



BRYN MAWR BUGLE

Published by the Bryn Mawr Neighborhood Association

August 2009

2009 BMNA Ice Cream Scoop-Off



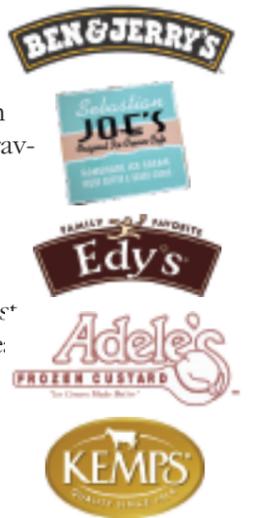
Photos by Alison Rogers



On Thursday, July 23rd, a beautiful summer night was made even better. With ice cream. Lots of it. And lots of neighbors enjoying it. And each other. And music from Umbrella Bed a local ska band. It was a perfect vortex of human enjoyment. A harmonic convergence. And a swell time.



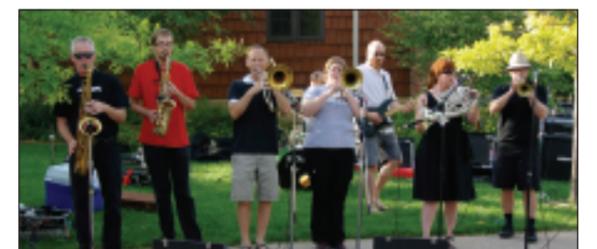
Thanks to ice creamery donors like, Adele's Frozen Custard, Ben & Jerry's, Edy's, Kemps, and Sebastian Joe's, BMNA offered an extravagant smorgasbord of dairy delights. Thirteen flavors in all. And while Adele's took the creamery award, the Golden Scoop award for best flavor was almost a dead heat: between Ben & Jerry's Oatmeal Cookie Chunk and Sebastian Joe's Chocolate Raspberry Truffle, just one swing vote giving Ben & Jerry's the title, for the third year running.



Thanks too to the dozens of volunteers who helped set up, serve and clean up. In particular two crews from Crossroads which helped set up and tear down the staging for the event. And thanks to Bryn Mawr Market for making room in its freezers for the ice cream.

Ice cream. Lots of it. And another rite of summer passed.

- Marlin Possehl, BMNA President



TO: Bryn Mawr FROM: The White House RE: Getting ready for the Fall flu season

This fictitious message is adapted from an actual email I received recently from the White House. I've started stocking up on supplies!

- Claudia Egelhoff, Area 4

This spring you probably read about the outbreak of a troubling flu virus called 2009-H1N1. As the fall flu season approaches, we expect a resurgence of this virus in our communities, including Minneapolis. While most flu infections have been moderate, the number and

severity of flu cases could increase and cause some disruption of daily life.

Medical authorities are making every effort to have a safe and effective vaccine available for use as soon as possible. But the current estimate is that it won't be ready before mid-October. This makes individual prevention even more critical. Now is a good time to make an emergency preparedness plan for yourself, your family, and your community. We recommend these steps to prepare:

- Learn about H1N1 influenza, its symptoms, how it spreads, and how to prevent infections. See: <http://www.pandemicflu.gov> <http://www.newfluwiki2.com/> <http://www.readymoms.org/>

- Stock up on water and non-perishable food.
- Ensure you have a supply of your prescription medicines.
- Keep other emergency supplies handy, such as flashlights, manual can openers, facemasks, and painkillers.
- Make a list of people who are willing to help and can be contacted in case of emergencies.
- Make plans for potential disruptions at work, curtailed social gatherings, and school closures.
- Wash your hands regularly. Take the necessary precautions to stay healthy and if you do get sick, stay home from work or school.

Source: Kathleen Sebelius, Secretary of Health and Human Services, Janet Napolitano, Secretary of Homeland Security, and Arne Duncan, Secretary of Education



BMNA Reporter

Bryn Mawr Neighborhood Association Meeting Minutes, July 8, 2009

Call to Order and Introductions

Meeting called to order at 7:08 pm
Approval of Agenda and June minutes: Approved as written.
Acceptance of this month's Financial Report (available online)

Attendance: Marlin Possehl, President; Ben Horn & Adam Maki, co-treasurers; Lisa Mills, Secretary; Scott McGlaughlin, NRP Chair; Jessica Wiley, Area 3 Rep.; Christopher Etz, Area 4 Rep.; Dave Logsdon, Area 5 Rep.; Barry Schade & Jay Peterson, Area 6 co-Reps.; Andrew Kraling, Area 7 co-Rep.; Patty Wycoff, Neighborhood Coordinator, and JoEllyn Jolstad, Bugle Editor & Community Schools Rep. Also in attendance were City Council member Lisa Goodman; neighbors Matt Stark and Claudia Egelhoff; and Dylan Thomas from the Southwest Journal.

City Council Report – Council Member Lisa Goodman

- Lunch with Lisa on July 22nd at St. Thomas will be an Instant Runoff Voting tutorial, including election of the group's favorite candy bar as a trial for ranking choices. The city races this Fall will be IRV ballots.
 - September Lunch with Lisa will discuss the results of the July 22 IRV candy bar election.
 - The Walker Library may be redone yet again. The merged Mpls/Henn Cty systems has budgeted \$13million to fix it or build a new one. They will be holding public meetings to gather public input about the kind of library the community wants, before issuing a Request for Proposals.
 - Lisa is enthusiastic about the Minneapolis Mosaic Art Festival which continues through August - <http://www.minneapolismosaic.com/schedule.html>
 - Lisa will scoop ice cream at the BMNA's Ice Cream Taste Off on July 23rd.
- Newsbites:**
- The Governor has cut Minneapolis' local government aid by \$30 million through 2010. The City of Minneapolis now receives 43 percent less in local Gov't Aid than it did 6 years ago. However, the city has maintained a balanced budget and plans to continue to do so.
 - The Minneapolis Economic Recovery site, www.minneapolisrecovery.us, has an up-to-date list of recovery grants for which the city has applied or that the city has received.
 - Included in the city's Living Well report is a note that Brownie Lake has reached its water quality improvement target.
 - Neighbors are reminded to water their boulevard trees - particularly those planted this Spring, to be sure they will survive.

NRP discussion with Stacy Sorenson, NRP staff

We have \$58k left from Phase I which is safe. That money can be re-allocated among the Phase I objectives, such as housing assistance. We have about \$50k available to allocate in Phase II (which will bring us to 80% of our Phase II allocation – we are not allowed, yet, to spend the remaining 20%). It would be prudent to figure out what we want to do with that Phase II \$\$ and get it allocated. It's an easy target for budget cuts while sitting there unused. After Phase II, there will be no more NRP, but the City is exploring other programs to assist neighborhoods.

Patty Wycoff's Neighborhood Coordinator report.

- Ice Cream Taste-Off
We're buying re-usable, d/w safe plastic bowls and cups to keep forever, instead of buying disposable. Now that we also have our own tablecloths and scoops, the only trash we will create is napkins and spoons.
- Patty has an intern volunteering w/her and the BMNBA - Doug DeVries.
- They are working on a 'Sip n Stroll' event with the Bus. Assoc. It will be Thurs Aug 20th – local businesses will run specials in conjunction with the event.

Bugle Committee – Jay Peterson

The committee failed to come to consensus on how to hire the next Bugle contractor, and brings 3 options to the Board for a decision:

- 1- Start advertising again – reopen with new committee to get more details out there and hopefully get more applicants.
- 2- Accept both applications and interview both candidates.
- 3- Stay with the stated deadline and interview the candidate who applied on time.

Christopher Etz moved for 3rd option, seconded by Jessica Wiley, Board approved.

Schools Committee – JoEllyn

The committee will meet in August after the School Board meets about a plan for school closings, consolidation, etc.

Land Use Committee - Marlin

It was brought to our attention that the City asks only for an 'acknowledgement of receipt of request' by the BMNA. In the case of the request by the owners of 704 Cedar Lake Rd., there was a neighbor who was opposed to the variance. In such a case, the BMNA ought not to take sides in a dispute among neighbors, so we should send only the acknowledgement to the City, not our 'approval.' A motion was made to rescind 'approval' for request approved last month for 704 Cedar Lake Rd., and replace with 'acknowledgement of receipt of request.' The Board approved the motion. Marlin will contact the city.

The Board will undertake a general discussion of role of LUC in September.

Treasurer's report – Ben Horn/Adam Maki

Board approved discretionary spending related to accountability (e.g. if they change the type of account and a fee is incurred).

Energy Challenge – Jessica

It's actually Centerpoint Energy who will not provide the promised info to CEE – not CEE's fault.

Ash Borer project – Jessica

10 people came to the first committee meeting. The committee is working on a 6 month plan.
Steve Pundt is contacting Tree Trust. Patty will connect with the City & Park Board. There will be a tree info seminar in September, perhaps with neighbor/arborist Shaun Malady. Neighbor Cathy Ripke, Master Gardener, will help come up with how/where to do an Ash Tree inventory in Bryn Mawr.

The committee will develop a list of recommendations/options; treat, replace, let it go. They'll devise a chart to recommend what to do about each Ash tree.

There will be a table with info about the Ash Borer at the Ice Cream Social. We'll put an article in August Bugle.

HourCar - Claudia Egelhoff

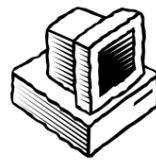
Claudia asked Lisa Goodman to ask the Mpls School district and Qwest about a place to park. Now Anwatin says it shouldn't be a problem to park in a spot out near the frontage road. They're awaiting written approval. Then they'll need to do fundraising. McKnight Foundation will match 10-15k to buy a car to park there. Businesses can have an advertisement on the car, perhaps. At least one local Realtor has agreed to contribute, and they hope others may follow suit - it could be a good selling point for the neighborhood.

Upcoming Events

Next meeting – August 12th, at Bryn Mawr Presbyterian Church.

Ice Cream Social - Thursday, July 23rd.

'Sip N Stroll' event with local businesses, Thursday, August 20th.



From the Editor

Summer GEMS (Girls in Engineering, Math & Science) and GISE (Guys in Science and Engineering) is a Minneapolis Public summer school held at Augsburg College. Today I attended the GEMS & GISE Summer Festival where kids showed off what they have learned. This program breaks new ground on setting high expectations and supporting kids in achieving their potential and reaching their goals.

People wonder we have to break new ground, why we cannot go back to the way schools used to be. Well, schools need to be different because the world is different. We are not doing kids any favors by preparing them to live in white, middle class 1958 Iowa. (I mean no disrespect to Iowa, it is just the root of standardized testing.)

In the current system, too many students are not making the grade. Unfortunately for those kids, "the system's" old school strategies are not improving education and they feed children's distaste for school.

What we need is innovative education that incorporates modern life skills across all areas of instruction. After all, this is what we had in 1958. Back then we were teaching kids to go to work, sit at a desk, spit out information and do things "the company way."

These are not the skills that most people need in the 21st century

work environment. Nowadays, we need to be able to solve problems, not just know the answer.

Let's say you have a classroom of fifth graders who are learning the history of the Apollo space program. You could sit them down in desks with a textbook, put a teacher in front of them and tell them the facts. If you give them a test the next day and most of them would probably do pretty well. But how many of them could still pass that test a year later?

Now let's teach them the GEMS/GISE way. Give them Lego building blocks and a laptop. Divide them into teams and show them how to build a robot. Then ask them to program those robots to navigate a lunar map and hit a golf ball, just like Alan Shepard of Apollo 14.

Granted, it would take them more than one or two class periods to master this "history" lesson, but they would also be learning math, science and technology at the same time. What's more they develop their interpersonal skills by working together.

These are the boys and girls who are more likely to recall that Apollo 11 almost didn't land because of trouble locating a flat place to set down and these are the men and women I want running the world as I get older.

- JoEllyn Jolstad, bugle@bmna.org

more CounterTalk

by Dave Logsdon



She delivered Bugles up until a couple years ago. An original member of the Bryn Mawr Garden Club, Ann helped make Bryn Mawr the beautiful garden spot that it is. Please read Greg Lecker's page 1 tribute to this sweet, gentle person. She touched the lives of so many, what a wonderful legacy.

Gardens Aplenty

The Upton garden plot that Ann had a hand in gardening, has had a rebirth of late. What a stunning entry from the west that garden makes! Kathy Skalicky has worked a little bit of magic there. Of course, she has had some help, especially the peripatetic Greg Lecker and neighboring gardeners big and small.

Over on the northwest side of Bryn Mawr, the JD Rivers project always amazes me with its' youthful exuberance and creativity. Be sure to check it out while you have the chance to see it in full harvest!

In area 2 tucked in back of a bunch of Wayzata Boulevard businesses is a marvelous little garden that has the stamp of Sotera Tschetter who lives just up the block from it. The wrought iron trellis and the stunning ceramic bench are a real eye-catcher.

The number and variety of community gardens are a very healthy sign for any community watcher and another reason that realtors never fail to mention "the strong community" aspect when selling Bryn Mawr.

Gertrude's Excellent Adventure

There once was a turtle named Gertrude (still is, actually) who was not your ordinary turtle. Gertrude is a male turtle and is an illegal immigrant from Paris, France. Since he was purchased in Chinatown, he probably is also a rescue turtle as well. His owner will go unnamed to



Recycling

www.ci.minneapolis.mn.us
/solid-waste
(612) 673-2917

Bryn Mawr Recycling Schedule

	Monday	Tuesday
Area 1	August 10 August 24	
Areas 4W, 5W, 6, 7	August 3 August 17 August 31	
Areas 2, 3, 4E, 5E		August 4 August 18
Use it up, wear it out, make it do, do without.		

"We never know the worth of water till the well runs dry"
-english proverb-

Bonjour! I took last month off to do a little globetrotting. But I'm back in the saddle again, chillin' like a villain, like the nattering nabob that I am!

A Quiet Hero...

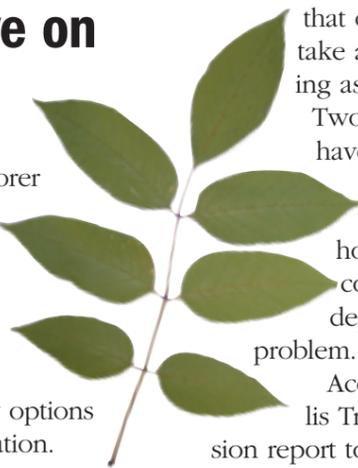
It's been a tough year in Bryn Mawr. Too many quiet heroes have passed on in the past year. On July 16th, Ann Eichhorn left us at age seventy-two. Many of the neighborhood children in the past 30 years have passed through her daycare center that she ran out of her house. All my children did. My older daughter, Alexis, who has a Masters in english from UC-Berkeley, told me she picked up a lifelong passion for reading under Ann's care. She now pays that legacy forward by reading to her daughter, Violet.

Ann's niece, Cheri told me that the family tried to get her to move to Sandstone, Minnesota so they could better take of her, but Ann would not leave her beloved Bryn Mawr. Every time you voted, Ann was there to look up your name as a poll worker for many years. She always attended the potlucks, Ice Cream Socials, and many of the Bryn Mawr Church events as well.

Keep An Eye on Your Ash

The destructive emerald ash borer has made the leap to Minnesota, attacking green ash trees in St. Paul. Bryn Mawr neighbors have formed a committee to identify options to address this infestation.

The BMNA Ash Borer Committee began meeting in June to discuss what we know about the invasion of the emerald ash borer, what we need to know, and what actions we might take. While committee members expressed a long term goal to address a variety of environmental issues, we agreed



that our short term goal is to take action on the impending ash borer infestation.

Two short term initiatives have been identified; map the number of ash trees in the neighborhood and inform the community about the depth of the ash borer problem.

According to a Minneapolis Tree Advisory Commission report to the Minneapolis Park Board, 22% of the trees in Minneapolis are green ash. During the next two months we plan to map where ash trees are located in Bryn Mawr residential areas on both public and private property. Volunteers trained to identify ash trees and take measurements of their diameters are being recruited. Using neighborhood

protect her from immigration authorities!

One fine day, her owner loaned Gertrude to a friend who lives in Bryn Mawr for a party she was having since Gertrude is a rather gregarious and friendly little guy. In the confusion of the party, Gertrude made her escape under a hedge. All efforts to find him failed, so his owner put up signs all over Bryn Mawr seeking a lost turtle who answers to Gertrude. Since Gertrude's owner lived just over Bassett's Creek, she figured that that's the direction our intrepid hero would head. She put a lost turtle notice on the railroad tracks because she figured he wouldn't be able to get over the tracks. Her theory proved to be a good one as someone happened upon a turtle sunning himself on the lost turtle notice and our little hero is back home again and the best news, he and his owner are moving to Bryn Mawr! Welcome to Bryn Mawr, my little Parisian friend!

More Stuff and Nonsense

Although most of us here in Bryn Mawr favor the Minneapolis Farmer's Market on a summer morning, the Mill City Market has a few Bryn Mawr connections worth checking out. Kathy Hayes of Area 5, with a lot of help from partner

Paul, holds forth as the "Queen of Tarts", making lovely tarts that are a very popular item at this market. Sally, our neighborhood tailor-dry cleaner sells a variety of flour bag aprons and dresses and Adrienne Logsdon and her partner Mike sell produce from their CSA farm every Saturday!

Deacon Warner of Area 6 is keeping busy this summer teaching high school age students the art of documentary filmmaking. This spring Deacon produced and filmed a documentary of the dramatization of author Howard Zinn's, People's History of America put on at St. Catherine's University. Bryn Mawr resident, Isabelle Monk-O'Connor read the role of Sojourner Truth. For their project his students chose to interview Vietnam Veterans about their war experiences and to compare the differences in their treatment to that of veterans of the current conflict. Myself, Bruce Berry, Pat Waddick and fellow Vet, Doug Drews sat down at the Bryn Mawr Coffee on a summer afternoon and shot the interviews. The finished film be be shown on cable access at a future date. The Howard Zinn DVD that Deacon shot will be available to rent at the Bryn Mawr Market.

I think that's a wrap! See you next time campers!

maps, we hope to determine the extent of the possible loss of trees and options we have both as a community and as individuals.

In an effort to inform the community, materials were distributed at the BMNA July ice cream social. A big thank you to Kathy Ripke for providing pictures of the emerald ash borer and of the destruction they cause. She distributed materials on how to identify ash trees, pictures of the ash borer, and who to call if ash trees look infested. We will be holding an informational meeting in early September to further inform neighbors.

If you are interested in getting involved in this project contact Jessica Wiley at jesswiley@comcast.net or 612.374.3481.

**Ash Borer
pests?**
Call the
Arrest-the-pest
Hotline

651-201-6684

Fast Freddie's
Fill that void with a slice of Fast Freddie's pizza

Bryn Mawr Market
Visit the Bryn Mawr Market for that cold refreshing glass of lemonade.

Bobby and Steve's Auto World-Bryn Mawr
Pop into Bobby and Steve's Auto World and meet TJ the owner for a \$5 gift certificate.

Purple Bamboo
Come on up to Purple Bamboo for a cup of tea and a free mini-session, along with a discount towards a future visit.

Cuppa Java

Vivid Interiors
Pop into Vivid Interiors for wine, cheese and crafts.

Bryn Mawr Chiropractic

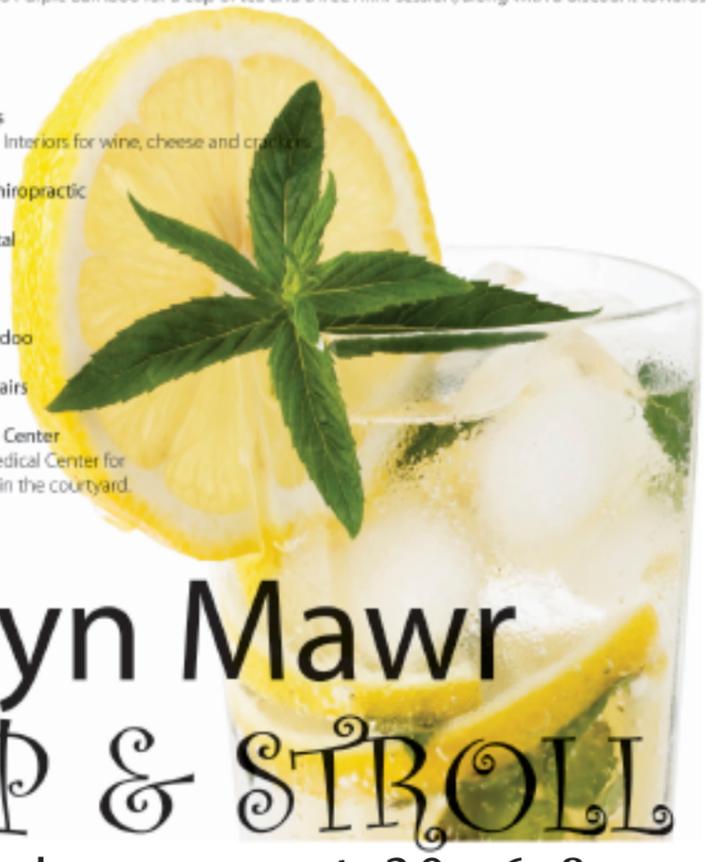
Mill City Dental

Studio 411

Cookadoodledoo

Sofa's and Chairs

Joffe Medical Center
Visit Joffe Medical Center for refreshments in the courtyard.



bryn Mawr
SIP & STROLL
thursday, august 20, 6-8 pm



Bryn Mawr Sip and Stroll
Thursday, August 20th, 6-8 pm
at participating Bryn Mawr businesses

The Bryn Mawr Neighborhood Business Association is sponsoring its first ever "Sip & Stroll" to encourage Bryn Mawr residents to support our local businesses. On Thursday, August 20th, stop buy one of the participating businesses listed below and enjoy a discount, meet the owner and get a closer look at the services or merchandise they offer.

BMNBA Sip & Stroll Participants

- Bobby and Steve's Auto World-Bryn Mawr**
- Bryn Mawr Chiropractic**
- Bryn Mawr Market**
- Cuppa Java**
- Studio 411**
- Cookadoodledoo**
- Fast Freddie's Pizza**
- Purple Bamboo**
- Sofas and Chairs**
- Joffe Medical Center**
- Vivid Interiors.**

There will be a party from 8-10 pm at Cuppa Java to celebrate the first Sip and Stroll. The Smarts Band will play.

Annual Potluck Picnic sponsored by the BMNA at Cedar Lake Point Beach
Sunday, August 23rd, 6-8pm

Join your neighbors for an evening of food and fun. The Bryn Mawr Neighborhood Association is sponsoring this Potluck Picnic at beautiful Cedar Lake Point in Area 1 on Sun. Aug. 23rd from 6-8pm. Bring a blanket or chairs, bug spray and a dish to share. Cedar Lake Point Beach has a small parking lot with meters and parking spaces for autos with a Minneapolis Parks parking sticker but you are encouraged to Walk or ride your bike to this lovely neighborhood destination. The BMNA will provide water for a beverage and paper products. Contact Patty Wycoff at 377-4565 or pwcoordinator@comcast.net with questions.

Bryn Mawr Directory Insert

We are collecting additional names and addresses for an insert in the Bryn Mawr Directory. If your name and address was not in the 2008/2009 directory, now is your chance to have it added. E-mail Patty Wycoff at pwycoff@comcast.net or call 612-377-4565 with your information.

- Patty Wycoff, BMNA Coordinator
pwcoordinator@bmna.org

Bryn Mawr Neighborhood Association Calendar - August 2009

All meetings are open - everyone is welcome. Neighbors are urged to attend and participate in meetings and activities of special interest to them. Bryn Mawr Neighborhood Association and its committees meet at Bryn Mawr Elementary School during the school year (begins September 1 2009) unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month in Bryn Mawr! Tuesday, August 4th - National Night Out! Attend a block party near you. Thursday, August 20th - "Sip and Stroll" Sponsored by the Bryn Mawr Neighborhood Business Association Sunday, August 23rd - BMNA Summer Potluck Picnic at Cedar Point Beach in Area 1.</p>						1
2	3	National Night Out 4	Land Use Committee Meeting at Bryn Mawr Presbyterian Church, 6:30pm 5	6	7	8
9	10	11	BMNA Monthly Meeting 12 at Bryn Mawr Presbyterian Church, 7pm	13	14	15
16	Bassett's Creek Valley Redevelopment Oversight Committee, Ripley Gardens (Penn and Glenwood) at 6:30pm 17	18	19	Bryn Mawr Sip and Stroll, 6-8pm at various Bryn Mawr businesses 20	21	22
Potluck Picnic at Cedar Lake Point Beach sponsored by the BMNA 6-8pm 23	24	25	Lunch w/Lisa Goodman 11:45am, St. Thomas 26	27	28	29
30	31					

Garden Club Remembers a Founding Member

Anne Eichhorn, a long-time Bryn Mawr Garden Club member died at her home Wednesday, July 15, 2009. Both during her husband's lifetime and after losing her beloved husband Dick, Anne Eichhorn focused her passion, energy and time in providing daycare service. Though Dick and Anne had no biological children of their own, Anne cared for countless Bryn Mawr children, many of whom are grown adults now with their own children. Anne also devoted much time to the Bryn Mawr Garden Club. She served as garden club treasurer for many years.

Along with Bryn Mawr mail carrier Aaron Holme and neighbor Kate Podobinski, Anne founded the Bryn Mawr Garden Club around 1992 when they began the Upton Triangle garden at the corner of Cedar Lake Road and Upton Avenue.

For those who don't know or don't remember, the land was the site of a previous pedestrian bridge over Highway 12. The structure and concrete foundation had been recently demolished. The garden club approached Minnesota Department of Transportation about founding a garden on the derelict land that was largely a wasteland with a depression where the bridge

once stood. Anne, Kate, and Aaron, and garden club additions Lois Schurke and Nancy Carlson transformed the site with compost and with perennial divisions from their own gardens.

With little to no funding, Anne Eichhorn and garden club members accepted plant donations and held plant sales at the garden site. With no water source, Anne and garden club members carried water to the garden in their vehicles and even in a baby buggy! Eventually, a water hydrant permit and, thus, a more convenient water source was secured. Minnesota State Horticultural Society, through its Minnesota Green program provided unwanted plants from nurseries or private individuals. These entities provided plants rescued from garden demolition, home expansions and plants after the retail sale season ended.

Before HGTV and the internet brought easy garden instruction to the masses, the garden club offered plant sales and educational meetings featuring Master Gardener presentations, plant-themed video presentations, plant grower visits, and potluck dinners.

For the Harvest Dinner held in the basement of Bryn Mawr Presbyterian Church and then at Bryn Mawr Elementary School, Garden

Club members provided table centerpieces. Anne's collection of baskets were often recruited for containers.

Before the Blooming Bryn Mawr Garden Tour became a public tour that would reach far beyond the confines of Bryn Mawr, Anne and garden club members organized informal visits to regional public gardens, to members' gardens, and to neighbors' gardens. For the formal tours that began in 2000, Anne provided guidance, advice, and ticket sales. As the notion of holding regular formal meetings faded, the garden club met socially for tours of Como Conservatory's Orchid Show and even the St. Paul Winter Carnival!

The Upton Garden grew by possibly too many leaps and bounds until a tired garden club membership chose to focus their attention on gardens nearer to their respective homes. "Bloom where you are planted" – was a frequent admonition of garden club founder Aaron Holme. The club is thrilled that BMNA and neighbors have so well



Anne Eichhorn, photo by Mark Podobinski, taken in 2006 by the Kettle River near her hometown of Sandstone.

rejuvenated the Upton Garden with a fine design by Kathy Skalicky and with funding from BMNA.

Anne Eichhorn's association with the garden club inspired her to dig up her own boulevard and plant attractively designed beds there. Her passion was her shady backyard hostas, especially the dwarf varieties. This woman with a large heart took a big liking to the tiniest hostas. So it especially saddened Anne to lose an enormous backyard Norway Maple that shaded her hosta collection just about the same time that she had retired from childcare and could focus a bit more time in her backyard retreat. May she rest in a shady place surrounded by hostas and other garden plants!

- Greg Lecker, Area 3



Parks www.minneapolisparcs.org

Eloise Butler Wildflower Garden & Bird Sanctuary

August is the perfect month for a shady stroll through our woodland garden or a sun-filled tour of the prairie trails. In the woods, come and see the fruits that all those spring and early summer blossoms have produced. In the prairie, enjoy an abundance of flowers and insect life. Look for goldenrods, wild bergamot, prairie dock, coneflowers, asters and more. Be sure to stop in the Visitors Shelter to find out what is currently in bloom!

** Garden Scavenger Hunts are available for use on the trails at the Martha Crone Visitors Shelter. Just ask a volunteer or naturalist to borrow one.

Register for programs in person at the Martha Crone Shelter or by calling 612-370-4903. Most programs begin at the Shelter.

For on-line registration and program descriptions, visit www.minneapolisparcs.org and click on Environmental Programs.

Public Programs and Special Classes Schedule—August 2009

Saturday, August 1

7:30- 9am Early Birders

9:30-10:30am Birding Basics

1-2pm Dragonflies and Insects

3-4pm Summer Wildflower Walk

Sunday, August 2

1-2pm Prairie Wildflowers

3-4pm Quaking Bog Tour

Tuesday, August 4

8:15-9:15pm Full Sturgeon Moon Walk

Wednesday, August 5

6-7pm Evening Bird Watching Stroll

Saturday, August 8

7:30-9am Early Birders

9:30-10:30am Birding Basics

12:30-4pm Eloise Butler's Birthday

Open House

1-2pm Walking History Tour of the

Wildflower Garden

3-4pm Summer Nature Walk

Sunday, August 9

1-2pm Gardening with Wildflowers

3-4pm Berries, Drupes, and Other

Fruits of the Garden

Wednesday, August 12

6-7pm Evening Wildflower Walk

Saturday, August 15

7:30-9am Early Birders

9:30-10:30am Birding Basics

1-2pm Summer Wildflower Walk

3-4pm Binoculars and Field Guides

for Families

Sunday, August 16

1-2pm Dragonflies and Insects

3-4pm Prairie Wildflowers

Monday, August 17

5:30pm-7pm Medicinal Plants of the

Garden*

Wednesday, August 19

6-7pm Evening Bird Watching Stroll

Thursday, August 20

8:15-9:15pm New Moon Walk

Saturday, August 22

7:30-9am Early Birders

9:30-10:30am Birding Basics

1-2pm Magnificent Mushrooms

3-4pm Summer Nature Walk

Sunday, August 23

1-2pm Quaking Bog Tour

3-4pm Summer Wildflower Walk

Wednesday, August 26

6-7pm Evening Wildflower Walk

Saturday, August 29

7:30-9am Early Birders

9:30-10:30am Birding Basics

1-2pm Berries, Drupes and Other

Fruits of the Garden

3-4pm Gardening with Wildflowers

Sunday, August 30

1-2pm Prairie Wildflowers

3-4pm Magnificent Mushrooms

Monday, August 31

5:30pm-7pm Medicinal Plants of the

Garden*

*Special class (payment required)

**26TH ANNUAL MINNEAPOLIS
NATIONAL NIGHT OUT
TUESDAY, AUGUST 4**

The best defense
against crime
is neighbors knowing
each other!

**Join the
Celebration**
A Night to Unite

Start planning
an NNO event
with your
neighbors NOW!

To get involved visit
www.ci.minneapolis.mn.us/nno
or call 311 (or 612-673-3000)

Coordinated by:
Minneapolis Police Department.

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View From the Bridge



August 2009

Blue Summer Wildflowers

Several blue and blue-violet wildflowers bloom in mid-July through August. Some are blue-violet bell-like flowers. These include the Harebell and Creeping Bellflower as well as the Tall Bellflower which is less bell-like and a bit more regular. Others are less bell-like but just as interesting. These include Asiatic Day Flower and Spiderwort.

Three Bellflowers are part of the Campanula genus. Campanula comes from a linguistic root meaning bell – from which campanile (bell tower) also arises. Of the next two different types of bellflowers, one is a native wildflower and one is a non-native invasive weed.

Creeping or European Bellflower (*Campanula rapunculoides*) 1' to 3' tall

Creeping or European Bellflower is a non-native flower that was once commonly planted in American gardens. Now a common garden weed, it has spread to woodlands and fields. Creeping Bellflower blooms in July to August at the same time as the Common Tawny Orange Daylily of which it complements with its blue-violet color. The five pointed flower petals are fused together at their base to form a bell that is 1" to 2" long. Flowers are alternately attached along a tall flower stem, though flowers often hang toward one side of a leaning flower stem. Creeping Bellflower grows in sunny dry fields, old farmsteads and homesteads and alleys and boulevards of Minneapolis.

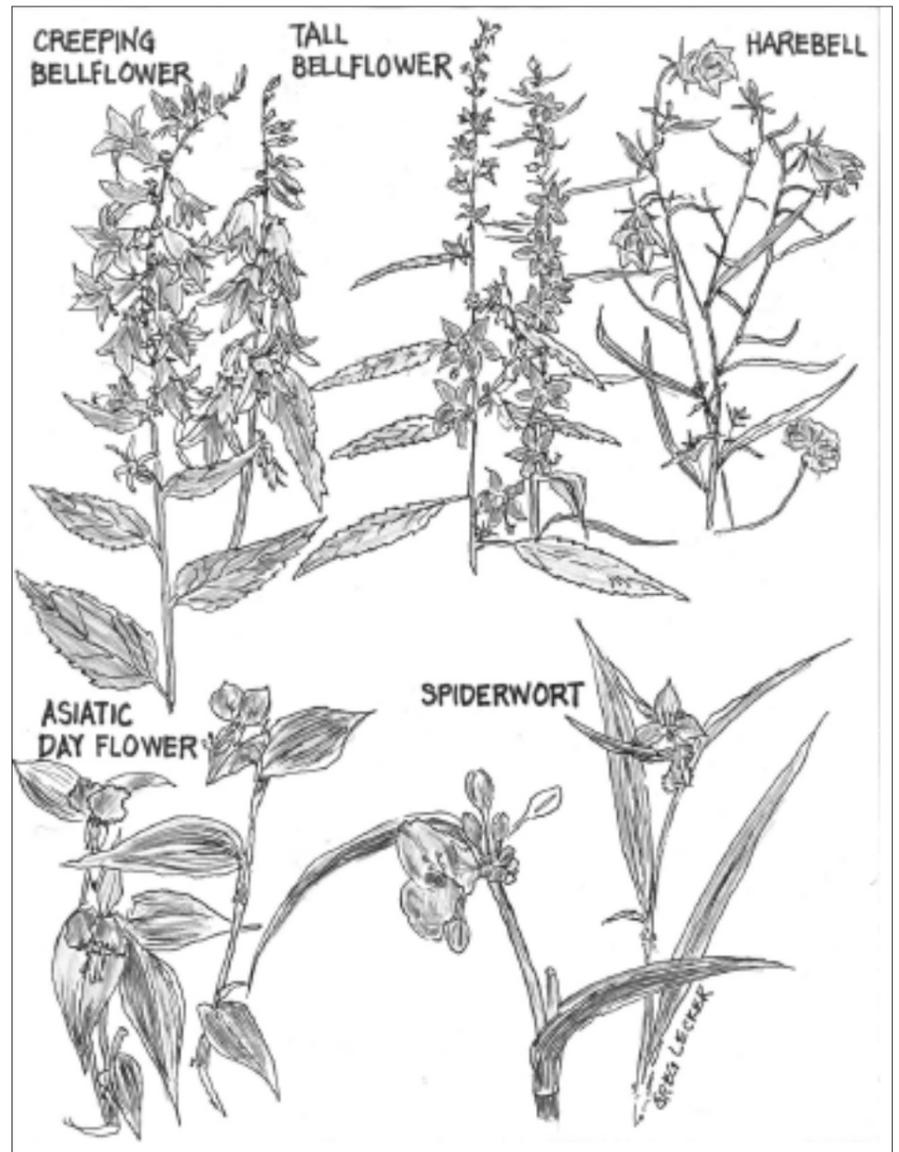
Creeping Bellflower spreads by underground roots and is difficult to eliminate. First year plants consist of spreading basal leaves and no flower stem.

Tall Bellflower (*Campanula americana*) 3' to 6' tall

The native Tall Bellflower features a tall single flower spike of flowers, about 1' to 2' long that blooms atop a 3' to 6' tall stem – the tallest of any bellflower. Tall Bellflower has regular flowers that are more flattened than its tube-like or bell-like siblings. Flowers are light blue to purple with a white ring at the center of the flower, at the opening of the flower throat. The five petals are pointed and often twisted. The 3" to 6" long leaves are lance-shaped, pointed, and toothed. Tall Bellflower grows in wet shade, in deciduous woods or along woodland edges and on edges of river islands.

Harebell (*Campanula rotundifolia*) 6" to 20" high

This native wildflower is also known as Bluebells of Scotland, Heath-Bells, Heather-Bells, Lady's Thimble, Round-Leaved Bellflower, Wild-Thimble, Witch's-Bells. Harebell grows on sunny damp outcroppings along rivers, meadows, prairies, and along wet rocky Lake Superior shores where summer waves, and winter ice discourage trees and shrubs from making a long-lived home. The species name *rotundifolia* refers to the round basal leaves. From round basal leaves rises a thin stem with thin grass-like leaves 3" long that alter-



nate along the stem. The name Harebell is possibly named for its "hair-like" leaves. The leaves and stems are the thinnest of any bellflower. Though the pale-colored flower buds may form erect at the ends of the stems, the flowers droop as they open and change color. The drooping bell-shaped flower protects the pollen from rain or wave swept water. Insects pollinate the flowers. Flowers are pale blue-violet, bell-shaped, and 7" long.

Asiatic Day Flower (*Commelina communis*) less than 12" tall

Leaves are lance-shaped and pointed. At the tip of the stem is usually just one flower. Like daylilies, each Asiatic Day Flower lasts only one day. Flowers are 7" wide and consist of two large upper blue petals and one small lower white petal. Botanist Carl Linnaeus commemorated the dichotomy of the larger blue petals and the smaller white petals in the flower's genus *Commelina*, named for three Dutch Commelin brothers. Two of the brothers were productive botanists; the third did little botany. The species name *communis* refers to the communal way that the plant spreads as stem nodes root when they flop to the ground. Asiatic Day Flower is the host plant for caterpillars of the Pearl Crescent butterfly. Native to Asia, this non-native garden weed grows in partial shade in alleys or neglected backyard areas, and sometimes in Laurel Triangle near the corner of Cedar Lake Road and Oliver Avenue, hiding under the leaves of the Common Day Lily.

Spiderwort (*Tradescantia occidentalis*) 1' to 2' tall

Though "wort" means common, this is a misnomer for such an unusual

looking plant with spider-like leaves. The name spider may also refer to the way that plant sap stretches cobweb-like when the leaves are torn and pulled apart. Leaves are grass like, 15" long, and distinguished with a V-groove in the center of the leaves. Flowers consist of clusters of ten blue-violet flowers, each 1-2" wide with three violet petals surrounding yellow stamens. Blooms open in the morning and, on hot days, close by noon. Reportedly, flowers act as an indicator of air pollution with flower range from blue (little to no air pollution) to violet (air pollution). Occasionally, flower color may be pinkish white. The native Spiderwort grows in dry sunny meadows and fields and at Bryn Mawr Coffee Shop in the garden bed nearest the door.

Sources:

Wildflowers of the BWCA and the North Shore, Mark Sparky Stensaas and Rick Kollath, Kollath+Stensaas Publishing, Duluth, 2003
Northland Wildflowers, The Comprehensive Guide to the Minnesota Region, John B. and Evelyn W. Moyle, photographs by John Gregor, University of Minnesota Press, 2001.

Wildflowers of Minnesota, Field Guide by Stan Tekiela, Adventure Productions, 2001.

Newcomb's Wildflower Guide, Lawrence Newcomb; Little, Brown, and Company, New York – Boston, 1977

Watch where you step ... it will be worth your effort!

Greg Lecker, U of M Extension Service Master Gardener, Minnesota Master Naturalist Volunteer



August 6, 2009 Full moon, the Ojibwe Harvest moon

August 12, 2004 Purple martins depart en masse from Mille Lacs Lake, after a week of flying together with their young and roosting outside the nest. The babies, about 6 weeks old, are already strong flyers. Males are iridescent dark blue front and back; females are similar but with white breasts. Martin houses should be cleaned of all nesting material and the entrances blocked to prevent use by other birds until the the martins return in the 3rd week of April. They winter in Brazil but have very strong homing instincts and often a family will use the same apartment year after year, occupying more cells as the family grows, then looking for other apartments nearby. When Europeans arrived in this area, Native Americans were welcoming martins with hollowed-out gourds, just to enjoy watching these graceful birds.

August 24, 2006 Seven deer including 2 young fawns at Wirth Beach, drying out after an early evening thunderstorm dumped 2" rain on Wirth Park.

August 29, 1998 Bassett's Creek fall clean up draws about 20 neighbors. Back then, this event was twice a year.



Youth & Schools

Focus is on Fitness at Bryn Mawr Summer School

Summer school at Bryn Mawr Elementary does not look like kids who are sitting in desks learning math facts and spelling. This summer, the approach has been to get kids thinking and learning by keeping them moving

In this innovative program designed and coordinated by Bryn Mawr Physical Education specialist,



Anita Chavez, kids do not sit for longer than 25 minutes without a movement break. Each classroom teacher has a fitness plan that they work on each day.

Students have lessons in math and reading, but they also study science, health, nutrition and fitness.

The theme has been "FIT KIDS STICK WITH IT". In addition to regular classroom time, there is "music in motion" and "calming yoga".

Inner City Tennis and the Minnesota Youth Soccer have also done workshops with the students and students have walked to the Bog and The Eloise Butler Wildflower Garden.

The school partnered with the Minnesota Lynx women's professional basketball organization and did "Lynx Fit". In the program, kids learn about the food pyramid and keep a journal of their diet and activity.

The Lynx got a grant from General Mills to do this program which combined health education with, the Lynx "Read to Achieve".

Each student was given a book and a Lynx prize bag on the last

day for completing their fit journals. There was even a school-wide field trip to watch a Minnesota Lynx Game.

To wrap up the partnership, on Wednesday, July 29 was Lynx Day. The kids did 13 stations around the school that reinforced all the fitness and nutrition learning they did all summer. The Lynx staff and four players came to the school to run the activities ranging from basketball dribble and Spiderman crawl to a food-group version of Go Fish (got any grains?)

It was a fun way to finish a fun and fit summer!



Anwatin Students Make Strong Showing at the 2009 Tri-Loppet

Almost 550 racers, including 42 teams and several Anwatin and Anderson Middle School TRI team members, competed June 27th in the 4th annual City of Lakes Tri-Loppet. Rainy skies greeted the athletes as they made their pre-race preparations, but cleared off as the 8km canoe leg began at Lake Calhoun. After making their way through the chain of lakes to Brownie Lake, racers took off on foot for 5km of hilly trail running, followed by another 12km of mountain biking.

TRI Team students had been training with City of Lakes Loppet Foundation coaches and local elite athlete, Caitlin Compton since mid-April. During weekly sessions, they experienced trail running, canoeing, adventure racing, and mountain biking as well as a variety of outdoor activities. Together, these experiences helped provide a taste of what the Tri-Loppet event would be like. Canoe and kayaks were provided by Hoigaard's for training, while True North Adventures organized an adventure race on Theodore Wirth trails, and Trips for Kids and Penn Cycle provided mountain bikes.

Overall race winners were local athletes Zach Handler and Kim Rudd, posting the fastest individual times. Family as well as non-family

and corporate teams also competed in a variety of categories, making it possible for many athletes to participate at all levels of ability.

Making up a number of doubles as well as team entries, seven Anwatin students found themselves paddling, running, biking, or doing all three in the 2009 Tri-Loppet. Ryan Marita-Davis raced the entire course with volunteer Greg Bruland. Matt Villalta and Kieran Schwartz also raced the complete course with volunteer competitors Dan Geer and Keith Canny, respectively. Parrish Thompson-Snoddy returned from camp to compete the very next day with volunteer racer Nancy Nelson. Levi Schwartzberg, outfitted in his baseball uniform, paddled the first leg of a relay team with volunteer paddler Michael Gotzsche. Levi headed off to a baseball game after tagging team-mate and assistant coach Margaret Adelsman, who completed the run leg before tagging off to biker Denny Carlson. Not to be outdone, younger sister Lilly Schwartzberg teamed up with mom Betsy Nelson for the paddle leg. Lilly ran the 5km course with volunteer runner Carie Alexander



Ryan Marita-Davis with volunteer Greg Bruland on the paddle leg of the 2009 City of Lakes Tri-Loppet. Photos by Steve Kotvis (f/go)

Subject: AFS-USA Community Message
 opportunities to continue training with Foundation coaches this summer and fall in preparation for the September 19th Trail Loppet 5km. Sessions will begin late July and run through September. The Loppet Youth Trail Run Program is sponsored by the City of Lakes Foundation.

The Bryn Mawr Bugle:
 AFS-USA, a 501(c)(3) nonprofit, has been leading international high school student exchange for more than 60 years. We are currently looking for host families for exchange students in your area. We hope you will place the blurb

outdoor activities. For more information, contact the Foundation at 612-604-5332.

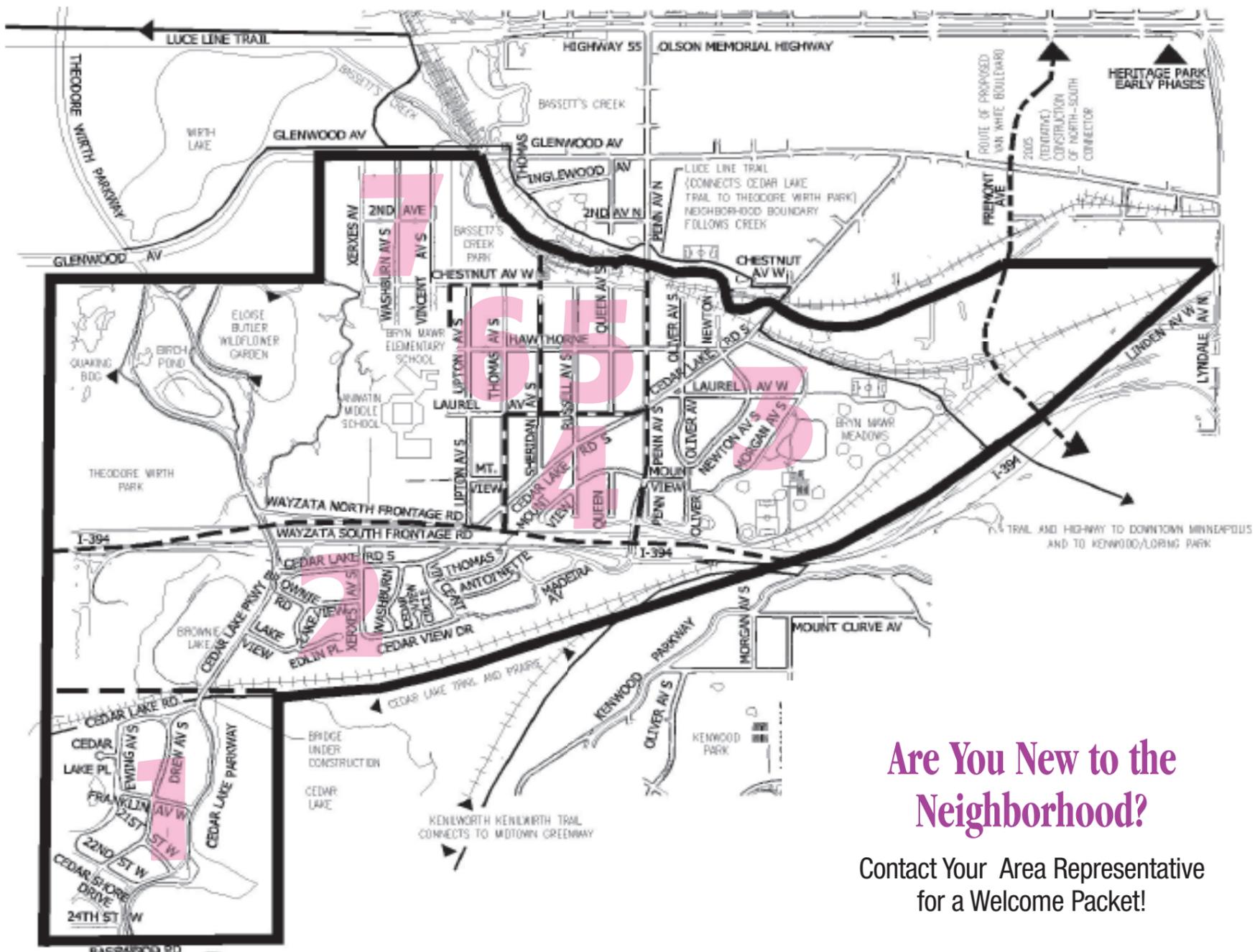
- Margaret Adelsman, COLNSF

Matt Villalta had the fastest time of the Anwatin team in the 5K run.



Anwatin Results 2008 City of Lakes Tri-Loppet:

	8K Paddle	5K Run	12K Bike	Finish Time:
Kieran Schwartz	50:45	34:08	47:41	2:12:33
Ryan Marita-Davis	1:01:07	34:42	45:11	2:20:59
Matthew Villalta	1:04:21	31:27	48:01	2:23:48
Parrish Snoddy	1:12:42	38:47	48:20	2:39:47
Relay Team: Levi Schwartzberg, Margaret Adelsman, Denny Carlson:	1:10:37	33:18	45:39	2:29:33
Relay Team: Lilly Schwartzberg and Betsy Nelson:	1:19:25	34:19	48:04	2:41:48



Are You New to the Neighborhood?

Contact Your Area Representative for a Welcome Packet!

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Distribution is free to Bryn Mawr residents; copies are also available at the Bryn Mawr Coffee Shop, the Bryn Mawr Market, Bryn Mawr Mobile and Cuppa Java. Subscriptions are \$21 per year. Letters must be signed and include a phone number. They are subject to editing. Please call the editor if you have questions about submitting material. Electronic submissions (CD or email) are preferred.

Copy deadline for the September issue is August 20!

Display Ads are due August 20. Ads must be pre-paid & camera ready. Call Deryck Jolstad at (612) 377-8968 or djolstad@msn.com for rates.

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Quarter page, vertical	...4 7/8"w X 7 7/8"h	...\$60\$70
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