anthony West’s Phase II NRP (Neighborhood Revitalization Program) dollars should be spent in our neighborhood on housing, community outreach, safety and livability, parks, education, environment, business community outreach, and faith-based community outreach.

The Action Plan can be found on our website ([www.stawno.org](http://www.stawno.org)) under “Hot Topics.” If you would like the plan e-mailed to you, please let us know. If you need a paper copy of the plan, please contact us to arrange to pick one up at our office location: 909 Main St. NE, lower level, Minneapolis, MN. Call (612) 378-8886, or e-mail [neighbors@stawno.org](mailto:neighbors@stawno.org) .

Following the Oct. 8 meeting, the St. Anthony West Board of Directors will convene at 7:30 p.m. (also at St. Maron’s) for its regular monthly meeting for a final board vote on the Neighborhood Action Plan



## The “Glue” of Boom Island Village

By Beth Greffin

A strong, healthy community needs many involved, caring individuals. St. Anthony West Neighborhood is fortunate to have a core group of very dedicated volunteers and one of these is Joyce Vincent. Joyce is often referred to as the “glue” of Boom Island Village, a neighborhood of 45 homes adjacent to Boom Island Park in NE Minneapolis on the Mississippi River.

Joyce, who is 74 years young, has an amazing life story. She grew up near Lowry Ave. and Monroe St. in NE

Minneapolis with her parents and two sisters. When she was 11 years old, she contracted rheumatoid arthritis and by the time she was 13 years old, her joints were frozen. She spent a year in the hospital and eventually underwent several joint-replacement surgeries from 1972 to 1982 to regain some movement in her hips, ankles, knees and elbow.

In 1955, after high school and studying accounting by correspondence with the Minnesota School of Business, Joyce started working at Courage Center and developed the Courage Cards program. When Joyce retired in 2000, she had built Courage Cards to sales revenues of \$2M.

After many years of planning, Joyce purchased the lot at 38 -7th Ave. NE in 1982 and designed an accessible home. She has since enlarged her bedroom and the deck and has many beautiful, award-winning flower gardens in her yard. Having a lovely home and yard does not mean that Joyce only stays home. She has traveled the world for pleasure and business and continues to go to New York City every year for a week of Broadway plays.

Joyce has always been a very active volunteer in many areas. Presently

she serves on the board of directors for STAWNO, is chair of the board of directors for Metro Blooms, is very involved with Zonta (an international business women’s organization) and serves as coordinator for Boom Island Village neighborhood. Joyce writes a neighborhood newsletter, hosts many meetings and gatherings at her home, sends out email alerts and organizes the neighborhood children to care for the 8 public flower gardens in Boom Island Village. The children plant, weed, deadhead and water the gardens, sweep the street gutters and clean the storm drains, pick up litter and remove graffiti.

Joyce knows the importance of neighbors getting to know one another and is willing to go door-to-door in St. Anthony West with another volunteer to greet folks, introduce herself and invite neighbors to share their concerns on issues and to become involved in the STAWNO community or serve on the board of directors. She also sees the need for more block clubs.

According to Joyce, “We do have a very good neighborhood and the STAWNO board has taken the lead in maintaining housing quality and offering low-interest loans for home improvements.”

## EVENTS CALENDAR

- Oct. 1-3 (Thurs.-Sat.), 9 am-5 pm, NE Clean-up Days “Weed It & Reap,” Tom’s Styling & Tanning, 938 Lowry Ave. NE.
- Oct. 3 (Sat.), 9 am, Do It Green’s Low-Carbon Cook-off, St. Boniface Church parking lot, 7th & University Ave. NE.
- Oct. 3 (Sat.), 7 pm-11 pm, An Autumn Eve, Elsie’s Banquet Center, 729 Marshall St. NE.
- Oct. 8, 7:30 pm, STAWNO Monthly Meeting, St. Maron’s Church, 600 University Ave. NE.
- Oct. 10 (Sat.), 9 am, Historic Riverfront 5K Run/Walk, Boom Island Park, 700 Sibley St. NE.
- Oct. 10 (Sat.), 9 am, NE Farmer’s Market Fall Fest, St. Boniface parking lot, 7th & University Ave. NE.
- Oct. 20 (Wed.), 7 pm, Third Ward Care Meeting, Eastside Neighborhood Services, 1700 2nd St. NE.
- Nov. 12 (Thurs.), 7:30 pm, STAWNO Monthly Meeting, St. Maron’s Church, 600 University Ave. NE.
- Nov. 17 (Wed.), 7 pm, Third Ward Care Meeting, Eastside Neighborhood Services, 1700 2nd St. NE.

## Weed It & Reap

By Dan Brady

If you are looking to volunteer for community service this fall and you are unable to help out at any of the St. Anthony West fundraising events, then you are in luck. This coming October, the “Weed It & Reap” Clean-up Days will be held throughout all of Northeast. It is scheduled for the 1st, 2nd, and 3rd between 9am and 5pm and the starting point is at Tom’s Style and Tanning at 938 Lowry Avenue NE. Just the thought of making Northeast beautiful, should be heartwarming during the cool days

of autumn. So gather your co-workers, neighbors, friends, and families to help clean up rubbish, litter and any other assorted garbage near local businesses, sidewalks, boulevards, area parks, and neighborhood streets in Northeast. You, as a volunteer, will receive a vest, gloves, trash bags, and area assignments, but you will not leave empty handed. In return, you will receive a T-shirt, refreshments, and the satisfaction of knowing that you did a good deed. For more information go online to [minneapolischamber.org](http://minneapolischamber.org) or call the Northeast Chamber office at (612) 378-0050.



## Farmers' Market Report

By *Daniel Brady*

As this writer recovers from spending almost three weeks in Poland, Croatia, and Bosnia-Herzegovina, the Farmers' Market enjoyed a remarkable August/September by hosting a successful Corn Feed (also known as Brat fest) and the 10th Anniversary Party. Both events had crowds in excess of 700 while the vendors filled the St. Boniface parking lot to capacity. The Corn Feed had so many hungry patrons they had order extra food. The market would like to thank the sponsors of the event especially the Eastside Co-op, and Kramarczuk's and all the volunteers. The Anniversary featured

13 cakes from the ladies of Widow's Peak Bakery, and 244 slices were served for free.

This October 3 the Market will be hosting a low-carbon cook-off with chef Heather Hartman of Spoon River Café and chef Phillip Dorwat of CREATE Catering & Dining Studio. They will be offering samples of their special recipes and educating the audience with information on how to buy and cook local foods. This event will be sponsored by Do It Green a Minneapolis-base non-profit. They have a few other events in the offing, including another cook-off on November 21, Eco Boudoir Bash Anniversary Party

on October 8 and lastly, the Northland Bioneers Conference, which is scheduled for October 24 & 25. Additional information can be found at [www.doitgreen.org](http://www.doitgreen.org).

The last big event for the NE Farmer's Market will be held on October 10, Fall Fest, which will feature pumpkin carvings and bobbing for apples that children of all ages and face paintings by Martin. For more info, go to our website [www.nemplsfarmersmarket.com](http://www.nemplsfarmersmarket.com) or find us on Facebook. See you at the Market before the snow flies.

## Save Energy and Money

By *Joyce Vincent*

Using less energy helps you save money, conserve natural resources and reduce power plant emissions. We'll all benefit from a more energy-efficient world and a cleaner environment.

Reducing energy use can be as simple as turning off lights when you leave a room. Here are some simple and inexpensive ways to help you save:

- Lower your thermostat setting during winter to 68 degrees.
- Raise your thermostat setting during summer to 78 degrees.
- Repair leaky faucets, especially those supplying hot water.
- Install low-flow showerheads.
- Clean your refrigerator coils.
- Run the dishwasher only when it's full.
- Change to compact fluorescent light bulbs, especially for lights you use frequently and for long periods of time.
- Seal window leaks around your home.
- Caulk and weather strip
- Wash clothes in cold water.
- Raise and lower window coverings to allow heat in during cold weather and keep heat out during hot weather.
- Have your furnace regularly maintained by a professional.
- Install a programmable thermostat to automatically adjust your home's temperature with your daily routine.
- When replacing or upgrading your refrigerator or other kitchen appliances, choose the most efficient model you can afford. Old refrigerators are really big energy hogs.
- Install ceiling fans for air circulation.
- Install dimmer switches and motion sensors to control lights when you are away.
- Close your fireplace damper when the fireplace isn't in use.
- Use ventilation fans only as long as necessary.
- Install or add attic insulation if existing insulation is less than six inches thick.
- Use a whole house fan or attic fan for cooling on warm nights.

## Five Autumn Tips for Your Yard and Garden

By *Joyce Vincent*

1. Rake up (rather than leaf blow) all those leaves. It is not only good exercise for you, but your lawn will love the air that it wouldn't get when smothered under a blanket of wet leaves. Add your leaves, twigs, grass clippings and spent flowers to your compost pile.
2. Clean up your garden by removing the spent flowers and plants. Dispose of diseased leaves separately in the trash.

3. Fertilize your lawn to help it through the winter. Fertilizers help the lawn store vital nutrients that promote root development and aid in spring growth.

4. October is a great time to plant tulips and daffodils for a beautiful spring flower garden.

5. Put out some birdfeeders for our feathered friends, and enjoy watching them all winter long.



## 2009 Walking Challenge Awhirl with Winners!

By Sheila Biernat

**BRAVO!** NE Neighborhoods deserve much applause after 3 months of intense walking! Back in May, East Side Neighborhood Services (ESNS) challenged all 11 NE neighborhoods to form walking clubs and trek the virtual distance of The Appalachian Trail (4.35 million steps!). Of the 11 teams, 9 teams completed the journey (some neighborhoods had more than one team, so step totals are combined below). As the numbers show, many return trips occurred:

Neighborhood	Final Step Count
Waite Park (2 teams)	18,584,437
ESNS (2 teams)	14,029,786
Beltrami (1 team)	11,648,971
NE Park (1 team)	9,958,000
Marshall Terrace (1 team)	8,730,928
St. Anthony West (1 team)	8,719,294
St. Anthony East (1 team)	5,064,105
Bottineau Park (1 team)	1,905,198
Sheridan (1 team)	1,390,628
<b>TOTAL</b>	<b>80,031,347</b>

Nimble in just 92 days, 185 walkers logged in 80,031,347 steps or 40,015 miles! 19 individuals logged over 1,000,000 steps on their own!! Definitely some serious stepping on our side of town!

Top NE stepper was Gordon Bixler of the Waite Park Neighborhood with 2,020,559 individual steps and second top stepper was Catherine Miske of Beltrami with 1,718,255 steps.

Waite Park (Bywood Blazers and We Don't Waite to Walk teams) is the clear winner of the 1st Place Trophy with 18,584,437 steps! Five of their walkers individually stepped over 1,000,000 steps! East Side Neighborhood Services (ESteppers and Friendship Center teams) handily took 2nd Place Trophy with 14,029,786 steps! Two of their walkers tracked over 1,000,000 steps each.

Special kudos go to all teams for their

efforts to feel better and become fit, while creating and sustaining NE as a vibrant community filled with healthy, active residents.

Sincere thanks to the outstanding team leaders who made this event a success: Margery Powers (Beltrami); Mary Kunza (Bottineau); Angie Manley (ESNS); Susan Sigurdson (Marshall Terrace); Laurie Andersen (NE Park); Susanne and John Peterson (St. Anthony East); Jude Marget (St. Anthony West); Liz Oesterreich (Sheridan); and Mary Farnham, Shel House and Deborah Nelson (Waite Park).

This project was supported by Steps to a Healthier Minneapolis and U.S. Department of Health and Human Services (HHS). Its contents do not necessarily represent the official view of the HHS.

**St. Anthony West salutes Team Leader Jude Marget and all the folks in the neighborhood who helped reach the goal of completing the distance of The Appalachian Trail! Pictured here from the St. Anthony West Team are Barb Kozmik and Ann Patrick who were inducted into the ESNS 2009 Million Step Club Hall of Fame! Stan Patrick also walked over 1,000,000 steps individually during the 3-month challenge.**

**If you want the whole list of St. Anthony West Walkers, I have that at work...just let me know by emailing me at [sbiernat@esns.org](mailto:sbiernat@esns.org).**



### PHONE NUMBERS & WEBSITES

“SAFE” Crime Prevention Specialist 2nd Precinct  
Nick Juarez 612-673-2797

Minneapolis Housing Inspectors  
612-763-5858

City of Minneapolis Information Number 311

Third Ward Council Member  
Diane Hofstede: 612-673-2203  
[diane.hofstede@ci.minneapolis.mn.us](mailto:diane.hofstede@ci.minneapolis.mn.us)

St. Anthony West Neighborhood Organization, 612-378-8886  
[www.stawno.org](http://www.stawno.org)

Block Club Training and Information  
612-673-3204