



# BRYN MAWR BUGLE

Published by the Bryn Mawr Neighborhood Association

September 2011



**T**hanks to all the neighbors around Bryn Mawr who turned out for National Night Out block parties on Tuesday, August 2, 2011. Block parties are a great way to have fun and help prevent crime by getting to know your neighbors.

*(See related article on page 9)*



The 500-600 South Cedar Lake Road (in Area 4) block party had a surprise visit from State Rep Marion Greene. She wanted to say a early happy 100th birthday to Grandpa Toivonen. His birthday is in October. The group shot shows Grandpa at 99.5 years old and Kieran (Kiley and Jason's new son) at 6 months old. A group that has a 99 year gap from the oldest to the youngest.

*- Photos by Paul Markert*



Here are a few pictures of the National Night Out celebration in Area 7. Special thanks to neighbor Tom Jackson and former neighbor Patrick Booker for setup and to Hans Gasterland for the band! There was a salad bar and everyone had loads of fun!

*- Photos by Andrew Kraling*



## The Bryn Mawr Bugle Editor Contract Up for Renewal Process open to new applicants

### Bugle Editor Hiring Process

Approximately three years ago, the BMNA Board agreed to write its staffing contracts for two years and stagger them so that one position renews each year. The Board also decided to open the selection process to include outside candidates, besides those currently serving in the positions. This decision was based on a spirit of openness and in the interest of retaining the best people suited to our contract needs. This does not reflect any favor or disfavor toward the person currently filling the position. Weighing the value of incumbency will be the responsibility of the selection committee.

Our current contract with the Bugle Editor expires in December. The Board is currently reviewing its scope of services to be provided under the Bugle Editor contract. That contract and scope of services may be viewed upon request.

The Board will begin its process of accepting letters of interest and resumes, effective immediately. The deadline for applications for this position will be November 1. Qualified applicants will be interviewed by the selection committee, which will make a hiring recommendation to the Board. Our intent is to have the contract position filled for 2012-2013 by the winter holidays.

**Contact Ted Kiesselbach (bmnavp@gmail.com) if you're interested in this filling this important neighborhood role.**

**SAVE THE DATE:**  
**2011 BMNA**  
**Harvest Dinner**  
**Wed., October 26**  
**6:00-8:00 p.m.**  
**Bryn Mawr**  
**Elementary School**  
**Cafeteria**



# BMNA Reporter

**BMNA Board Meeting DRAFT Minutes**  
**Wednesday, August 10, 2011, 7-8:45 PM**  
**Bryn Mawr Presbyterian Church**

**Call to Order and Introductions**

**The following Board Members attended:**  
Marlin Possehl-President, Ted Kieselbach-Vice President, Dave Holets-Co-Treasurer, Greg Froehle-Area 1 Rep, George Seebach-Area 2 Co-Rep, Susan Verrett-Area 2 Co-Rep, Jessica Wiley-Area 3 Co-Rep, Dave Logsdon-Area 5 Rep, Jay Peterson-Area 6 Co-Rep, Andrew Kraling-Area 7 Co-Rep, Steven Harvey-Area 7 Co-Rep, JoEllyn Jolstad-Schools Rep and Bugle Editor, Scott McLaughlin-NRP/NCEC.

**The following guests attended:**  
Paul Johnson and Lauren Rimestad-People Serving People, Yonethan Guthmann-Area 7, Matt Stark-Area 4.

**Approval of Consent Agenda**

Consent Agenda moved to be accepted. Seconded and passed. Minutes of last month’s meeting  
Today’s Agenda  
Acceptance of this month’s Financial Report (available online)

**Reports**

**Neighborhood Coordinator**  
(report sent to Board prior to meeting)  
1. Hydrants will be disconnected on Mon. Sept. 26th. Locks will be put in the shed.

- 2. Cafeteria is booked for Sept.-May.
  - 3. Looking for ideas for the Harvest Dinner Completion.
  - 4. Propose making a donation to Crossroads on behalf of the BMNA. They have been a tremendous help for the past 4 years at the Scoop Off. We couldn't have done it without them.
  - 5. Huge thank you to neighbor Kristen Markert who washed ALL of the cups and bowls from the Scoop Off!
- Bugle Editor update - Ted/Jay**  
Editor’s contract is up for renewal. Notice for Editor position will be in September and October Bugle.
- Bugle Report - JoEllyn Jolstad**  
Next issue is the back to school issue. Good advertising and lots of summer interest in the Garden Tour. Want Ad Manager position still open.
- ICSO Report – Marlin**  
Ice Cream Social very successful with great turnout, good return and hot weather.

**People Serving People presentation – Lauren Rimestead**  
People Serving People is an organization that houses up to 200 homeless kids and families at any one time. The families often leave with resumes, jobs or job applications, plus a care package provided by the organization. The clients are often the victims of domestic violence, evictions, job loss, sickness, family crisis, etc. There is an increase in 2-parent families. Volunteers act as role models for the homeless and assist in helping them connect with resources needed. Interested parties

should check the website. There are currently 350 people at the shelter. Open atmosphere and kid friendly. Have lots of books and need volunteers for readers. An article will be included in the Bugle.

**PayPal proposal – Dave Holets**  
Garden Group members discussed how to sell tickets coming up with suggestion to use PayPal. It is set up as a system to purchase items with link to personal credit card and the individual does not pay a fee. Suggestion to use for membership fees with link on BMNA website. Need someone to experiment with the account to determine how to use and separate payments for membership or tickets. Discussion tabled until next meeting.

**NCEC Report - Scott McLaughlin**  
**NRP status update-**  
Some energy audits still available for energy conservation.

**Projects**  
-Rain Garden is currently maxed out with 2 people on waiting list. Plans sent to all members of group. 12 scheduled to be done in Sept. and Oct using Metro Blooms for excavation. Not required to continue with Metro Blooms. Money available from Solar program so project can be expanded. Keep putting people on list. \$25 required.  
-Banner: BMNA Insurance Policy will cover liability and provide banner rider. City will not install but must go thru City approvals. Scott filling out application.  
-Committee for Continued improvements to downtown will reconvene and asked for volunteers. Marlin, Scott, Steve Harvey, Greg Lecker, Rob Harris, and Sandie Gay are signed up. \$20,000-\$40,000 may still be available. Some of the suggestions are for downtown gardens, improvements to schools, improvements to businesses.  
-Energy Audits: competition ends this fall and winners will be announced.

**Community Project Committee Report - Rick/Jessica**  
Work on 2012 project will begin soon.

**LRT Project Updates**  
Station Area Strategic Planning  
Hennepin Co. CAC  
St. Louis Park is proposing legal options to prevent freight rail going thru. Capstone Project documents were presented to County Commissioners and strong support was shown. Developers interested. \$80 per copy to print. PDF on website. Don’t want to spend a lot of money on Penn Station. Move from cheaper to more expensive will need lots of work. Report will come out in October. Need document to be included in draft Impact Statement.

**Garden Group – Dave Logsdon**  
Rain Garden, Community Garden, Garden Tour (Informal)- Committee developed ideas and worked on design. The Committee had a successful work day for weeding and replanting. DOT has not mowed

near BM. Will contact to find out why and report back. The Bryn Mawr “letters” in hedge have deteriorated. Pedal to Petals was part 1 of revitalizing garden tours in Bryn Mawr. The follow-up will be the 2012 garden tour and volunteers are needed. Informal garden tour is scheduled for Aug 20 from 5pm. Invitation will be sent out to visit gardens, food will be at progressive garden stops. Email Ted to volunteer for 2012 Garden committee.

**Urban Reforestation -**  
Looking for committee and Chair. Private landowners would be solicited to let trees be planted. For example, across from the Qwest Building, planting of prairie grass and trees is allowed. This committee would be a part of the Garden Committee and set up as a sub-committee. Published an article in the Bugle but can’t find volunteers. Work with public agencies.

**Standing Committee Reports**  
**Schools Committee – Jessica Wiley**  
Action for this Committee will start up again after school starts.  
**Communications Committee – Jay**  
Preliminary report will be in Nov. and recommendations in Dec.  
**Treasurer’s Report– Dave Holets**  
Liz will investigate changing BMNA investments to make more interest. Perhaps, recommend putting 20% in riskier investments.

**Discussion Items and Announcements:**  
Bryn Mawr Coffee Shop is closing Aug 31 after 17 years. The fundraising event was very successful and fun. They will be selling off equipment and furniture. Dave Holets presented a resolution: BMNA Board wishes to thank the Bryn Mawr Coffee Shop for many years of active service to the community which contributed to the enrichment of our neighborhood. Their presence will be missed and best of luck for the future. Seconded and passed.  
Harvest Dinner- Input from Patty needed to confirm the date. It was suggested that it could be held the 1st week in November instead of last week of October.

Resolved by Scott for the Board to continue meeting in BM Church as the layout is more conducive for productive discussions. Dave H. spoke for continuing our meetings at BM Elementary School. Discussed the possibility of using Media Center and re-arranging the furniture. Discussion tabled.  
Suggestion was made to add a sign near the BMNA kiosk (Bulletin Board) next to Cock-a-Doodle-Do (makes vintage signs). Downtown Committee will look into the design. Perhaps, upgrade kiosk lighting and signage.

**Adjoumat 8:45 p.m.**  
NEXT BOARD MEETING:  
Wed, September 14, 7:00 p.m., Bryn Mawr Elementary

UPCOMING EVENTS:  
Garden Stroll: Sat, Aug 20, 5:00 pm.  
Harvest Dinner: Oct. 26, 6-8 pm

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**For more information contact Deryck (377-8968) djolstad@msn.com**



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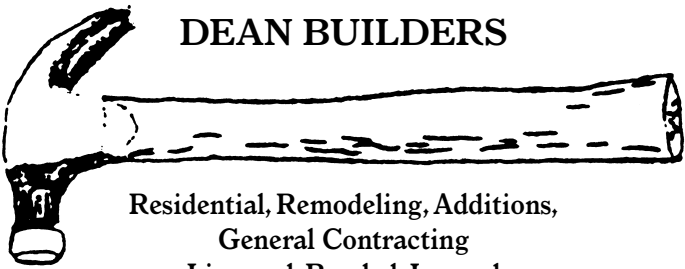
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# Recycling

## Bryn Mawr Recycling Schedule

	Monday	Tuesday
Area 1	September 19	September 6
Areas 4W, 5W, 6, 7	September 12 September 26	
Areas 2, 3, 4E, 5E		September 13 September 27

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# From the Editor

I have only been working at my new Washburn Community Education job for a week, but I think I am starting to get the hang of it. Of course, because this is a job that changes with the seasons, I will not really even know everything I need to do until I have a full year under my belt. Even then, it won't be "lather, rinse, repeat." If this program is to survive my tenure, it will need to grow and evolve in response to the wishes of the community.

There are some pretty terrific people helping me figure out how to do the "nuts and bolts" and soon I will be called upon to put my own creative spin on things. I am lucky to have inherited a thriving program, lovingly cultivated over many years by the late Jean White. But, it will wither on the vine if I don't continue to learn and try new things.

One thing I've always wanted to know is how to bake good bread. I have made several attempts, but have always fallen short. I just don't know the secret, but, apparently, Mary Duffy does and she is willing to share this knowledge.

Mary is a long-time resident of Area 1 and you can learn her tips for baking wonderful bread by taking her class, "Basic Breads" on October 24, 6-9pm through Anwatin Community Education.

One of the great things about Community Education is that it is not a full-blown college semester. It is a brief experience that hopefully inspires you to seek out other opportunities to have fun and learn.

You may wonder if my new job means I am leaving the Bugle. My contract is up at the end of the year and the BMNA has opened the position up to new applicants. I hope you are relieved to learn that I am planning to toss my hat into the ring yet again. It has been my great joy and privilege to serve as the Bugle Editor for these many years and I hope to continue to help the Bugle grow and thrive.

Unfortunately, I won't be taking Mary's class. Not only can I do without 24/7 access to luscious carbs, but I have to supervise classes at Washburn that evening. Besides, I am happy to let the geniuses at Breadsmith do their magic.

However, I hope you will consider signing up for it, or one of the other wonderful Community Education classes scheduled for this fall. A list of Anwatin classes can be found on page 15 or browse the catalog at [www.mplscommunityed.com](http://www.mplscommunityed.com).

If you do take the class, please tell Mary that I have thought for a long time that Bryn Mawr needs a bakery and maybe one of her students will be the one to start it.

- JoEllyn Jolstad, [bugle@bmna.org](mailto:bugle@bmna.org)

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**\$110 package rate** (please call or email to register) or **\$16 each class drop in rate**

**INSTRUCTOR** Theresa May is a holistic practitioner and teacher in several areas of MindBody Integrative Medicine. She is a Shiatsu Therapist, Master practitioner of HNLP Humanistic Neuro Linguistic Psychology, and NLP Neuro Linguistic Programming; Master Hypnotherapist, Reiki Master & teacher, and Qigong practitioner. She has been in private practice since January of 1998. Theresa has been a student and teacher of various forms of Qigong since 1997 including all 4 levels of SFG Spring Forest Qigong; the Guide Program of SFG training in 2005; and formal certification of level 1 in 2009 with Master Chunyi Lin, allowing her to teach. She received accreditation to teach the international form of Tai Chi Chih in 2001.

### Flow Yoga - Wednesdays 6:00pm-7:30pm, Running 9 weeks, Sept 21<sup>st</sup> - Nov 16<sup>th</sup>



Are you over sweaty fitness yoga? **Return to the roots of yoga** with our Flow Yoga class, move slowly and gracefully through its physical and mental discipline. This Hatha yoga practice provides results, releasing tension, and allowing you to find your internal center. Experience the space where you are absorbed with the process of your action. You will learn steady poses (asanas) that flow from one to the other and are linked with the deep, pranayama ujjayi breath. Sun salutations, standing poses, balance poses, backward bends, forward bends, twists, and seated poses will all be addressed, always with optional modifications to accommodate any age, body, or level of experience.

**\$110 package rate** (please call or email to register) or **\$17 each class drop in rate**

**INSTRUCTOR** Erin Threlkeld has been teaching yoga since 1980. She is certified in classical Hatha yoga from the Sivananda Yoga Vedanta Centre on Paradise Island, Bahamas and Vinyasa yoga from the White Lotus Foundation in Santa Barbara. She has augmented her learnings with studies in the traditions of Iyengar, Jivamukti, Hekram, Kripalu, Ashtanga, Anusara, Kundalini, and Para. Erin's yoga classes are designed to help the student develop a kinesthetic sense of how to intentionally generate flow. She does not subscribe rigidly to any one doctrine, but prefers to move fluidly between several schools of thought and discipline.

### Kundalini Yoga - 2nd & 4th Saturday of each month ongoing, 7:30am-8:30am (No class Nov 26<sup>th</sup> & Dec 24<sup>th</sup>)



The Kundalini is untapped energy at the base of the spine that can be drawn up through the body to awaken the chakras. Named **the yoga of awareness**, Kundalini enables you to experience the clarity and beauty of your soul. Kundalini yoga classes are a dynamic blend of postures, pranayam (regulation and control of breath), mantra, music and meditation. Kundalini balances body and mind, teaches you the art of relaxation and self-healing, enables you to look great, feel great, relax, enjoy life and live in grace and gratitude. No previous yoga experience is required for you to achieve results with your very first class.

**\$120 for a package of 10 classes** (purchase in advance or at the door) or **\$15 each class drop in rate**

**INSTRUCTOR** Kimberly Galvin is a Massage Therapist, Herbalist, & Kundalini Yoga Instructor. She is member of the ABMP (Associated Bodywork and Massage Professionals). She graduated from the Minneapolis School of Massage & Bodywork, and received Level One Certification from the International Kundalini Yoga Teachers Association. Kimberly has studied with Herbalist: Lisa Wolff AHG and completed an apprenticeship with Herbalist Matthew Wood AHG. In addition, she has completed Level One Training in Bach Flower Essences, presented by Nelson Bach, and is currently enrolled in the Flower Essence Society's Professional Certification Program. Kimberly has completed Level One training in Cranial Sacral Therapy, presented by Upledger Institute and is completing a Reflexology program offered through the Institute for Integrative Health Care Studies.

### The Art of Effortless Meditation - Sundays ongoing, 7pm-8pm (No meditation Dec 25<sup>th</sup> & Jan 1<sup>st</sup>)



Meditation is not difficult. It's actually a **completely natural state**, yet much mystery and illusion surrounds it. If you have ever been curious about meditation, or thought you'd like to try it, this is an ideal opportunity.

**No fee. Donations welcome.**

**INSTRUCTOR** Colin Snow is founder and principal instructor of the Natural Step School of Tai Chi. He was born 1955 in London, relocated to Minneapolis with his family in July 2000. Since graduating from Oath Academy of Art, 1977, and Cardiff University in 1987, Colin has worked as an educator in Elementary and Special Education, as a teacher of Tai Chi & as a Shiatsu practitioner. He began to study Tai Chi in Great Britain at the premier Flying Dragon Tai Chi School and later became a qualified instructor. More recently he studied Qigong with Master Chunyi Lin, founder of Spring Forest Qigong.

### Sugar Blues - FREE presentation, Tuesday, Oct 4<sup>th</sup> 6:30pm-7:30pm



Are you constantly craving sweets and want to understand why? Do you want to gain control without willpower or deprivation? Join Holistic Health Coach, Jen George, for a talk that will allow you to relinquish the addictive hold sugar has over your taste buds.

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**INSTRUCTOR** Jen George is a holistic health coach and bodyworker trained in Shiatsu, Massage, and Thai Yoga Bodywork. Jen's education in Holistic Health Counseling is through the Institute of Integrative Nutrition. She is a graduate of CenterPoint Massage and Shiatsu Therapy School. Additional training in Thai Yoga Bodywork was received through Lotus Palm. She is a member of the American Organization for Bodywork Therapies of Asia (AOBTA).

### Lotions & Potions - Saturday, Dec 3<sup>rd</sup> 3pm-4:30pm



This class is perfect as we move closer to winter & to holiday gift giving. The skin is the largest organ of the body. It provides us with protection from pathogens; it regulates our body temperature by sweating & shivering. Our skin makes us aware of external stimuli through touch receptors, and the metabolism of vitamin D occurs in the skin. So, **what have you done for your skin lately?** Watch and learn how to make lotions and salves with simple, accessible ingredients that are truly good for your skin. You will leave this class with ONE OF EACH to utilize or to give away until you make your first batch at home!

**\$20 Advance Registration/\$25 Drop In. Class includes a lotion and medicinal salve to take home!**  
**PLUS** all attendees will receive a \$10 coupon towards an herbal or flower essence consultation with Kimberly Galvin

**INSTRUCTOR** Kimberly Galvin. See Kundalini Yoga (above) for bio.

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# CounterTalk

by Dave Logsdon



davesmagnets@gmail.com

"One thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve"

-Albert Schweitzer

"To be happy, we must not be too concerned with others"

-Albert Camus

"The happiest people seem to be those who have no particular reason for being happy except that they are so"

-W.R. Inge

"Don't worry, be happy", which is a lot easier to be when you make mil-

lions singing a song telling people to do just that! Thank goodness I feel so guilty about being happy, otherwise I would be even more insufferable than I already am! Please smile for the camera all you gloomy Guses, it's "Counter Talk" time!

## The mild, mild West...

All this talk about happiness is bringing me down, man. Did you ever notice how Bryn Mawr is always referred to as a South Minneapolis neighborhood almost as if you don't want people to think we're a, heaven forbid, North Minneapolis neighborhood. Not to worry my brothers and sisters, we aren't either! We are the one and only West Minneapolis neighborhood in this fair city. We have lots of north, south, and west addresses here in Bryn Mawr. We're not a south or north, we are proudly WEST, and all you district planners with all your fancy maps can stuff it. Our motto is; "Don't Mess with West Minneapolis!"

## Here's mud in your eye...

Over a decade ago this intrepid reporter (Did he just call himself a reporter?) literally took the plunge into the (in)famous Hidden Beach

mud hole on the east shore of Cedar Lake. It was a great photo-op which ended with the photographer herself (Karen Moon) in the mud! In a recent addition of the SW Journal, columnist Jim Walsh also took the plunge into said mud hole. He didn't get the spectacular photos that I did, probably because he was naked when he did it. I would have done it naked, but the world isn't ready for that photo-op, if you know what I mean. And why is it that when guys skinny dip in the lake, it's greeted with a collective yawn, but a bunch of coeds do it and half the police force is there. "Bin Laden is skinny dipping in Cedar Lake (yawn) with a bunch of coeds; all points alert!"

## Fear and loathing in Bryn Mawr

Spelling and grammar check needs to calm the heck down. I'm writing here, I'm writing here! When I get on this computer, I'm a rebel, Dottie, I'm a loner, and it's a wild ride into colloquial America. This computer doesn't know "bleep" about communicating! There you go again. I meant to leave off the "g" in communicating. I think e.e. cummings would have tossed his computer into Wardens' Pond!

## Actual news about the neighborhood

Deacon Warner's thirty minute documentary "Peaceful Warriors: On the road with the Veterans for Peace" debuted at the Veterans for Peace convention in Portland to a

very warm response. This was not the final cut of the film with revisions being made as we speak. As someone who made a small contribution to this project, I have a great appreciation for Deacon's handiwork in putting this powerful story together. The world premiere of the finished documentary will be some time in September (TBA) at St. Joan of Ark Church in South Minneapolis.

By the time you read this column, Bryn Mawr Coffee shop will be confined to the "dustbins of history". So long Kevin, all our thoughts go with you and your family. Ya'll come back and visit, you hear!

School is back in full swing and it's time for all of us, including those of us without school age children, to face the new austere atmosphere of the new school economic reality. Donations of school supplies, copying paper, etcetera, etcetera are welcome and encouraged. Your time is also encouraged because believe it or not there is a lot of "Baby Boomers" taking retirement and there is a lot of need for their energy and wisdom in the school system (and everywhere). Adding a service component to that retirement will open many doors as you enjoy your sunset years.

I can't believe I just said, "enjoy your sunset years". Anywhoo, I think it's time for this columnist to go out and enjoy his sunset years. By the way mister computer spellcheck person, anyhow is not a word, but I just used it anyhow!! (Fight the Power!)



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The Bryn Mawr HOURCAR is supported by a \$12,000 grant from the McKnight Foundation matched by \$10,000 in NRP funds from the Bryn Mawr Neighborhood Association. We thank the following local businesses and residents who also support HourCar:

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## Bugle Notes

### State Fair Features "Homegrown Authors"

The Minnesota State Fair's highly successful "Alphabet Forest" expands in its second year with the addition of a different fan-favorite children's book author or illustrator for each day of the 2011 "Great Minnesota Get Together." The featured creators, lauded as "Minnesota's Homegrown Authors," have deep roots in Minnesota communities ranging from "A" (all the way up north in International Falls) to "Z" (Zumbrota), and covering points in between from New Ulm to Spicer.

The brainchild of Debra Frasier (Minneapolis), author/illustrator of the book *A Fabulous Fair Alphabet*, the Alphabet Forest is an innovative family literacy project that proved hugely popular with fair-goers ranging from toddlers to grandparents during its first year. As the Pedersen Family from Brownston, Minnesota

wrote after their 2010 visit, "This was the best experience this year. We will be back next year looking for the Fair Alphabet!"

Inspired by a simple alphabet game card that encouraged attendees to collect vocabulary words as they walked through the fairgrounds, 2010 State Fair visitors turned in nearly 100,000 words, took thousands of photos, and participated in numerous other playful free activities around the little log cabin located in the fairground's Baldwin Family Park. Each of the twelve days of the fair this year will also feature a unique free activity created by that day's author-in-residence.

#### Minnesota's Homegrown Author Showcase Schedule (10 a.m. to 6 p.m.)

Aug. 25: Mike Wohnoutka  
Aug. 26: Debra Frasier  
Aug. 27: Mary Casanova  
Aug. 28: Marsha Wilson Chall  
Aug. 29: Jill Kalz  
Aug. 30: Lisa Bullard  
Aug. 31: Catherine Friend  
Sept. 1: David LaRochelle



*Lauren Stringer, Area 3, will be the featured author at the State Fair on Sept. 3.*

Sept. 2: Catherine Thimmesh  
Sept. 3: Lauren Stringer  
Sept. 4: David Geister & Patricia Anne Bauer  
Sept. 5: Catherine Urdahl

The Alphabet Forest is an educational partnership of the Minnesota State Fair Foundation, Target, Debra Frasier, MELSA, Mackin Educational Resources, Northwoods Industries, Inc., and Children's Literature Network.

### Thank you Bryn Mawr Neighbors!

I walked in the Susan G. Komen 3-Day walk on Aug. 19, 20 and 21. I raised \$2513 for the "Susan G. Komen for the Cure Foundation" dedicated to education and research about causes, treatment, and the search for a cure! 27 of our neighbors donated a total of \$1668! Thank you for the support and encouragement. It was an unforgettable experience.

- Patty Wycoff, Area 5

### Happy 90th Birthday

Area 7 resident, Lois Schurke is turning 90 years old in September. Lois first moved to Bryn Mawr in 1950. She is living in her second home in Bryn Mawr. Her neighbors wish her a very happy birthday and many, many more.

### Walk to Raise Money for Lung Cancer Research with Team Phenomama

My name is Amy Morris and I live in Area 5. Please join me and my team, Phenomama, on September 10th for the annual Lung Run/Walk at Lake Harriet Bandshell. 100% of all funds raised are spent on innovative cancer research and to reach into the community to educate, promote and care for those touched by Lung Cancer. Lung Cancer is the least funded of all cancers due to the stigma related to smoking.

Visit [www.abreathofhope.org](http://www.abreathofhope.org) for more details and to register to walk with us. If you are unable to join us but would like to make a donation please do so on the website. This is a family friendly event, hope to see you there!

- Amy Morris, Area 5

### Book/CD Signing at Cuppa Java on September 24



Local Author/Singer/Songwriter, Christine "FREE" Belfrey will be signing copies of her book, "Ladies Keep it Movin': 10 Steps for Staying Sane and Fabulous with Kids your Man and a DREAM!" at Cuppa Java on Saturday, September 24 from 6-9 pm. Christine also will be singing two of her inspirational songs that come with the book along with other local artists that will be featured throughout the night.

Christine is a native of Minneapolis and lives in Area 5 of Bryn Mawr. She is a multidimensional artist; author, singer, songwriter, publisher and speaker. Her book with CD sample was released on June 25, 2011. Christine's Album "The Evolution of DREAMZ" will be released Fall 2011.

Her book/cd can also be purchased on Amazon and her website [www.christinefree.com](http://www.christinefree.com)

#### Book/CD Signing : Ladies Keep it Movin': 10 Steps for Staying Sane and Fabulous with Kids your Man and a DREAM!

September 24, 2011, 6-9 p.m.

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BMNA

# BMNA Garden Stroll

The Bryn Mawr Neighborhood Association and the BMNA Garden Group sponsored a Garden Stroll on Saturday, August. 20. BMNA Board members and neighbors interested in volunteering to help with the 2012 Blooming Bryn Mawr Garden Tour participated in a mini-tour around Bryn Mawr. Thank you to gardeners, Larry Opelt, Carolyn Bastick, Ron Johnson, Rod Miller, Bill Miner, Jay Peterson and Kathy Ripke for opening up their gardens for the event.

The Blooming Bryn Mawr Garden Tour is planned for Saturday, July 14, 2012. We will



be looking for approximately a dozen strong gardens in the neighborhood. If you know you will be available July 14 next year and want to learn more about garden criteria, volunteer or sponsorship opportunities, please contact Carolyn Bastick at CJ0159@aol.com.

- Photos by Jay Peterson



*Save the Date:*

## Blooming Bryn Mawr Garden Tour July 14, 2012

Contact Carolyn Bastick at  
CJ0159@aol.com to volunteer!



## Bryn Mawr Neighborhood Association Calendar - September 2011

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 August 29, 2011) unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Save the Date:</b> <b>Bryn Mawr Neighborhood Association Harvest Dinner</b> <b>Wednesday, October 26, 6-8 p.m.</b> <b>at Bryn Mawr Community School Cafeteria</b>				1	2	3
4	Labor Day Holiday 5	6	Land Use Committee7 meeting, 6:30pm at Bryn Mawr Elementary, Rm 136	8	9	10
11	12	13	BMNA monthly meeting, 7pm at Bryn Mawr Elemen- tary, Cafeteria 14	15	16	17
18	19	20	ROC Committeeat 21 Ripley Gardens, 6:30pm Garden Group meeting at Cuppa Java, 7:00pm	Lunch w/Lisa 22 Goodman, 11:45am, at University of St. Thomas	23	24
25	26	27	28	29	30	



# Newton Avenue Annual Block Party

For 27 years, the 400 block of Newton Ave South has held a Saturday night summer block party. In past years there was volleyball in the street, water balloon fights, a sling shot balloon launcher, and a BBQ cooking show hosted by Joe and Alexa. Count Chocula showed and so did McGruff the police dog. The Mpls Fire Department has visited with their fire truck, squirting kids with their fire hose on hot, hot nights. The Area 3, a fabulous group featuring Rick, Matthew, and Bob on stand-up-base, has entertained, as well as

sing-alongs with the Dixons. There have been dance shows to the boom box on Matthew and Lauren's porch. One year there was a long wooden table with linen tablecloth and a candelabra, thanks to Deborah. On cool evenings, Ginny has dragged out her fire pit. While some things might change, what stays the same is strings of lights across the street, guacamole and chips, roasted corn, a keg of beer, barbecued chicken, brats, and hamburgers, potluck side dishes, pie, children of all ages riding bikes and scooters through the crowd, and neighbors who enjoy being together.

Block Captains Doug Muirhead and Faye Knowles started the block party in 1984. They were encour-

aged by the Mpls Police Department to find ways for neighbors to meet each other and stay connected. Doug and Faye left Newton for Laurel and then Thomas (in Area 2) but they keep coming.

Want to start your own tradition? Closing off the street for a block party can be done online through

www.ci.mpls.org The permit costs \$25.

This year we will hold on our block party on September 10, reveling in the past and creating new memories.

- Jessica Wiley, Area 3 Co-representative



## COORDINATOR CORNER

My name is Patty Wycoff and I am the Bryn Mawr Neighborhood Association Coordinator. Feel free to contact me at [organizer@bmna.org](mailto:organizer@bmna.org) or 612-377-4565.

Please add your e-mail to the BMNA e-mail list. Go to [bmna.org](http://bmna.org) and click on "add to e-mail." You will receive information about upcoming events, snow emergencies, crime reports, etc.

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Eloise Butler Wildflower Garden & Bird Sanctuary

Late Summer Yellows and Purples in the Garden! Summer is winding down and it's time to welcome in autumn. This is a time of year to enjoy cooling temperatures and make the most of the shorter days. Stop out and visit the prairie garden to witness the abundance of fall flowers in bloom from yellow goldenrods to purple asters. Settle in on a bench for a stint to watch a bounty of birds feast on seeds as many prepare to fly south for the winter. Look for the first signs of autumn's changing hues as you stroll along our woodland trails. Be sure to stop in to the Visitors Shelter to find out more about the current happenings at the Wildflower Garden.

Every Saturday at 11am, Sunday at 4pm, and Tuesday at 5:30pm Eloise Butler Wildflower Garden Naturalists offer free Garden Highlights Nature Hikes at the Garden. Learn about the latest blossoms and birds on these fabulous (and free!) explorations of the Garden. Each Saturday morning at 8:30am a free summer birding program is offered for new and experienced bird watchers. It's a wonderful opportunity to spend time in the field with a seasoned group of birders.

Themed tours on a variety of natural history topics are available on Saturdays at 3pm and Sundays at 1pm. These programs will delve a little deeper into particular subjects like Minnesota native tree identification, birding skills, wildflower identification and more. Special classes take things a step further bringing local specialists into the Garden to teach you about the wonders of nature within the Garden gates. Please see the calendar and program descriptions for more information.

Program Registration:

Go online to [www.minneapolisparks.org](http://www.minneapolisparks.org) to register using ActiveNet, stop in the Martha Crone Visitors Shelter, or call us at 612-370-4903. All programs begin at the Shelter unless otherwise noted.

Garden Information and Inquiries:

To ask Garden related questions or to inquire about plants in bloom and recent bird sightings please stop by the Martha Crone Visitors Shelter or call 370-4903 during Shelter hours.

Garden Hours:

The Garden is open daily from April 1st to October 15th from 7:30am to 1/2 hour before sunset.

Martha Crone Visitors Shelter Hours:

Monday to Saturday: 10:00am to 1 hour before sunset

Sunday: Noon to 1 hour before sunset

Directions:

The Eloise Butler Wildflower Garden and Bird Sanctuary is located 1/2 mile north of I-394 on Theodore Wirth Parkway. Metro Transit bus route 9 stops at Glenwood Avenue and Theodore Wirth Parkway, just a two-block walk to the Garden entrance.

September 2011 Public Programs and Tours

<b>Saturday, September 3rd</b>	
8:30-10:00am	Early Birders
11:00am-12:00pm	Garden Highlights Nature Hike
3:00-4:30pm	Berries, Drupes and Other Fruits
<b>Sunday, September 4th</b>	
1:00-2:30pm	Late Summer Wildflower Tour
4:00-5:00pm	Garden Highlights Nature Hike
<b>Tuesday, September 6th</b>	
5:00-6:00pm	Evening Nature Stroll
<b>Saturday, September 10th</b>	
8:30-10:00am	Early Birders
9:30am-12pm	Special Event – Public Tree Planting*
11:00am-12:00pm	Garden Highlights Nature Hike
3:00-4:30pm	Magnificent Mushrooms
7:15-8:15pm	Full Corn Moon Garden Tour
<b>Sunday, September 11th</b>	
1:00-2:30pm	Quaking Bog Tour
4:00-5:00pm	Garden Highlights Nature Hike
<b>Monday, September 12th</b>	
5:30-7:00pm	Medicinal Plants of the Garden*

<b>Tuesday, September 13th</b>	
5:00-6:00pm	Evening Nature Stroll
<b>Saturday, September 17th</b>	
8:30-10:00am	Early Birders
11:00am-12:00pm	Garden Highlights Nature Hike
3:00-4:30pm	Wildflowers of the Wetland & Prairie
<b>Sunday, September 18th</b>	
1:00-2:30pm	Berries, Drupes and Other Fruits
4:00-5:00pm	Garden Highlights Nature Hike
<b>Tuesday, September 20th</b>	
10am-12pm	Using Prairie Plants in your Garden*
5:00-6:00pm	Evening Nature Stroll
<b>Friday, September 23rd</b>	
9:30-11:00am	Wildflower Photography 101*
<b>Saturday, September 24th</b>	
8:30-10:00am	Early Birders
11:00-12:00pm	Garden Highlights Nature Hike
3:00-4:30pm	Magnificent Mushrooms
<b>Sunday, September 25th</b>	
1:00-2:30pm	Late Summer Wildflowers Tour
4:00-5:00pm	Garden Highlights Nature Hike
<b>Monday, September 26th</b>	
5:30-7:00pm	Medicinal Plants of the Garden*
<b>Tuesday, September 27th</b>	
5:00-6:00pm	Evening Nature Stroll
7:00-8:00pm	New Moon Creatures of the Night Hike

Program Descriptions

Berries, Drupes and Other Fruits of the Garden

Although many visitors come to see the spring wildflowers, it is later in the season that the flowers of spring have fully transformed into the glorious fruits of the Garden. Come to the Garden to explore fascinating fruit topics including: fruit formation, edibility of native plant fruits and uses of fruits by animals and humans.

Early Birders .....\$5 per person/\$10 per family

This program is designed for individuals who have some experience with field guides and binoculars, and wish to practice finding and identifying birds. In addition to bird identification, we will focus on birding by ear, bird behavior, and bird habitats. Bring binoculars and a field guide or borrow ours.

Evening Nature Stroll .....\$5 per person/\$10 per family

Early evening is a wonderful time to enjoy the spirit of late summer at the Garden. Relax and revel in the beauty of this season as a Garden naturalist leads you on a tour of the wildflowers along the Garden trails.

Full Corn Moon Garden Tour

.....\$5 per person/\$10 per family  
Take a twilight tour of the Garden and discover the magic of being in our Sanctuary long after the sun has set. We will look for bats and listen for owls. Meet at the front gate. Pre-registration required.

Garden Highlights Nature Hike .....\$5 per person/\$10 per family

Learn about the current blooms, bird sightings, and animal antics in the Garden while hiking the trails with a Naturalist. The Garden Highlights Hike will focus on what is of interest on the day that you visit, so each hike will be a new exploration into the most up-to-date curiosities and wonders of the Wildflower Garden.

Magnificent Mushrooms . \$5 per person/\$10 per family

Behind the scenes of the Wildflower Garden, hosts of mushroom species are hard at work recycling nutrients and helping plants grow. You will learn the basic structure of mushrooms and how to identify some species. Bring a pair of binoculars or borrow ours.

New Moon Creatures of the Night Hike

.....\$5 per person/\$10 per family  
Pre-registration required  
As darkness washes over the Garden an array of sounds, smells and sights greet our senses. This is also a great time to see nocturnal wildlife of the Garden, including bats, nighthawks, owls, and raccoons. Come to learn more about these wonderful creatures of the night at the Garden this autumn. Meet at the front gate.

Quaking Bog Tour .....\$5 per person/\$10 per family

The bog is home to many unique plants with interesting adaptations for survival. Discover the characteristics that make a bog habitat what it is and take part in hands-on analysis of the water in the bog. Learn about what is being done to preserve this special habitat. Meet at the Quaking Bog parking lot.

Late Summer Wildflower Tour

.....\$5 per person/\$10 per family  
Late summer is unfolding in flowers at the Eloise Butler Wildflower Garden. Join a Garden Naturalist to explore the blossoms of September in the woodlands, wetland and prairie. We will explore the Garden trails while learning about the natural histories of the plants flowering during your visit.

Wildflowers of the Wetland and Prairie Tour

.....\$5 per person/\$10 per family  
Join a Naturalist on a wildflower-focused tour of the Garden. You will have a chance to walk the Garden trails while learning about and looking for wildflowers of late summer including asters, goldenrods, and more.

Special Events

Public Native Tree and Shrub Planting Event

Saturday, September 10 from 9:30am-12pm (Registration requested)  
Join Garden staff and Friends of the Wildflower Garden volunteers this month to help plant over two hundred native trees and shrubs in the woodland area just beyond the fence of the Wildflower Garden. This planting has been made possible through an REI Gives Grant. The planting is part of a larger on-going restoration project in this section of the Wildflower Garden and in the woodland areas surrounding the Wildflower Garden. Over the past eight years countless volunteers, including volunteers from the Friends of the Wild Flower Garden, the Legacy Volunteers Program, and REI have contributed greatly in our efforts to remove invasive buckthorn, honeysuckle, and garlic mustard from the woodlands of the Wildflower Garden and beyond. This September, join us as we continue to bring the wonderful woodlands here into greater health and ecological soundness. Bring your gardening gloves. We will supply the shovels.

Special Classes

Nature's Healers- Medicinal Plants of the Garden

Led by Cynthia Thomas  
Mondays, 5:30-7 pm  
September 12- Early Fall Medicine Plants  
September 26- Fall Medicine Roots and Barks  
Cost: \$15.00 per class  
*Join herbalist Cynthia Thomas in the field to learn about the simple use of plants as medicine and food. Learn about the healing properties of plants growing in the Garden and your own backyard. Discover how to identify and use several favorite medicinal plants species.*

Wildflower Photography 101: Autumn Foliage

Led by photographer John Maciejny  
Fridays, 9:30am-11am  
September 23  
Cost: \$15.00 per class  
*Learning how to photograph the subtle beauty of native plants takes time, patience and the right tools. Join seasoned photographer John Maciejny in the field to learn about photographing wildflowers to capture their beauty, brightness and form. In this class participants will be taught basic techniques to create stunning floral images. Digital or film cameras are welcome.*

Using Prairie Plants in Your Garden

Led by Shirley Mah Kooyman  
Tuesday, 10am – 12pm  
September 20  
Cost: \$20.00  
*Learn how to include prairie plants in your perennial garden to attract butterflies and birds to your yard. Many prairie plants have deep roots and are more tolerant of drought conditions. If you have a sunny spot you can grow any number of prairie plants with a range of colors from spring to fall. A bike to the prairie area to see plant examples is included.*



# Bryn Mawr Meadows Selected for Second Annual Washburn Games

Submitted by Mike Brennan

Are you looking for your kids to get exercise, burn off energy and help the community? You don't have to look far - just join us for The Washburn Games at Bryn Mawr Meadows on September 25, 2011!

Washburn Center for Children has selected Bryn Mawr Meadows for the second annual Washburn Games, which features a fun afternoon of sports and games for children age 4-12. Children can sample up to 20 different sports activities, including soccer, football, baseball, basketball, hockey, and, yes, even cricket.

With help from the Minnesota Cricket Association, children can bowl a ball at a wicket and try to bat the ball from the cricket batting alleys. In addition to the cricket activities, children can punt, pass and kick a football, shoot free throws, swing a bat, throw a baseball, shoot a puck or soccer ball into a net and frolic in ways only children can imagine. There is no head to head competition - only a steadfast commitment to having a good time and giving kids a chance to be active and to try a bunch of fun activities.

All proceeds from The Washburn Games benefit children served by Washburn Center for Children. Washburn supporters provide the lift children need to overcome their mental health challenges so they can recapture the joy of childhood and grow to become healthy adults. Last year, Washburn served more than 2,400 children suffering from emotional, social and behavioral issues.

These children and their families benefit when Washburn provides hope for a brighter future - and so does the community. Recent estimates indicate that almost 70% of children entering the juvenile justice system in Minnesota would have benefited from the services Washburn provides. The community benefit of giving these children another chance is simply enormous.

## What can you do?

First, get your child involved and get your friends' children involved...spread the word! This event gives kids a chance to give back to other kids. Children can participate by paying a \$10 registration fee or raising funds for Washburn. If children raise \$100 or more, they are entered in a drawing for great prizes. The top fundraiser will win an educational grant of \$1,000. Sign up at [www.washburngames.org](http://www.washburngames.org).

Second, volunteer! Sign up to help make this event be successful! For more details and to register, go to [www.washburngames.org](http://www.washburngames.org).

Third, champion this event within your company. Washburn is soliciting financial support from local businesses and wishes to thank Allianz Life Insurance Company for their Gold Level Sponsorship of the 2011 Washburn Games. If you would like to get your company involved, please for more details contact Amy Pfarr Walker at (612) 767-6328 or [apfarrwalker@washburn.org](mailto:apfarrwalker@washburn.org).

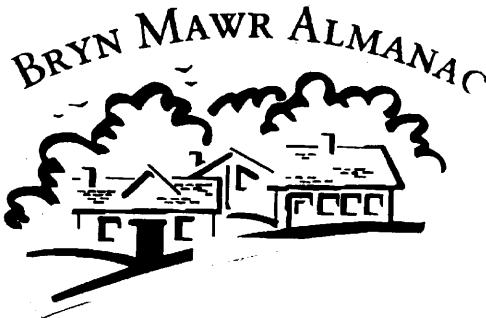
## Minneapolis Audubon Society Programs

*Programs begin at 1:00 p.m. the second Friday of each month at the Bryant Square Neighborhood Center, located at the corner of 31st Street and Bryant Avenue, in Minneapolis. The Center, just one block south of Lake Street, is easily accessible via the #4 bus, which runs every 15 minutes.*

**OPEN TO THE PUBLIC - EVERYONE WELCOME**

**September 9:** Beginning-of-year POTLUCK\* (1:00 p.m.)  
EXPLORING NORTHEAST CHINA AND RUSSIA (2:00 p.m.)  
Carrol Henderson, MN DNR Non-game Wildlife  
\* *POTLUCK: Bring a dish to share and your own plate and cutlery.*





### BRYN MAWR ALMANAC

September 8, 1977	Thunderstorm with 52 mph winds. The humid summer air necessary for such events is still with us.
September 11, 1980	2 inches rain, a steady all-day soaker. After about this time of the month, things dry out considerably and watering of trees, perennials, and shrubs is often needed.
September 11, 2011	Full moon, the Ojibwe Wild Rice Harvest moon.
September 17, 1980	Low 38°. It's not these chilly nights but the decreasing amount of daylight that triggers the southward migration of birds, dragonflies, monarch butterflies, and bats. Migrating hawks can be seen in large numbers along the hills flanking Duluth, especially at mid-day. Other common birds that fly south in large flocks are redwing blackbirds, robins, grackles, pelicans, woodland warblers of various types, ducks, coots, and geese.
September 30, 2004	End of a warm sunny September, just what Minnesota crops needed after a cool and cloudy summer and a rare August frost in the north central part of the state

### WEEKLY MEETINGS OF ALCOHOLICS ANONYMOUS

are held at Bryn Mawr Presbyterian Church,  
Cedar Lake Road and Laurel Avenue, on  
Tuesdays at 7:30 p.m.

All interested people are invited to attend.



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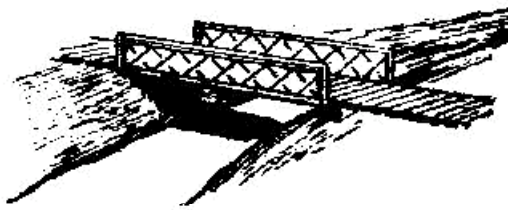
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## View From the Bridge



### Carrot Family Wildflowers and Weeds

During a July visit to Minnesota's North Shore of Lake Superior, I found a number of Carrot Family wildflowers just where one would expect – in damp, moist and wet locations in sun. While on the Superior Hiking Trail, my friend Dave Logsdon and I snacked on carrots. His freshly harvested carrots, with small traces of farm dirt, came from his daughter's CSA farm – community supported agriculture. My baby carrots came from CCO – Costco.

The Carrot Family includes common vegetables and herbs, wildflowers, and garden flowers. Vegetable and herb examples include: carrot, dill, fennel, cilantro, coriander, and parsley. Wildflowers include Queen Anne's Lace and Golden Alexanders. Garden Flowers include Korean Angelica, Sea Holly, and Rattlesnake Master.

Common to all Carrot Family members is a flower arrangement called an umbel. Flowers are grouped in upright clusters. Imagine an umbrella covered with small individual florets; and one has an impression of what an umbel looks like.

Our edible vegetables have wild origins; and, often the wild version is smaller, less nutritious, harder to harvest, or even harmful. It's not unusual for plant relatives or even parts of our vegetable plants to be somewhat poisonous. For example: the Nightshade Family includes our garden tomato plant, which concentrates toxins in its foliage rather than in its fruit. The appropriately named Deadly Nightshade, a viny plant, has toxic foliage and fruit. Relatives of the edible carrot root vegetable include a number of wildflowers and weeds, including a few plants that appear to be "out to get us!"

#### **Wild Parsnip (*Pastinaca sativa*) 2' to 4' tall, Carrot Family**

The non-native biennial Wild Parsnip grows in wet sunny areas such as low fields and roadside ditches. It was imported as a food crop, though its root stalk becomes tough in its second year.

The flower cluster is two to three inches wide, comprised of many small yellowish-white flowers that are individually only one-quarter-inch wide. Seven to ten flower clusters bloom per flower stalk.

The medium sized compound leaf is five to seven inches long and divided into five to fifteen coarsely-toothed oval leaflets.

Contact with Wild Parsnip causes a heightened sensitivity to sunlight, resulting in phyto-photo-dermatitis. "Phyto-photo-dermatitis", directly translated as "plant-light-inflammation" describes the effect of one's contact with the plant. Exposure to ultraviolet light from direct or diffused sunlight after skin contact with the plant will cause inflamma-

tion and blistering of the skin.

Thus, gloves and long sleeves and pants are warranted if working around the plant.

#### **Cow Parsnip (*Heracleum lantum* or *Heracleum maximum*), 4' to 9' tall, Carrot Family**

Visiting Lake Superior's north shore, I found Cow Parsnip in and near a small stream that is sometimes flowing, and other times a damp creek bed – a somewhat typical habitat for the moisture loving plant. Closer to home, a lone Cow Parsnip bloomed at Eloise Butler Wildflower Garden beside the path between the front gate and the visitor shelter.

The native perennial Cow Parsnip bears very large leaves and fragrant flowers. Some observers characterize the fragrance as objectionable. Others, including this writer, find the subtle fragrance appealing, and faintly similar to the Japanese Tree Lilac.

The four to eight inch wide inflorescence (aggregation of flower structures) is a very large cluster of white or purplish flowers. Individual flowers are one-half-inch wide, growing larger towards the outer edge of the cluster. These outer flower petals are indented on their outer edge.

The plant stem is grooved and hollow and very strong structurally, swelling at the joints to support the large branches that support the ample leaves. Its maple-like leaves are extremely large – up to twelve inches wide.

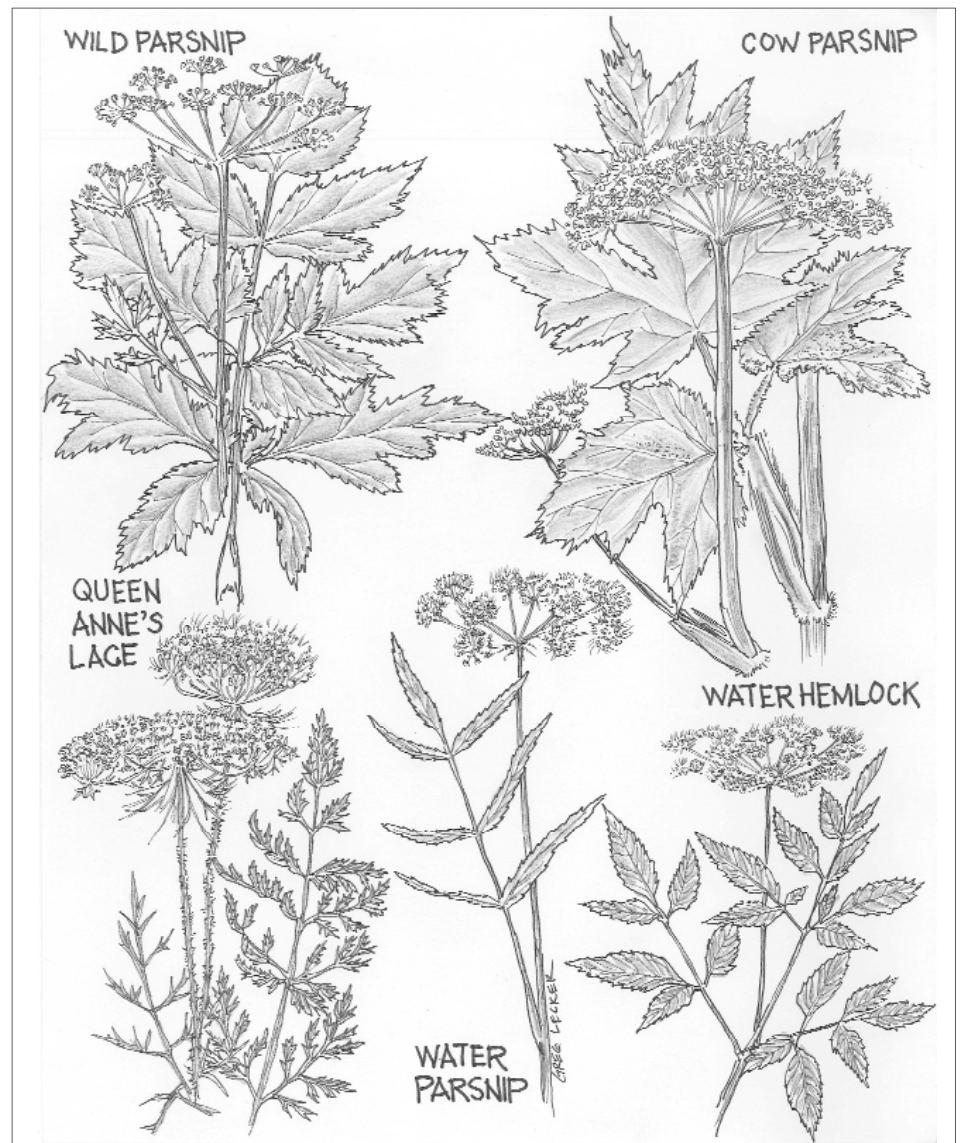
#### **Queen Anne's Lace (*Daucus carota*), 2' to 3' tall, Carrot Family**

Wild Carrot, Bird's Nest

Queen Anne's Lace blooms from July to September. The inflorescence (collection of florets) is a three to five inch wide cluster of tiny white flowers. The bowl-like volume of the cluster is described by botanists as an "umbel". The combination of tiny white flowers borne on this spidery framework leads to common names of "bird's nest" and "lace". Dried flowers hold this branching, lace-like structure in arrangements and in winter landscapes.

This non-native biennial produces a basal rosette of leaves during the plant's first year. The following year, the plant produces an erect flower stalk. Mature foliage is fern-like, coarser than the garden carrot foliage. Triangular, oblong leaves are twice compound and are described as pinnately compound – that is, said to resemble a feather. Leaves are narrow, with many lobed segments.

Queen Anne's Lace can become a weed of turf, meadow, pastures, landscapes, and nursery and perennial crops. A single plant may produce thousands of seeds, its main tool of reproduction. Its weedy, aggressive growth make it a common weed in some areas such as un-mowed areas of my native



Pennsylvania's home town. A vivid childhood memory is of placing cut flower stalks into vases of water tinted with food coloring and then watching flower heads change hue to match the liquid dye in each vase.

The long, stout taproot was once roasted and ground to make a poor coffee substitute. The plant serves another useful purpose as a host plant for the Black Swallowtail caterpillar.

#### **Water Parsnip (*Sium suave*) 2' to 6' high**

Both Water Parsnip and Water Hemlock bear compound leaves comprised of many leaflets, but Water Parsnip bears leaflets that are more narrowly lance-shaped.

#### **Water Hemlock or Spotted Cowbane (*Cicuta maculatum*) 3' to 6' tall, sometimes taller**

Poison Hemlock, Deadly Hemlock, Snakeweed, Poison Parsley, Poison Stinkweed

Hiking the Superior Hiking Trail, I found Water Hemlock growing straddling a boardwalk. Indeed, Water Hemlock grows in wet swamps and damp meadows. The delicate flowers are two to four inch wide flat-topped clusters.

Water Hemlock is the most poisonous plant in Minnesota; and all parts of the plant are poisonous. Don't discount its long carrot-like taproot. The smallest amount of the root is fatal to one who ingests it. Water Hemlock and its relatives provided the poison that Socrates, the Greek philosopher, was forced to drink as sentencing for his beliefs and teachings.

Almost 400 years B.C., Socrates was convicted of crimes of "failing to acknowledge the Athenian gods" and "introducing new deities". Socrates valued a citizen's personal spirit over state religion. Socrates questioned the popular concept that "might makes right", proposing

instead that it is not majority opinion but knowledge and competence that yields correct policy. A majority of his jurors considered his views to be anti-democratic.

Examining the life and death of Socrates, a new book that is named for the poison that ended his life, *The Hemlock Cup*, Socrates, Athens, and the Search for the Good Life is a biography of Socrates by Bettany Hughes, and published by Knopf, 2010. His death has also been portrayed in portraits, most famously in David's famous painting "The Death of Socrates", in which the condemned is portrayed lifting a cup of a hemlock-based liquid.

The fact that the plant's effective toxin causes paralysis, loss of speech and depressed respiration though the mind remains clear until death gives credence to reports that Socrates appeared lucid up to his passing. The purple mottling or streaking along the plant stems is sometimes called the "blood of Socrates" in reference to his death.

#### **Sources:**

*Weeds of the Northeast*, Richard H. Uva, Joseph C. Neal, and Joseph M. DiTomaso, Comstock Publishing Associates, a Division of Cornell University Press, 1997  
*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

Discover the Wide World of Weeds...it will be worth your effort!

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



## Submit/Vote for Your Favorite "Picture A Park" Photo

**Deadline: September 5th**

If you captured photos of your summer fun in Minneapolis Parks, don't forget to submit them in the "Picture A Park" photo contest, but you'll have to act quickly! Entries for the contest, sponsored by the Minneapolis Park and Recreation Board (MPRB), People for Parks (PFP) and National Camera, will be accepted until Sept. 5.

Look through your photos for pictures of people, activities, nature and places in the Minneapolis parks system from any time of the year. Or, grab your camera and head to a Minneapolis park to capture late summer beauty. Entries can be from any time of year.

This year, we're not only calling for submissions, but also votes! All photos entered into the contest will be posted on the National Camera Facebook page for voting by the public! Go to the site, view the photos and give a thumbs-up to your favorites for the Peoples Choice Award at the Facebook page here: [www.facebook.com](http://www.facebook.com).

Sending your entry and voting on your favorite photos are as easy as the click of a shutter... and a mouse! For complete contest rules and entry form, call 612-230-6400 or visit [www.minneapolisparcs.org](http://www.minneapolisparcs.org), [www.peopleforparks.net](http://www.peopleforparks.net) or

The contest is open to amateurs of all ages, Minneapolis residents and non-residents. Photos must be unpublished and taken in Minneapolis parks. Photographs from all seasons are encouraged. Photographers can submit up to four entries. There is no entry fee.

Contest rules and entry submissions are available online at [www.minneapolisparcs.org](http://www.minneapolisparcs.org).

All images will be judged on the basis of impact, image quality, composition and story telling. First place winners in the three subject categories in both age divisions will receive a 2012 calendar including their winning photograph. Second and third place winners will receive certificates of merit and recognition. Photos will be posted on the MPRB and PFP Web sites, and on display at select parks.

In addition to the six first place winners, National Camera gift cards and up to a 16x20 enlargement of their winning entry will go to Gold, Silver and Bronze winners. Peoples Choice Award winners will receive a 5"x 11" individually engraved paver at the Lake Harriet Bandshell.

Submitted photos may be used at the discretion of the MPRB and PFP, including and not limited to, Web sites, print and online publications, social media, marketing, media requests, public displays, etc.



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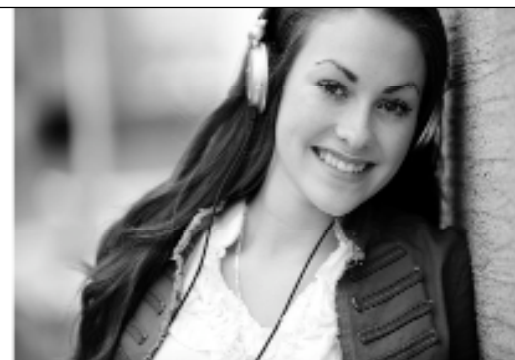
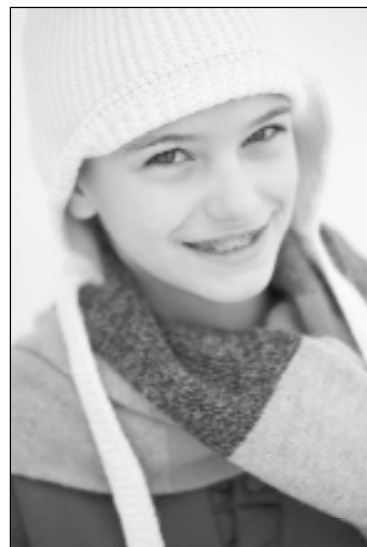
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# Youth & Schools

## Neighborhood Toddler and Pre-School Playgroup

Come and Join other parents/ caregivers and children for a playgroup every second and fourth Tuesday from 2:30pm - 4:00pm. Please note- this is a New Day and Time for the summer. The plan is to meet at the Bryn Mawr Meadows playground with our rain location Bryn Mawr Presbyterian Church. Please feel free to bring older siblings especially for the outdoor location and the indoor location is best suited for younger children. Updates about weather and location will be posted on the Bryn Mawr Presbyterian Church facebook page the morning of the playgroup. If you have additional questions please contact Heather at 612.381.1543. Thanks!!

## Contact Information For Community Schools

**Bryn Mawr Elementary (PreK-5)**  
252 Upton Avenue South  
612-668-2500  
<http://brynmawr.mpls.k12.mn.us>

**Minneapolis Kids School-age Childcare**  
(at Bryn Mawr School)  
612-668-3890  
<http://mplskids.mpls.k12.mn.us/>

**Anwatin Middle School (6-8)**  
**International Baccalaureate and Spanish Dual Immersion**  
256 Upton Avenue South  
612-668-2450  
<http://anwatin.mpls.k12.mn.us>

**Anwatin Community Education**  
612-668-2470

# Anwatin Team Mountain Bikers Compete in Elk River

Not too many people were around Sunday morning when Coach John Swain pulled his 15 passenger van into the early morning quiet of Theodore Wirth Park. Nobody, that is to say, except for the 7 eagerly awaiting Anwatin Team mountain bikers ready to take to the trails. Not the least bit sleepy, the 7 a.m departure was just another exciting mountain biking excursion. This time the team was headed to the Single Track Attack in Elk River, their forth mountain bike race of the season.

“It was hot, humid and early,” remarked Swain. “And the team was feeling great.” Sporting their conglomeration of lucky racing outfits, the team settled in for the 40 min ride to the competition. Fueling up on Cliff Bars in the back, Swain could hardly follow the conversation as the athletes talked about everything from their race strategies and nerves to recounting stories of the biggest fish they had ever caught in the city lakes.

Just under an hour later they arrived at the race. Hoping on their bikes, pre-race warm ups were becoming comfortable and routines. They even treated the mass start like it was old hat. “This was a good course for us,” said Swain. “It’s a lot like Wirth; tight turns and short steep hills.” The three mile course took the team members anywhere from twenty to 30 minutes to complete.

The kids came off the course breathing heavy and streaked with mud- good signs of races well ridden as far as their coach was concerned. Raequan Wilson and Mike Xiong had great times placing second and third overall in the 14 and under competition. Kaozong Vang and Pada Thao placed second and third in the girls 11 and 12 age category, and Kaozong earned 16 over-

all in the competition. Record breaking falls and mud slides among other participants didn’t win any medals, but produced plenty of memorable moments on the trail.

After the kids competition, the team packed up to head back to Wirth. But that wasn’t the last that Elk River was going to see of the Anwatin Mountain Bike Team that day. After driving the kids back, Coach Swain returned to the trails competing in the adult competition, a twenty mile course that took experienced mountain bikers nearly two hours to complete. When Raequan and Mike found out he was going to race they pleaded to come watch. Although he would have liked to invite them along, Swain steered them away knowing it could turn into a marathon day for the young bikers.

Swain competed coming away with his own scratches from encounters with the terrain on the trails. “It was hard, but it was a lot of fun.” Swain chuckled and recounted his final last and epic battle with Loppet Farview Coach Scott Kaiser on the trail. “I fell, Scott went the wrong way. All sorts of things can go wrong when you are mountain biking.”

Despite trail mishaps, Swain came away victorious, exhausted, and very hungry. “I got a Sonic milkshake. Not just any milk shake, a sundae milk shake, with hot fudge.” Swain is looking forward to the upcoming competition in Duluth this weekend. Until then, practice resumes as usual and the Anwatin Team will continue to train for their last mountain bike race of the season: the Border Battle in River Falls Wisconsin on August 21st.

- Ingrid Remak, Outreach Coordinator  
City of Lakes Nordic Ski Foundation

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# City of Minneapolis Curfews

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Under 12	9:00 pm	10:00 pm
12-14	10:00 pm	11:00 pm
15-17	11:00 pm	12:00 pm

# Be part of the Bugle!

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Email your neighbor news to [bugle@bmna.org](mailto:bugle@bmna.org) or drop it in the Bugle Box at the Bryn Mawr Market.



## Anwatin Community Education Classes in September and October

To register, call Jenny Pilon at 612-668-2470 or register online at <http://www.mplscommunityed.com>

### Understanding the Middle East Conflict: A Hope for Peace

Three Mondays starting October 3 7:00-8:30 Free: Please call to register  
Gain a better understanding of the Arab-Israeli conflict starting with an overview of history and geography from biblical times to the present. If you would like to place today's events in context, attend this presentation. The Jewish Community Relations Council has developed this presentation in hopes of improving understanding through education and dialogue. Please pre-register.

### Basic Breads

October 24 6:00-9:00 \$15 class fee \$5 supply fee  
Learn to prepare buttermilk white, whole wheat and rye yeast breads successfully. You will taste the finished product and take home dough to bake.

### Cooking Indian Style- Navaratan Kurma and Pulav

October 17 6:30-8:30 \$15 class fee \$21 supply fee  
This dish is a combination of vegetables, tropical fruits, nuts, herbs, and authentic Indian spices, plain yogurt, and mouth watering curry sauce. The second dish will include Basmati rice prepared with tofu, a variety of vegetables, herbs, spices, and nuts. It is easy to make and healthy to eat. The class is given with nutritional information. Say goodbye to TV dinners!

### Cooking Indian Style- Shahi Paneer and Tandoori Roti

October 3 6:30-8:30 \$15 class fee \$21 supply fee  
This class is a combination of feeding your soul, mind, and body. Our cooking starts with meditation and it will bring positive energy that will prepare you to cook. This class will include a combination of green herbs, all natural spices, protein, fiber, fresh green vegetables, a mixture of fresh nuts, and the 56 different kinds of spices unique for making the gravy. There will be home made paneer, which is a type of Indian cheese, with many different flavors. Also we will make herbal roti, a type of Indian bread that will also have tandoori spices. No added preservatives and no artificial flavoring.

### Golf Instruction

Five Wednesdays starting Sept 28 6:00-7:30 \$36  
Back by popular demand! This class will offer instruction on your golf swing and how to improve it! We will also work on ball striking.

### Conflict Management

September 28 6:00-9:00 Free: Please call to register  
This fun, experiential workshop offered through the Conflict Resolution Center, will provide information and skills on how to handle conflict and how to impart these skills to others. Through role plays, exercises and discussion, we will cover the following: disadvantages and advantages of conflict, different conflict resolution styles, values-based conflicts, de-escalation and forgiveness. We will also cover basic premises of mediation and how it can be used to prevent major disputes.

## Classes/Events at Sumner Library

611 Van White Memorial Boulevard (North side of Olson Memorial Highway)

### Preschool Storytime

Fridays, Sept. 2–Nov. 25, 10 a.m.

Fridays, Sept. 9–Nov. 18, 2 p.m.

Wednesdays, Sept. 7–Nov. 23, 10 a.m.

For children ages 4 to 6. Help your preschooler get ready to read. Enjoy stories together and build language skills.

### Paws to Read

Saturday, Sept. 17, 12:30–2 p.m.

Saturday, Oct. 15, 12:30–2 p.m.

Saturday, Nov. 19, 12:30–2 p.m.

K-grade 6. Certified volunteers will help put young readers at ease so they can cuddle up with a dog or other animal and practice reading aloud. Call ahead to find out what types of animals will be visiting.

*Presented in collaboration with the North Star Therapy Animals.*

### Master Gardener: Growing Berries in MN

Saturday, Sept. 17, 2 p.m.

Would you like fresh berries on your cereal or mixed into your pancakes? Learn about selecting a growing site, the berries that grow well in our area (blueberries, strawber-

ries, raspberries), common diseases and how to preserve your produce.

*Presented in collaboration with the Hennepin County Master Gardeners.*

### Laughter Yoga

Saturday, Sept. 24, 11a.m. – noon

Lighten up! Laughter yoga combines unconditional laughter with yogic breathing to bring about good health, joy and peace. Bring a mat to lie on. Register online at [www.hclib.org](http://www.hclib.org) or call 612.543.6875.

### First Pages: Character Creation

Saturday, Sept. 24, 2–3 p.m.

Grades 4–6. Do you have a favorite character in a book or story? How did the writer discover the character's secret powers or the fact that they wear high-top sneakers and glasses? Learn how to create a character that keeps the reader interested and your stories full of surprises. Register online at [www.hclib.org](http://www.hclib.org) or call 612.543.6875.

*This project is funded by Minnesota's Arts and Cultural Heritage Fund. Presented in collaboration with the Loft Literary Center.*

## Helping Homeless Children by Sharing Books

Did you know that in middle income neighborhoods there is an average of 13 books per child, yet in lower income neighborhoods, there is an average of 300 children per book? The Handbook of Early Literacy Research published this statistic in 2006, and People Serving People has been fervently distributing books since then in an effort to overcome this sad statistic. People Serving People is a shelter for homeless families, located in downtown Minneapolis. Daily, over 200 children stay at this shelter - and nearly all of them arrive to this shelter from lower income neighborhoods plagued with limited availability of books.

When children come to People Serving People, their families often arrive with just a few garbage bags stuffed with their life's belongings. When they leave People Serving People to move to their permanent housing, they often have many books to take home with them. That is because community members donate children's books to the shelter, which the children pick out themselves from the library on the second floor of the shelter.

A book drive is being held at three different locations to benefit

the children staying at People Serving People. Please consider donating your children's old books to another child. Adult literature is also welcome too! The book drive locations include:

- The Bookcase of Wayzata - 607 Lake Street East, Wayzata
- Magers & Quinn - 3038 Hennepin Avenue, Minneapolis
- Wilde Rumpus - 2720 W. 43rd Street, Minneapolis

The final collection of the book drive will be held on September 24th at a gala fundraiser for People Serving People, at the Nicollet Island Pavilion. Call 612.277.0246 if you are interested in attending the gala and donating books there. Also, donations of books can be brought directly to People Serving People at 614 S. 3rd Street, Minneapolis, MN 55415.

In addition to donating books, volunteers are also needed as "Roving Readers" at People Serving People. "Roving Readers" spend time reading books to children at the shelter. Call 612-277-0256 if you are interested in volunteering, or visit [www.peopleservingpeople.org](http://www.peopleservingpeople.org) for more information.

*- Lauren Rimestad,  
People Serving People*

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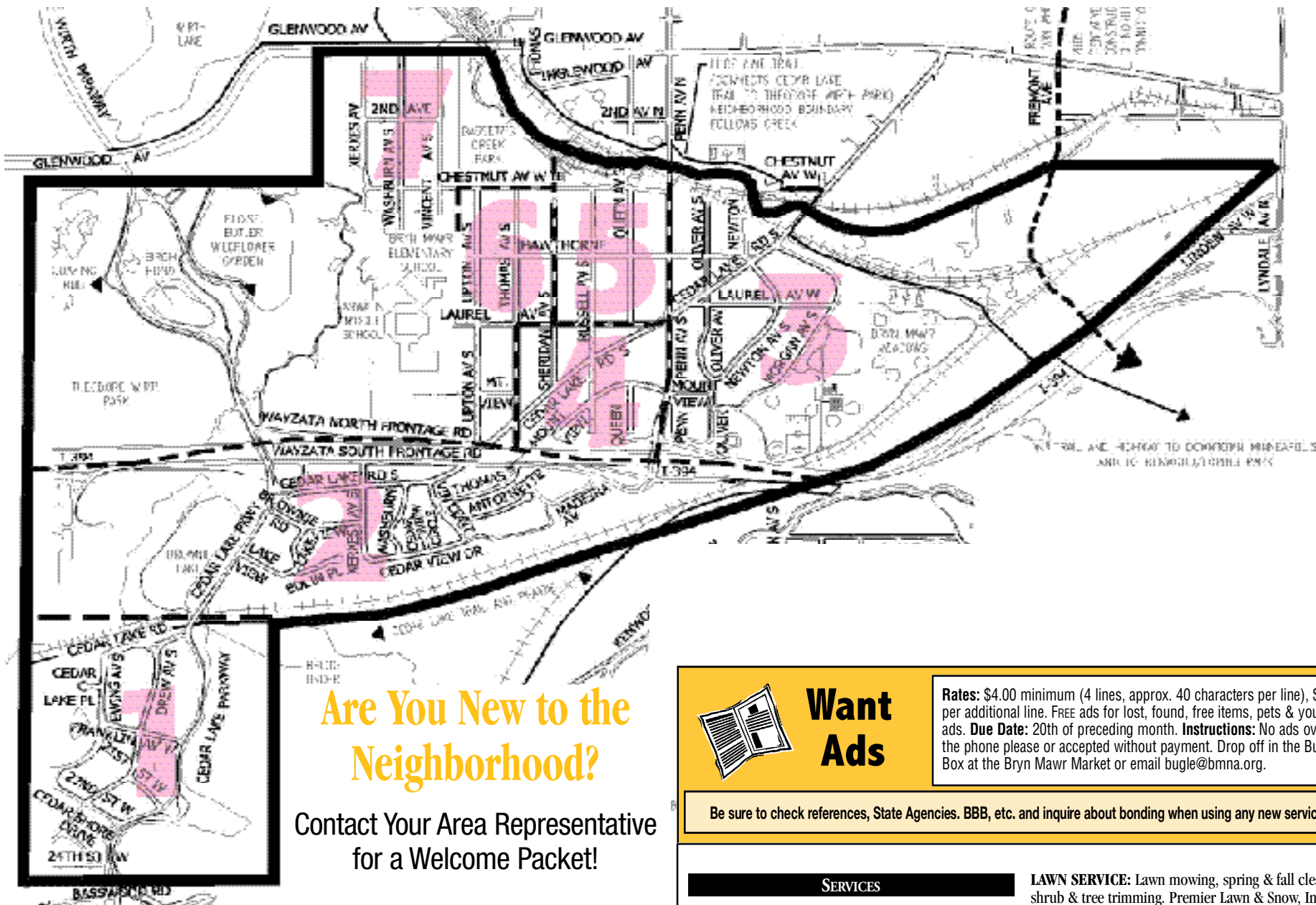
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## Are You New to the Neighborhood?

Contact Your Area Representative for a Welcome Packet!

## THE BRYN MAWR NEIGHBORHOOD ASSOCIATION

PO Box 16437, Minneapolis, MN 55416

### BMNA Board Members

<b>President:</b>	
Marlin Possehl	377-5662
<b>Co-Vice Presidents:</b>	
Ted Kiesselbach	377-3467
<b>Co-Treasurers:</b>	
Dave Holets	922-8274
Liz Lindholm-Peterson	750-0961
<b>Secretary:</b>	
Sandra Gay	374-4606
<b>NRP Steering Committee Chair:</b>	
Scott McLaughlin	374-9494
<b>Community School Representative:</b>	
JoEllyn Jolstad	377-8968

### Area Representatives

1	Greg Froehle	926-2882
2	George Seebach	670-4111
	Lynda Shaheen	374-4201
	Dave Wahlstedt	282-7611
	Susan Veriëtt	377-7447
3	Jeanne Carter	381-1473
	Rick Carter	381-1473
	Jessica Wiley	374-3481
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6	Jay Peterson	377-4677
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The Bryn Mawr Bugle is an open-forum newspaper published by the Bryn Mawr Neighborhood Association. Content is based entirely on volunteer submissions which may be emailed to [bugle@bmna.org](mailto:bugle@bmna.org). Articles and letters to the editor will be printed at the discretion of the Editor. The Bryn Mawr Bugle is published every month except January. 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. Opinion articles represent the opinion of the writer, not necessarily those of the Bryn Mawr Neighborhood Association or the Editor of the Bugle. The Bryn Mawr Bugle will print letters to the editor as space allows. Letters may be edited for length without altering the letter writer's message. Letters must be signed by the person who wrote them. Under the law, letter writers, like journalists, may not commit libel, be obscene, reveal names of juveniles accused of crime, invade personal space, or incite to riot.

### Copy deadline for the October issue is September 20!

Display Ads are due September 20 Ads must be pre-paid & camera ready.

Call Deryck Jolstad at (612) 377-8968 or [djolstad@msn.com](mailto:djolstad@msn.com) for rates.

**GENERAL ADVERTISING POLICIES:** All ad copy is subject to approval by the paper, which reserves the right to reject or request changes to an ad. Ad placement does not imply endorsement by the BMNA. The advertiser, not the paper, is responsible for the truthful content of the ad. Readers use service/product providers at their own risk and are solely responsible for checking references, state agencies, BBB, etc.



## Want Ads

**Rates:** \$4.00 minimum (4 lines, approx. 40 characters per line), \$.50 per additional line. **FREE** ads for lost, found, free items, pets & youth ads. **Due Date:** 20th of preceding month. **Instructions:** No ads over the phone please or accepted without payment. Drop off in the Bugle Box at the Bryn Mawr Market or email [bugle@bmna.org](mailto:bugle@bmna.org).

Be sure to check references, State Agencies, BBB, etc. and inquire about bonding when using any new service.

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**DOG WALKING & YARD WORK:** Reliable 18-year old (life long Bryn Mawr resident) available for local dog walking, cat/pet sitting and yard work. Experienced, references. Call Adam (612) 718-7699. Rates negotiable.

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**Ed Erickson Construction:** Decks, porches, room additions and interior remodeling. Carpenter and licensed general contractor. Nineteen years Bryn Mawr resident. Local references. 374-1618.

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**WANTED: MODERN 1950s-1970s FURNITURE,** lamps, household items, artwork, etc. Vintage rock n roll t shirts, posters & related music items. Vintage motorcycle helmets. Vintage paint by numbers. Herman Miller fiberglass chairs. Vintage Black Americana items. Give me a call before you have a sale or throw things away. I will always pay a fair price. Thanks! Richard 612-529-7040.

### YOUTH SERVICES

**BABYSITTER:** Experienced, kid-loving & Red-Cross certified 12-year old is up to babysitting children 1.5 to 9 years old, preferably in Bryn Mawr. References available. Call Hal at 612-374-9014.

**BABYSITTER Experienced, responsible:** 12 years old, loves kids. Call Merideth (612) 377-8968.