

BRYN MAWR BUGLE

Published by the Bryn Mawr Neighborhood Association

January/February 2015

New Office for BMNA

establishing an official business office location in the neighborhood. Starting this month, we will be located at the Cedar Lake Professional Offices in Area 2. Our new official address will be 2915 South Wayzata Blvd, Minneapolis MN 55405. Our new office phone number will be (612) 767-1876.

The Cedar Lakes building is on Wayzata Blvd at Xerxes fronting the south side sound barrier of the freeway. It's an office condominium with common services designed for small business offices. We will be renting a 10x12 ft office space in the lower level. It should have plenty of space for small work parties and storage to allow us to consolidate all Association records and property that is now scattered around in various houses.

The building has a main entry lobby with a common receptionist to take calls and sort mail. There is a mail and print room with a postage meter and photocopy. There is also a kitchen/lounge, and we hope, some storage space for some of our larger inventory. The office will be partially furnished and stocked with pieces from the building's inventory of surplus fumiture at no charge.

The building owner is Jerry Miller, who operates a law practice in the building. The other tenants are comprised of a large number of one and two person law firms, insurance agents, and a variety of other businesses, including a chiropractor. Mr. Miller



Bryn Mawr Neighborhood Association 2915 Wayzata Blvd Minneapolis MN 55405-2145

New phone is: (612) 767-1876

purchased the building a few years ago from Big Brothers-Big Sisters who had done a considerable amount of upgrading and modernization. We have the availability of two meeting rooms for committee meetings-but not big enough for board meetings. Since most of our meetings are after hours, there will likely never be an issue with meeting room scheduling or parking space in the building's lot.

The owner and tenants are quite pleased that the Neighborhood Association of their neighborhood will be joining them and we will be most pleased to finally have a real and well-suited base of operations.

- Dennis Fazio, BMNA Treasurer 612-910-6611

More BMNA News Inside this *Bugle*!

PAGE 2: December and January Board Meeting Minutes

PAGE 5: 2015 Membership Drive

PAGE 6: Community Project Ideas Sought

*** Bryn Mawr's



Saturnalia 2014

atumlia was a big hit this year.
We had our largest attendance since this wonderful winter event began 10 years ago. The weather was warmer than usual and a good time was had by all. Thank you for attending this free event. It is events like this that strengthen our community. An extra special thank you to Bryn Mawr Market, Cuppa Java, Trappings, Studio 411 and Cockadoodledoo for your donations and help with the event.





- Patty Wycoff, Neighborhood Coordinator

2 The Bryn Mawr Bugle January/February 2015 on the web at bmna.org



BRYN MAWR NEIGHBORHOOD ASSOCIATION

Board Meeting Minutes Wednesday, December 10, 2014 7:00– 8:45 PM

Bryn Mawr Elementary School Cafeteria

1. Call to Order and Introductions

President Thompson called the meeting to order and made introductions.

Board Members attending are as follows: Kevin Thompson-President; Dennis Fazio-Treasurer; Sandra Gay-Secretary; Lynda Shaheen-Area 2 Co-Rep; Susan Verrett-Area 2 Co-Rep; Dennie Juillerat-Area 3 Co-Rep; Matt Stark-Area 4 Co-Rep; Joanne Michalec-Area 4 Co-Rep; Beth Tumbull-Area 5 Rep; Barry Shade-Area 6 Rep; Jay Peterson-Area 6 Rep; Stephen Harvey-Area 7 Rep; Nick Cichowicz-CPP Chair.

Staff Members attending are as follows: Patty Wycoff-Neighborhood Coordinator, JoEllyn Jolstad, Bugle Editor Visitors attending are as follows: Brian Treece, Area 3

2. Approval of agenda

Moved, passed and seconded.

3. Approval of Minutes

Minutes of last month's meeting. Moved, Passed, seconded.

4. Treasurer's Report:

2015 Budget Presentation-Dennis Fazio \$21,000 will be paid by the City of Minneapolis which will balance the budget for 2014.

Dennis moved the Board adopt basic operational budget and Jay seconded, the motion carries.

5. City of Minneapolis:

Councilmember Lisa Goodman (Not attending this month)

6. Neighborhood Coordinator report: Patty Wycoff

Saturnalia will occur this Saturday, December 13th. The following is schedule; 4:00pm-Santa, 5:30pm-Sleigh Ride, 8:00pm-Adult Only party.

Contact Patty for Welcome Packets.

7. Membership Committee created by President Thompson-

Beth, Dennie and Susan volunteer for the Membership Committee. They will develop strategies for increasing memberships, membership participation and Board attendance.

8. Bugle Report: JoEllyn Jolstad-

There will be no January issue. Need Board members to contribute articles.

9. Standing Committee Reports Schools Committee

Meeting scheduled for Jan 22nd. Anwatin Middle School Site Council has grant for training for Racial Justice and equity.

Community Projects

Update from 11/19 meeting, Kevin or Jay-NRP \$\$ remaining. Expanded community projects. NRP-Housing, Downtown, schools, safety projects. \$51,000 left. Might go away. \$20,245-Housing, 13,650-downtown, \$3,000-Schools, CEE-\$8,336. Process-Solicit ideas, assess and recommend. Priorities-Housing no longer a priority, Downtown-attended to obligations, Transportation and traffic-Penn Ave, not high priority- Bryn Mawr for community-gardens, parks and schools. Recommendation this be our priority. 10,000-15,000-Community Projects, One or two projects-remaining \$\$\$. Timeline-Commit money by mid-2015 and spent by mid-2016.

10. Sculpture Garden CAC, Kevin Thompson

Request for a nomination of a person for committee and is due by January 3rd. Don McNeil, who applied and will represent our views, from Lowry Hill, was nominated and will report back to us. Only 4 meetings will be held.

11. New BMNA office update, Dennis Fazio

The office is ready. It is painted and some fumiture from inventory can be selected. There are two conference rooms. The address is 2915 South Wayzata Boulevard, Mpls, MN 55405. Parking and entry is in back of building. Call Phone # 612-767-1700 and speak with Paula to reserve rooms. 612-767-1876 is the office number. It is for use by the Board and related events.

12. SWLRT Update, Barry Schade-

Currently, soil explorations are underway. The CAC structure is being redone.

13. Discussion Items, New Business, Updates and Announcements

Solar Garden-Barry Shade

The City of Minneapolis is taking a leadership role.

14. Adjourn by 8:45 p.m.

NEXT BOARD MEETING: Wednesday, January 15, 2015 7:00 p.m., Bryn Mawr Elementary School, cafeteria UPCOMING EVENTS: Saturnalia, December 13, 2014

BRYN MAWR NEIGHBORHOOD ASSOCIATION

Board Meeting Minutes Wednesday, January 14 7:00– 8:45 PM

Bryn Mawr Elementary School Cafeteria

1. Call to Order and Introductions

Meeting called to order at 7:03 and introductions made.

Board Members attending are as follows:

Kevin Thompson-President Jessica Wiley-Vice President Dennis Fazio- Treasurer Susan Verrett- Co- Rep Area 2 Lynda Shaheen – Co-Rep Area 2 Dennis Juillerat - Co-Rep Area 3 Christopher Etz- Co-Rep Area 4 Joanne Michael- Co-Rep Area 4 Vida Ditter- Co-Rep Area 6 Barry Shade- Co-Rep Area 6 Jay Peterson- Co-Rep Area 6 Steve Harvey- Area 7

Staff Members attending are as follows: Patty Wycoff- Neighborhood Coordinator

Guests attending are as follows:

Lisa Goodman- Councilperson Josh Savage – Uptown Heating and Cooling

RM Martens- neighbor Area 6/ROC Claudia Egelhoff - neighbor Area 4

2. Approval of today's agenda.

Moved, seconded and passed.

3. Approval of Minutes

Minutes of last month's meeting. Moved, seconded and passed.

4. Treasurer's Report-Dennis Fazio

We took in more dollars than anticipated, although we did not meet our membership goal. We spent less than we thought. Adopted a basic budget in December; will continue to discuss the budget.

5. City of Minneapolis: Councilmember Lisa Goodman

Lunch with Lisa starting up again. Topic for January 28- Youth homelessness. Lisa is committed to housing.

New, more aggressive city policy for snow removal on sidewalks. After a snowfall, commercial property has a four hour window to clear the snow, residential has 24 hours. If a report is received by the city that snow has not been removed, it will be verified and a private contractor dispatched to remove the snow; property owners will be billed for the shoveling.

SW LRT Advisory Committee being formed (CAC) including all 17 communities along the line. Lee Munnich will represent Bryn Mawr; 2 alternates.

Impound Lot- no news or progress. Conversations are on hold due to staff leave of absences

6. Neighborhood Coordinator report: Patty Wycoff

UMN Extension is holding sessions on how to strengthen neighborhood groups. Patty will attend January 22-23.

Membership Drive for 2015. The committee will meet January 19 to formulate the process.

Loppet- Bryn Mawr will have a sandwich board near the ski trail saying "Welcome to Bryn Mawr."

7. Bugle Report: JoEllyn Jolstad Content is due on the 20th of each

Content is due on the 20th of each month.

8. Josh Savage / Owner of Uptown Heating and Cooling

Josh has a 5-year lease to rent the space on the NW corner of Penn and Cedar Lake Road (former dry cleaning business). His company is hosting three community centers in Minneapolis; Bryn Mawr, 36th/Bryant North, and Lowry/Cen-

tral. He envisions these spaces as places where non-profits can meet, artists can show their work, and classes can be held. He is hoping to display historical photographs of Bryn Mawr. Uptown Heating and Cooling offers free tune-ups to non-profits. He is committing to these spaces to give back to the community and to advertise his services. Jessica will be the liaison between the BMNA and Uptown Heating and Cooling.

9. Standing Committee Reports Communications-

Kevin will finalize the new contract for the Bugle editor.

Schools-

Next meeting January 29.

Community Projects -

Solicit ideas through March 1. Bring proposed projects to Board in April. **BMNA Office**-

Patty and Jessica will take an inventory of the shed and determine what should be in the office. Patty will leave an outgoing message for the phone. Chris put the address on the website. Building is open from 8 – 5 with a receptionist present. After hours use; officers and Patty have keys. There is a kitchen that can be used. Small meetings can be held there; up to 7.

10. BMNA office update—Dennis Fazio

Patty and Jessica will take an inventory of the shed and determine what should be in the office. Patty will leave an outgoing message for the phone. Chris put the address on the website. Building is open from 8 – 5 with a receptionist present. After hours use; officers and Patty have keys. There is a kitchen that can be used. Small meetings can be held there; up to 7.

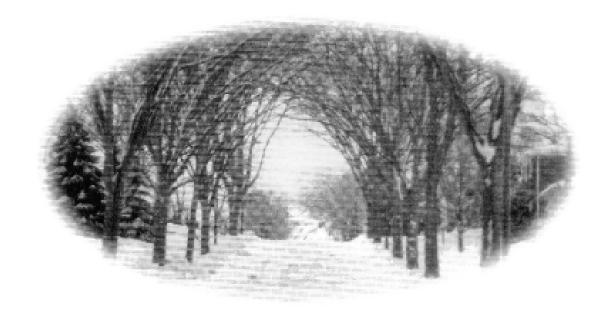
11. Budget Initiatives- Dennis Fazio

Website- proposed a budget of \$16,650 for redesigning the website and paying for a webmaster. The discussion centered on the vision for a more interactive site. Moved and seconded by Wiley/Ditter to approve this expenditure. We will advertise for a webmaster first, they can manage the website redesign. **Gardens**- proposed that we approve a budget item of \$9,000 for investing in our community gardens. Garden Group will be incorporated as a Committee of the Association. Received an estimate for what it might cost from Jason Rathe, Garden Club leader and landscaper. Moved and seconded by Etz/ Michalec to approve. Discussed involving more Garden Club members before moving forward with

Membership Drive -2014-We have about 300 contributing membersapproximately 20% of our households. Will discuss how to increase that at the membership committee meeting.

— BMNA Minutes

continued on page 6



If the great trees of Bryn Mawr could talk, I bet they could easily pronounce "Kal-itow-ski."

Jim Kalitowski R E A L T O R He's been around your block.



612-867-6703 iimkalitowski@remax.net

4 **The Bryn Mawr** *Bugle* January/February 2015 on the web at



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

Bryn Mawr Recycling Schedule

Monday	Tuesday
February 2	
February 16	
February 9	
February 23	
	February 10
	February 1624
	February 2 February 16 February 9

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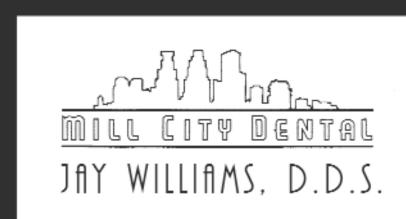
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From the Editor

s we start another year of the *Bugle*, it is time to reflect on what is working well and what might be improved in the coming year. When I think of the *Bugle*, I always come back to my stated mission for the *Bugle*: to connect and inform neighbors. Are we succeeding at this, I think so. But as people change the way they communicate with each other, we must all adapt the way we do as well.

When it comes to communication, once is not enough. That is to say, people generally need to see things more than once and in different formats, before they generally retain the information. I know that is true for me. So, it is not enough to do either a printed publication, website, social media or email alone. People are most likely to respond to a multi-faceted approach.

I work in Community Education and nowadays, most of our students register themselves via our website. So, why do we continue to have a print brochure? Because all the research shows that by eliminating it, registrations drop considerably. It turns out that the print catalog is the tool of first engagement and without it people don't look for more information.

There was a time when it looked like print media would become

obsolete and people would do all their reading on the internet. But those were the days when people were accessing web content on a desktop or laptop computer. Nowadays, most web browsing is taking place on much smaller screens.

Over this past year, the BMNA Communications committee was tasked with maintaining our website, BMNA.org. After this experiment, it became clear that we can do better! Granted, this was a bunch of minimally-trained volunteers. But we were only (barely) able to maintain what was already there. We certainly could not be innovative or responsive to the needs of the community for easier access to information.

Certainly all things need to adapt and change or die and I'm sure this will be a year of change for the BMNA. Note that they have an actual office space again. It seems that everything old is new again!

So, what does this mean for the *Bugle?* Could this be the year that we figure out how to put it online? Not just as a downloadable PDF, but as an interactive, mobile-optimized information hub. A girl can dream! But that doesn't mean your print *Bugle* will go away anytime soon. Thank you for taking time to read this (on paper, I assume.) Let's just see what the year brings!

- JoEllyn Jolstad, bugle@bmna.org

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Darryl Weivoda, Owner (612) 529-9151 Northendhdwr@aol.com

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Neighborhood Taproom/Eatery moves one step closer to reality.

After 16 months of negotiations, Push has reached an agreement with the Burlington-Northern railroad that allows the Internet marketing company to move ahead with plans to convert the old Glenwood Springs site into their new corporate headquarters. The railroad's approval was required because of a rail line that runs between Thomas Ave and the proposed building site. With the agreement in place construction could begin this spring. Current plans for the corporate campus include a brewery/eatery, but no details have been released.

Christopher Etz, Area 4 Co-Representative



Better Late Than Never...

Here is the winning recipe from the Harvest Dinner that should have appeared in the December 2014 edition. Congratulations to Area 5 resident, Paul Conners!



Alright, so this isn't really an exact recipe because it depends on what you have left over from your Thanksgiving dinner.

- I start with a casserole dish big enough for whatever leftovers I have to use. I spray the dish with non-stick spray.
- I take baked sweet potatoes, remove the skins, and add lots of melted butter, brown sugar and salt and pepper to taste and kind of mix it all together. I am guessing some toasted marshmallows would be ok on top of those also! (you can also layer in some mashed potatoes if you have them but the sweet potatoes are a must have for me.)
- I take the turkey I have left (no bones or cartilage please) and tear it into bites sized pieces and spread it out evenly over the potatoes.
- Next comes the gravy, whatever you have left, and pour it over the turkey. Be generous.
- Then the other necessity is stuffing. Spread out the stuffing over the whole dish (be generous, stuffing is the best part).
- Trickle a little more gravy over the stuffing if you have any left. Bake at 375 degrees, covered with foil, for about a half hour or until it is all quite hot. Remove the foil, turn up the oven to 425 degrees, and bake for another 15 minutes or until the stuffing is brown and crispy.

The other must have for me is the cranberry sauce to serve with it on the side. Believe me when I say...it doesn't suck!





SUPPORT THE BMNA!

We have some of the cheapest rates around! Why don't you advertise in the Bugle?!!

Display Ad Rates	Page Size	<u>Residents</u>	Non Residents	Color Now Available!
Full Page	10"w X 16"h	\$260	\$300	\$60 each color
Half page, horizontal	10"w X 7 7/8"h	\$135	\$155	Does not include ad placement fee. Some production costs may apply.
Half page, vertical	4 7/8"w X 15.5"h	\$135	\$155	Full-Color Also Available!
Quarter page, horizontal	10"w X 3 7/8"h	\$70	\$80	Call for Details.
Quarter page, vertical	4 7/8"w X 7 7/8"h	\$70	\$80	Can for Bound.
Quarter page, 3-column	7 3/8"w X 5.25"h	\$70	\$80	
Quarter page, 1-column	2 3/8"w X 15.5"h	\$70	\$80	_
3-column, 1/4 high	7 3/8"w X 3 7/8"h	\$50	\$65	Ads are due the 20th of each month
Sixth-page vertical	4 7/8 x 6 3/8	\$50	\$65	and should be
Eighth page, horizontal	4 7/8"w X 3 7/8"h	\$35	\$45	camera-ready and paid in advance.
Business Card, horizontal	4 7/8"w X 2 3/8"h	\$25	\$30	For more information contact Deryck
Business Card, vertical	2 3/8"w X 3 7/8"h	\$25	\$30	(377-8968) djolstad@msn.com
Inserts	8.5"w X 11"h	\$145	\$170	
(Inserts must be printed by yo	u, double or single-sided.)			

Be part of the Bugle!

BUGLE NOTES • WILDLIFE WATCH • PHOTO FEATURE • OUT & ABOUT • YOUTH & SCHOOLS • PARKS • ENVIRONMENT • GARDENS Email your neighbor news to bugle@bmna.org or drop it in the Bugle Box at the Bryn Mawr Market.

on the web at 5 The Bryn Mawr Bugle January/February 2015

— BMNA Minutes

continued from page 2

12. ROC Update-Vida Ditter

Met with Harrison Neighborhood Association president to discuss the impound lot hopes.

13. SWLRT Update—Vida Ditter/Bany Schade

Covered in Lisa's report.

14. Penn Avenue Corridor Update—Jay Peterson

Jay is looking for a co-rep or alternate rep who would need approval from Lisa Goodman

15. Announcements:

PUSH received approval from the railroad for grade level crossings at the (former) Glenwood-Inglewood site. A microbrewery is drawing up plans to be part of the building. Hoping that the railway agreement might be positive for the Fruen Mill site.

Michael Martens raised a concern about the city organics diversion. Methane gas is released during the decomposing process; what will be done to capture the gas? Kevin will inquire as a citizen to the Mayor's office.

16. Adjourned at 8:45 p.m.

NEXT BOARD MEETING: Wednesday, February 11, 2015 7:00 p.m., Bryn Mawr Elementary School, cafeteria

The BMNA invites and encourages participation by every resident to each program, service and event organized by the BMNA. Should you require an accommodation in order for you to fully participate, or if you require this document in a different format, please let us know by contacting our neighborhood coordinator at organizer@BMNA.org at least five days before our event.



It's Time— the 2015 BMNA Membership and Donor Drive

Watch for membership materials a miving in the mail in February.

he BMNA uses donations to support our mission to strengthen our community and improve the quality of life in Bryn Mawr. Dollars fund neighborhood activities like the ice cream social, Sip and Stroll, Saturnalia, and

the Garden Tour. They also help support the Bugle, the planting and maintenance of our community gardens, buckthorn eradication efforts, the banners in downtown Bryn Mawr—the list could go on and on!

Membership benefits in the BMNA include the opportunity to vote for neighborhood officers and representatives, to serve on the BMNA board, to represent the neighborhood on citywide committees, and to influence BMNA events and activities.

Visit the BMNA website for up to date information about upcoming activities and events.www.bmna.org While you're there, sign up for our neighborhood email list.

COORDINATOR CORNER

My name is Patty Wycoff and I am the Bryn Mawr Neighborhood Association Coordinator. Feel free to contact me at coordinator@bmna.org or 612-239-1710.

If you are not part of our e-mail list, please sign up at www.bmna.org.

OUR NEW OFFICE:

Bryn Mawr Neighborhood Association

2915 Wayzata Blvd Minneapolis MN 55405-2145

New phone number: (612) 767-1876

Bryn Mawr Neighborhood Association Calendar - February 2015

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, unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan. 30-Feb. 1 City of Lakes Nordic Ski Foundation Loppet	2	Family Open Gym 6-8 PM at the Bryn Mawr Elementary School	4	5	6	7
8	9	Family Open Gym 6-8 PM at the Bryn Mawr Elementary School	BMNA monthly meeting, 7pm at Bryn Mawr Elementary Cafeteria	12	13	14
15	16	Family Open Gym 6-8 PM at the Bryn Mawr Elementary School	18	19	20	21
22	23	Family Open Gym 24 6-8 PM at the Bryn Mawr Elementary School	Lunch with Lisa Goodman at St. Thomas (10th & LaSalle), 12pm, \$10 lunch available for purchase	26	21	Minneapolis 28 Public Schools request cards due for 2015-16 School Year

For Bryn Mawr news you can use, visit: www.bmna.org.

www.bmna.org January/February 2015 The Bryn Mawr Bugle

BMNA COMMUNITY PROJECT: We keep working on the 'hood!

The BMNA Community Project program has been in place for the last eight years. Projects completed are:

- Redesigning the Upton garden in Area 4. Our first community project; we completed a remake of the Upton garden and created a plan for ongoing maintenance. Drive by to enjoy the beauty.
- Energy Challenge. Over 80 neighbors joined the challenge and received statistics about their energy use. From this project we leveraged our relationship with SEE to receive two cash awards that benefited BMNA initiatives.
- Ash Borer identification project: A team identified more than 800 ash trees in Bryn Mawr and presented neighbors with a variety of options.
- Downtown banner project: Part of a joint City of Minneapolis/BMNA NRP project. The banners are up!
- 2011 Pedal to Pedal garden bike ride; which culminated in a very successful 2012 BMNA garden tour.
- Construction of a Little Library on Penn Avenue in front of Bassett Creek Arts.
- Buckthorn removal in Chestnut Park/Fruen Mill area
- Construction of a bench at Brownie Lake

Got a good idea?

Ideas for projects that will improve our community are being solicited from neighbors. The Community Project Committee (Jay Peterson, Area 6; Steve Harvey, Area 7; Jessica Wiley, Area 3; Susan Verrett, Area 2, and Joanne Michalec, Area 4) will take suggestions and create a prioritized list, making a recommendation to the BMNA board in the spring.

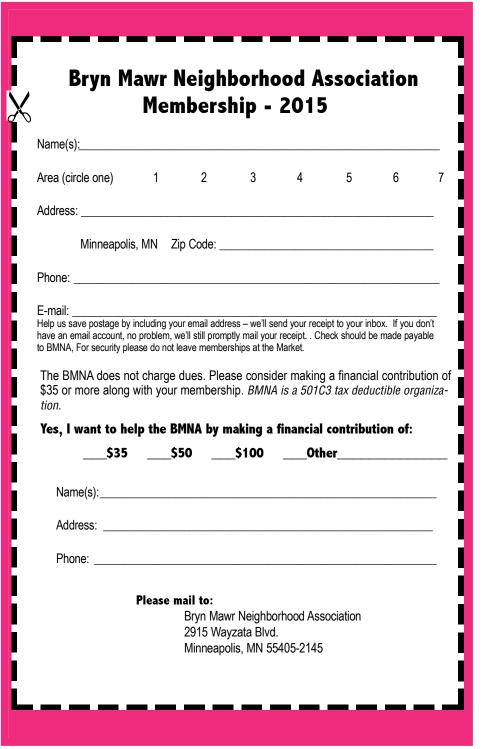
The categories of projects considered:

- Environmental (e.g. Ash Tree identification)
- Energy (e.g. Energy Challenge project)
- Downtown (e.g. Banner project)
- Transportation
- Community (e.g. Upton Garden Redesign)

The committee evaluates suggestions using criteria including:

- Is it possible (politically, physically)?
- Does it meet the budget (\$0 \$2000)?
- Is it sustainable long term?
- Does it have neighborhood wide impact?
- Is there leadership (an identified neighbor) to get the project done?

We will review ideas from past years and add new ideas contributed this winter. Please submit ideas for projects to jessicasusanwiley@gmail.com, or 612-374-3481, by March 1, 2015.



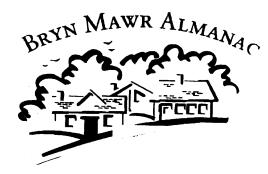


230 Cedar Lake Rd S Minneapolis, MN 55405 Call us at: 612.259.8943 SparksMpls.com 8 **The Bryn Mawr** *Bugle* January/February 2015 on the web at

Minneapolis Audubon Society Monthly Events

Friday, February 13, 2015, 1 p.m.

Dr. Scott Sharkey, nature photographer and one of our favorite guests, will share his outstanding "Scenes from a Bloomington Marsh." *Join the Minneapolis Audubon Society at the Bryant Square Neighborhood Center, 31st & Bryant Avenue S, just one block south of Lake Street, easily accessible via the #4 bus, which runs every 15 minutes! For more information call 763-533-8381.*



February 3, 2015

Full moon. Look for Jupiter as the "evening star" slightly to the north of the rising moon around 7 pm. Depending on your location you may need to find a spot where the moon isn't rising over downtown. Jupiter is closer to earth and brighter than at any other time this year.

February 11, 2014

Last of 17 consecutive below-zero nights during an "old fashioned" cold winter. Eventually we had 51 of these in the Twin Cities. Although 2014 was the warmest year ever recorded globally, we had a cold winter here related to absence of the usual west-to-east jet stream pattern, one that keeps polar air up north. Recent deviations from long-term historical patterns are thought by climate scientists to be related to accelerating shrinkage of the polar ice caps.

February 22, 1978

High 33°, first time above freezing in 66 days. Listen for the joyful, loud whistling spring song of male northern cardinals, often holding forth from the tops of tall trees.

February 28, 1981

Chipmunks out for the first time.



Natural Step Tai Chi and Balance

By Ann Bever

alance has many meanings and depending on each person and circumstance it can mean many different things. We strive to balance, work, family, friends and time for ourselves. We strive to have balance when we are in a caretaker role and someone else's needs are often placed before our own. We strive to have balance during times of grief and loss whether it is from a divorce, death, separation or a move. Life happens and we do not have control even though we often think we do, which also affects what we perceive as balance.

At the beginning of the New Year we often start out with good intentions on possible changes we are going to make, we are going to lose weight, spend less, take better care of ourselves, work out more, make those decisions we have been putting off, but it has been estimated that by February 1st, 45% of the new year's resolutions have been broken. It all started with good intentions, but when we waiver off the path from our January 1st goals we again become off balance in a new way.

One way to achieve balance is to live in the moment. We all have goals we set, plans we make for the future, but it is those everyday life situations that we are presented with in each moment that we have a choice to make of how to proceed. If you are at all like me, I did not know how to live in the moment.....I was thinking, talking, moving fast, trying to determine the outcome of a situation and the thought of slowing down did not seem like a way to achieve balance and actually accomplish more, but I have learned that it is.

I have been a student at Natural Step Tai Chi and like many of the other students who attend classes, have found a very calm and peaceful way of living through the continued practice of Tai Chi. The movements assist in switching the brain from wanting an external source, like sugar, to actually calm a sad moment by being able to acknowledge the feeling & allowing it to be felt and in doing so, the feeling for external sources passes.

I was fortunate to speak with Gary Zukav, a spiritual leader who has been on Oprah many times and I asked him how to achieve staying in the moment and not let our minds drift to the future and think about the what if's, should I or should not questions and he simply told me, it takes practice.

The Bryn Mawr community is very fortunate to have Colin Snow at Natural Step Tai Chi, which he founded, who has over 25 years experience in the practice of Tai Chi, knowledge in Chinese medicine, meditation and energy healing who is here to teach us tools on how to achieve balance not only in a physical sense with the low impact, slow movements of Tai Chi, but also in a way to calm our minds by staying in the present moment. By doing so, the choices we make for ourselves are done in a loving & caring way by tuning in to what is best for us. I have found the practice of Tai Chi to be something I will be able to use for a lifetime and learning at Natural Step has been a life changing positive experience for

"We must remember we are exquisite and nothing can match or even come near the miracle of who you truly are".

To learn more about my Teacher, the classes offered at Natural Step Tai Chi, meditations, special talks and energy healings visit www.NaturalStepTaiChi.com or send Colin an email at ColinSnow@NaturalStepTaiChi.com. The center is located 2 doors down from Cuppa Java.

Rolayne's Hair Design

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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.

January/February 2015 The Bryn Mawr Bugle www.bmna.org

Healthy Legacy Forum Explores Health and Racial Equity, Environmental **Justice and Early Childhood Learning**

The League of Women Voters Minneapolis (LWVMpls) will host its 2015 Healthy Legacy Forum, "Our Children's Future: Advancing Health and Racial Equity, Pre- Cradle to Kindergarten," on February 12 at the Minneapolis American Indian Center (1530 East Franklin Avenue). This free, educational forum is scheduled from 7 p.m. to 9 p.m. and will feature Mayor Betsy Hodges discussing the city's Pre- Cradle to Kindergarten Commission and her vision for making Minneapolis a place for all kids to receive the same opportunities to learn and flourish.

Exhibits and Networking will begin at 5:30 p.m., with food provided by local LWVMpls supporters. Entertainment by the dance group Karos Alive will precede the forum.

Eight speakers will examine a variety of challenges created by racial inequity in Minnesota and the solutions that lie in high-quality early childhood education. According to the Minnesota Office of Early Learning, one in five children in Minnesota under the age of six live in poverty, and more than 60% of those living in poverty are children of color. Generation Next reports that in 2013, only 70% of kinder-

garten students in Minnesota were prepared to enter kindergarten.

"We are pleased to bring the health and racial equity issue to a wider audience," said Britt Heglund, Executive Director, LWVMpls. "Responses referenced in the 2014 Health Equity Report to the Legislature by the Minnesota Department of Health stressed that health equity should be brought to multiple audiences. We are trying to do just that with this forum."

Participating panelists include: Representative Karen Clark; Jeanne Ayers, Assistant Commissioner, Minnesota Department of Health; Dr. Rose Brewer, AfroAmerican and African Studies professor, University of Minnesota; Farhio Khalif, founder of Voice of East African Women; Kathleen Schuler, Healthy Legacy Coalition co-director; and Stephanie Belseth, pediatric physician's assistant at New Bridge Clinic.

League of Women Voters Minneapolis (LWVMpls) is a non-partisan political organization

that encourages informed and active participation in all levels of government, especially at the local Minneapolis level. Membership in the League is open to men and women of all ages. For more information, visit www.lwvmpls.org or call our office at 612-333-6319.



Eight Bryn Mawr Moms on the Search for Good Books & Food

ur December book choice, William Kent Kruger's award winning novel, Ordinary Grace, is a beautifully written story set in the 1960's exploring the difficult "coming of age' summer of the 13 year old main character.

The fictional town of New Bremen, Minnesota (think New Ulm) provides a picturesque setting, the plot is intriguing, and there are complicated characters and deep themes. It's a tale of secrets which lead to redemption and grace. In an interview on MPR, Kruger claimed, "I'm talking character, I'm talking themes, I'm talking language, I'm talking atmosphere." He accomplishes all of that and more.

While it may seem impossible to make this work, Kruger fills the book with flawed but strong characters, and plot twists and turns. The list of features of the main characters include stuttering, scars from a harelip, autism, being blind and handicapped from severe burns, being gay, and suffering from PTSD. During the short summer months, there are five deaths, including a murder and a suicide. Kruger's expertise as a mystery writer weaves all this together with just enough intrigue to keep the reader's interest but not overwhelm the main theme; the search for self.

"That was it. That was all of it. A grace so ordinary there was no reason at all to remember it. Yet I have never across the forty years since it was spoken forgotten a single word."

Through Frank's 13 year old eyes, we feel the pain of his younger brother, who finds himself unable to express all that's going on in his world and heart because of his stuttering. We see his mother's unhappiness living a life different from her girlhood vision. We watch his beloved sister unraveling during the summer before she heads off to Juilliard for college. We face the bullying, betrayal and deceit of his neighbors and friends. And we experience the deep religious convictions that both hinder and grace his father. It's a spiritual journey that captivated us.

What the Moms are reading now: The Art of Hearing Heartbeats, by Jan-Phillipp Sendker



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Bryn Mawr Presbyterian Church Welcomes You!

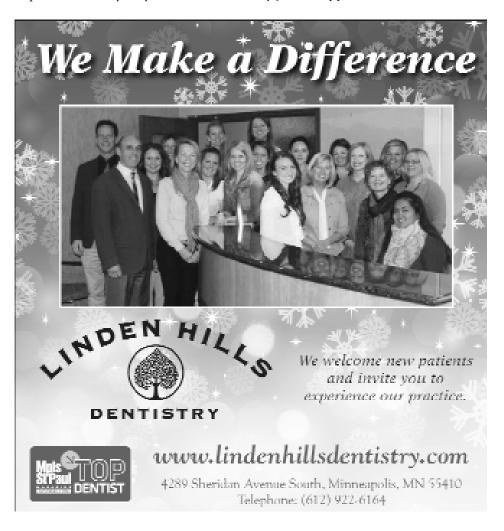
Sunday School Classes @ 9:30 a.m.

Age Five Through Third Grade Fourth Grade Through Confirmation

We Worship Each Sunday @ 10:30 a.m. Nursery available for children 5 years & younger during Education Hour & Worship

All Are Welcome Here!





The Bryn Mawr Bugle January/February 2015 on the web at

Bryn Mawr Skis

Bryn Mawr Physical Education classes keep the Nordic Ski Program going with the help of the PTA.

The students in Ms. Chavez third, fourth and fifth grade classes have been learning how to put ski boots on and get them into the bindings. They have had lessons on proper winter clothes and how to get up from a fall. The students at Bryn Mawr are very lucky to have a great PTA who supports the physical education department and many other programs at the school. The ski program has had donations of outside clothing by many individuals as well as Transport 21 out of Eagan, MN to keep the kids warm while they enjoy skiing. Cross country skiing is something our students can do for the rest of their lives to stay fit and enjoy the great outdoor setting of the woods we have a Bryn Mawr.

- Anita Chavez, Physical Education Teacher, Bryn Mawr School



Anwatin "Bee" Winners



William Marshall, from Area 2, is this year's winner of the Anwatin Middle School spelling bee. He advances to a citywide Minneapolis School District competition.



Grover Warner, an 8th grader from Area 6, was the winner of the Anwatin Middle School Geography Bee.

Youth & Schools

Family Open Gym at Bryn Mawr **Community School**

Tuesdays, 6-8 p.m. October through April

The Mawr PTA invites parents and children to come play together at Family Open Gym on Tuesday evenings from 6:00 PM to 8:00 PM at the Bryn Mawr Elementary School. Both the big gym for older kids and the little gym for younger kids, will be open. The gyms will be available to kids and their parent or caregiver each Tuesday through April. Some equipment is available, but please feel free to bring your own. All Bryn Mawr families are welcome!

Church Day Camp

ark your calendars! Bryn Mawr Presbyterian Church is hosting Camp in a Van again this summer. Camp will run Monday, June 22 to Friday June 26. Approximate hours will be 9 am to 1 pm. Camp in a Van is a day camp

run by Presbyterian Clearwater Forest. Counselors provide fun programming for elementary aged kids at the church and neighborhood parks. More details to follow in future issues or at www.brynmawrchurch.org.

Contact Information For Community Schools

Bryn Mawr Elementary (PreK-5)

252 Upton Avenue South 612-668-2500

brynmawr.Minneapolis.k12.mn.us

Minneapolis Kids School-age Childcare (at Bryn Mawr School) 612-668-3890

mplskids.Minneapolis.k12.mn.us/

Anwatin Middle School (6-8) International Baccalaureate and Spanish Dual Immersion

256 Upton Avenue South 612-668-2450

anwatin.Minneapolis.k12.mn.us

Anwatin Community Education 612-668-2470

www.mplscommunityed.com

Bryn Mawr LEGO Robotics Teams Excel!

Several teams from Bryn Mawr Elementary School competed January 17 in a citywide Robotics STEM tournament sponsored by Minneapolis Public Schools. The students are part of an after school GISE (Guys in Science and Engineering) and GEMS (Girls in Engineering, Math and Science) program. The teams were comprised of students in grades K-5. Teams presented their STEM research projects, completed an engineering challenge, and programmed their robots to perform tasks. The teams brought home medals in several events. Way to go Bulldogs!

- Lynda Shaheen, Area 2



COME AND JOIN US

We offer:

- ٠. Diverse student body that helps students learn and work in a real world setting
- World Languages: We are proud to offer French, Spanish and Japanese
- Project SUCCESS meets with students monthly in Language and Literature classrooms
- AVID is a college preparatory program in which students become the facilitator of their own academic success
- Spanish Model UN for Spanish Dual Immersion students
- Academic support taught by core teachers
- Business partnership with RBC Wealth Management that includes college scholarships, funding for creative teacher ideas, and paid field trips for students
- Sports Clubs and Beacons programs and activities.

Fall: Volleyball and Flag Football Winter: Boys Basketball and Girls Basketball Spring: Boys Baseball and Girls Fast Pitch Softball

Family Involvement Is A Priority.

We have a parent liaison who is available to address questions for parents / guardians.

> E-mail: Daniel.Burgos@mpls.k12.mn.us Office Phone: 612.668.2478

Anwatin has been an International Baccalaureate World School since 2010

The IB Middle Years Programme is a challenging framework that encourages students to make practical connections between their studies and the real world. The MYP is inclusive by design; students of all interests and academic abilities can benefit from their participation.

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- be encouraged to think independently and drive their own learning
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- be able to engage with people in an increasingly globalized, rapidly changing world

We teach in teams by grade level.

Each grade level meets once a week to discuss team issues and individual student concerns.

Our behavior support specialists are "one team" because we believe that positive relationships are critical to success at this age.

Anwatin Middle School

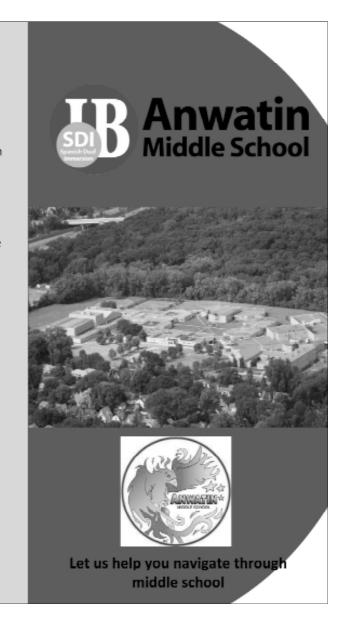
256 Upton Avenue South Minneapolis, MN 55405 Phone: 612.668.2450

http://anwatin.mpls.k12.mn.us/









www.bmna.org January/February 2015 The Bryn Mawr Bugle 11

Emma Dalen continues her string of YPC roles!

wo stories of courage and faith are intertwined in this remarkable play that connects a WWII Jewish girl and a runaway slave in the deep American South across years of history.

Emma is a Bryn Mawr resident and current student at Minneapolis FAIR school. She has taken theatre classes with us at YPC and is looking to pursue training in a college conservatory program. She has also been a vital part of our student acting company over the last two years, recently in a lead role of last Fall's "Dracula." In this production she stretches into much different territory in the dramatic role of Adelaide, a young Southern woman who helps a renegade posse of slaves on a courageous quest for freedom via the Underground Railroad.

This script was written by local author Kim Hines and we are bringing it back to inspire a new generation of youth as they learn the truth and struggle behind our joint histories. Using Faith across the backgrounds of both World War II and the American Slave trade, it captivates young audiences in an unflagging search for freedom. Stark, simple and at times brutally honest, it shows that a theater experience is one that can be both magical and transformative.

Premiere Show Data

- Show: "Home on the Momin" Train" directed by Jacie Knight, choreography by Maya Washington, mus. direction by Mary Cay Stone
- Dates: Feb 6 22, 2015
- Performance Location: Howard Conn Fine Arts Center, 1900 Nicollet Ave., Minneapolis, MN
- Ticket Prices: Groups of 10 or more weekdays \$7; For every 25 tickets purchased, receive one complimentary teacher pass; Groups of 10 or more

Preschool Volunteers at Bryn Mawr School

By: Molly Sailer

The Early Childhood Special Education department at Bryn Mawr has introduced the Bryn Mawr Buddies preschool volunteer program to its preschool Autism classrooms. This new program is a "reverse inclusion" model, which allows students with special needs to have an opportunity to engage with and learn from their typical peers. When typically developing peers join an ECSE classroom as a peer model or "buddy", it can make a huge impact on both students with special needs and the volunteer students in countless ways. Children with Autism often have delays in social and communication skills. Bryn Mawr Buddy volunteers act as models for building social relationships, interacting with others, and using language.

Beth Barrett, ECSE Teacher, has witnessed first hand the positive impacts of this new program. "I have seen increased engagement in all of my students since Buddies joined our classroom, "she shares, "students who were not answering simple questions are now answering questions, and even starting conversations with adults and other children."

In addition to the positive impact on students with special needs, Beth has enjoyed observing how the preschool volunteers in her classroom are understand the different ways students communicate and are learning how to interact with students who have language delays. "Watching the relationships building between my students with Autism and our classroom volunteers as really been amazing," Beth shares. "It is great to see how all students have grown in this program."

The program is still recruiting preschool volunteers for the remainder of this school year and next year. Bryn Mawr Buddies can be 3, 4, or 5 years old and will attend school Mondays, Wednesdays and Fridays in either a morning session, 8:00am to 10:00am, or an afternoon session, 12:00pm to 2:00pm.

If you would like more information about the Bryn Mawr Buddies program, please visit www.brynmawr.mpls.k12.mn.us or contact Molly Sailer molly.sailer@mpls.k12.mn.us or 612-668-7029.

Upcoming Events at Sumner Library

611 Van White Memorial Boulevard 612-543-8400 • hclib.org/programs/events-calendar

Kids Events

Paws to Read With an Animal

Volunteers will help put young readers at ease so they can cuddle up with a certified therapy animal and practice reading aloud. Most libraries host dogs and you can call ahead to see if other animals will be visiting. February 19, 2015, 5:30-7:00 p.m.

Kids Book Club

Join other kids to talk about a great book!

Grades 4-6.

4:00-5:00 pm

February 23, 2015 – Andrea Davis Pinkney, Birdin a Box

Make This: The Art of Bookmaking

Grades 7-12. think a book is simply a cover around a stack of pages? Leam about the artists' book, a style that pushes the boundaries of the traditional book, and create your own bibliography masterpiece. Materials provided. March 19, 2015 4:00-6:00 p.m.

This project is funded with money from Minnesota's Arts and Cultural Heritage Fund. Presented in collaboration with Minnetonka Center for the

Family Storytime

For children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

Fridays 3:00-3:30 p.m.

Adult Events

Adult Homework Help

Trained volunteer tutors will help adults with college homework assignments in any subject. Also open to adults working to improve their English, prepare for the GED, occupational, citizenship and driver's exams.

Mondays and Thursdays 4:00-7:45

Fridays 10:00 a.m.-12:00 noon

City of Minneapolis Curfews

<u>Age</u>	Sun-Thurs	<u>Fri-Sat</u>
Under 12	9:00 pm	10:00 pm
12-14	10:00 pm	11:00 pm
15-17	11:00 pm	12:00 pm



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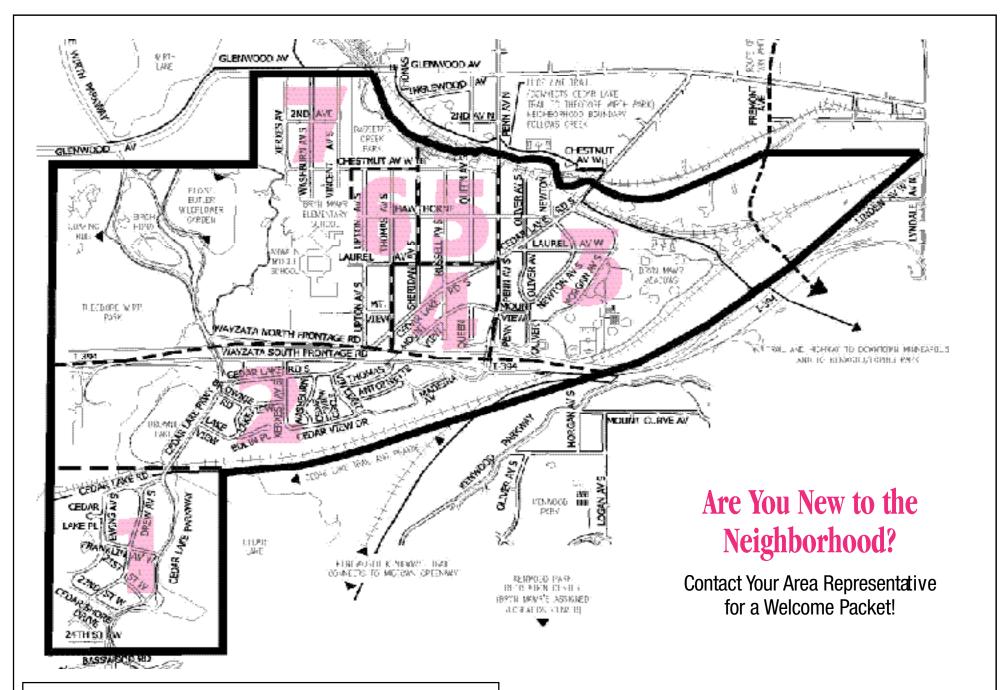
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The Bryn Mawr Bugle is an open-forum newspaper published by the Bryn Mawr Neighborhood Association. Content is based entirely on volunteer submissions which may be emailed to bugle@bmna.org.Articles and letters to the editor will be printed at the 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 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 March issue is February 20!

Display & Classified Ads are due February 20th. Ads must be pre-paid & camera ready.

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

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.



Rates: \$4.50 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.

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

HELP WANTED

Bryn Mawr Elementary would like to hire an after-school Spanish teacher, to teach basic Spanish to a group of 10 children. This group will meet Tuesdays from 2-3pm, beginning in October. Pay is \$35.00 per class. We have a curriculum and materials with room for you to apply your own creativity. Qualifications: Working on or completed a Major or Minor in Spanish. Study abroad or work abroad experience preferred. You must enjoy working with elementary school-age kids. College students welcome to apply. Native speakers with a different major also welcome to apply. Please call or email April if interested 612-245-2896 aprilfleck77@yahoo.com

ART-PLEIN AIR LANDSCAPE-WILDFLOWERS-ART

of long-time Bugle columnist & illustrator Greg Lecker now on display at Gallery Immaginé, #183, Northrup King Building, 1500 Jackson Street NE, Minneapolis Arts Quarter west of Central Avenue NE and 14th Avenue NE. Gallery Immaginé hours: Saturdays 12-4 pm, First Thursdays 5-9 pm. Art and note cards sold in Bryn Mawr at Bassett Creek Arts, 416 Penn Avenue South www.greglecker.com

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Is your child having reading or writing difficulties? Are you concerned about dyslexia? Are you interested in maintaining skills over the summer? If so, please call Jackie 612-374-9435. Bryn Mawr resident. References available. Sliding fee scale.

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VOLUNTEER OPPORTUNITY

Volunteer tutors are needed to teach Adult ESL & GED classes one day per week at Sumner Library. No previous experience necessary; full training provided. Must be able to commit to a 3 month period. For more information, please call John Ashby at 612-377-5399 or jashby@mnliteracy.org

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BABYSITTER Experienced, responsible: 16 years old, loves kids! Call Merideth (612) 377-8968.

Bryn Mawr Resident (2014 SW High School graduate) Will mow grass, water plants/gardens, pet sit, rake, shovel, etc. Contact Jesse at 612-834-4543.

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