



## Xcel Energy installing new energy-saving electric meters

By MARGIE O'LOUGHLIN

Xcel Energy is installing 17,500 new electric meters across South Minneapolis and Eden Prairie in the next few months.

The new meters will measure customers' electricity use in 15 minute increments, so they can see how much energy they use at different times of the day – and make better-informed energy decisions.

Next April, about 10,000 of those households will switch to a new pricing system. During the two-year pilot program, electric

rates will vary depending on time of day. Electricity will cost more during peak hours (3–8 p.m.), and less overnight. The pilot program is designed so that customers may see some savings by shifting to off-peak energy consumption.

Xcel community relations director John Marshall said, "Our customers want more than just reliable energy. They also want products and services that will help them save money and energy."

XCEL ENERGY >> 12

## Peacebuilding Leadership Institute opens first office in Nokomis



Community members and leaders had two reasons to celebrate with Donna Minter, her staff, board, and volunteers last month. The organization Minter started 10 years ago recently won a U.S. Peacebuilding Award for Excellence from the Alliance for Peacebuilding, a Washington D.C.-based international organization. And, after many years of operating out of a storage closet, Minnesota Peacebuilding Leadership Institute finally has a brick and mortar office space. (Photo by Margie O'Loughlin)

## 'No one will believe you'

Abused for years by her dad and a troubled system, Renee and mom are finally free

By TESHA M. CHRISTENSEN

To the outside world, Fred\* was a model citizen who worked at the top of the Hennepin County Social Service department as comptroller.

To his family, he was a dictator who was abusive and impossible to please.

His moods were up and down, he was controlling, manipulative, critical, blaming, cruel, rageful, isolating, hateful, belittling and unethical, recalls his daughter, Renee, now age 57.

She and her mother, Nadine, now 77, finally escaped into hiding in 2007 and go by alias identities.

### He was careful to never leave visible marks

As comptroller, Fred was in charge of finances for the Social Services Department and Crisis Management.

"He knew the ins and outs of how to work the system," said Renee.

He'd throw things at his wife and daughter, pulled his wife's hair, and whipped Renee with a belt, but he was careful to never leave any visible marks.

Diagnosed with Complex Post Traumatic Stress Disorder (C-PTSD), anxiety, and depression, Renee doesn't remember much about her childhood. She's blocked out most of the memories.

"But I do remember the feelings they provoked, and how the abuse has affected me," she said.



This series seeks to put a face on domestic abuse and intimate partner violence.



Renee and mother Nadine fought for some normalcy during her childhood despite her father's abuse. Today, they are happy to say they are survivors. (Photo submitted)

### 'No one will ever believe you'

"Imagine being in an environment so abusive and stressful that as an infant in the womb I did not even want to come out!"

NO ONE WILL BELIEVE >> 3

## Celebrate Minnesota as the Peacebuilding power state for all

By MARGIE O'LOUGHLIN

The Minnesota Peacebuilding Leadership Institute (Peacebuilding) received the 2019 Melanie Greenberg U.S. Peacebuilding Award for Excellence from the Alliance for Peacebuilding. Donna Minter, PhD, founder and executive director of Peacebuilding, travelled to Washington DC to receive the award last month.

A local award celebration was held on Nov. 1, 2019, at the new Peacebuilding office (their first), located at 5200 47th Ave.S. In her comments, Minter said, "Isn't it only appropriate that an organization whose name is 'Peacebuilding' should finally have a building?"

"We are known for being an institute without walls, one that delivers most of its trainings out in the community – but it's great to finally have some walls!"

Tonja Honsey, Peacebuilding board member, incarceration survivor, and member of the Anishinaabe people, opened the celebration with a ceremonial sage smudging. Minter explained that the office space had been a storehouse for ammunition before Peacebuilding moved in, and she welcomed it being cleansed and blessed.

Hennepin County Commissioner Angela Conley included some sobering statistics

*"The STAR Training helps people develop resiliency, and gives them options other than revenge."*

- Tommy McBreyer, STAR-Lite graduate

among her personal comments. "Hennepin County," she said, "has between 25,000-30,000 people involved in the criminal justice system, the seventh highest number in the country. The work that you're doing at Peacebuilding should be embedded in the Hennepin County workplace."

Since 2010, Peacebuilding has trained 3,000+ Minnesotans to be more resilient, trauma-informed, and focused on restorative justice. The goal of the signature Peacebuilding training, Strategies for Trauma Awareness and Resilience – the STAR Training, is to learn how to transform psychological trauma into non-violent power.

Minneapolis community organizer Tommy McBreyer completed the one-day version (called the STAR-Lite Training) earlier this year. He said, "The training helped me learn to identify different types of trauma. Now I'm passing some of what I learned on to the people I serve in my job in the Central neighborhood. It helps them to develop resiliency, and gives them some options other than revenge."

St. Paul City Council member Mitra Jalali Nelson talked about moving to the Twin Cities after working for years as a middle school teacher in post-Hurricane Katrina New Orleans. She said, "I started asking right away, who was doing healing circles in this community? Who was doing work with peacebuilding? I found Donna and her organization quite quickly. We need to be investing in programs like this one."

The STAR Training was created at the Center for Justice and Peacebuilding in Virginia. A New York City non-profit requested the training in the aftermath of 9/11, and provided a \$2,000,000 grant to support its development. Minter, who is a neuropsychologist and forensic psychologist, took the STAR Training to add to her skill set. She was so impressed that she decided to bring the five-day training back to Minnesota to share with her community here, and it's still going strong.

PEACEBUILDING >> 8



Development: what's happening in the neighborhood?

PAGE 3



Informal networks promote community building at Becketwood

PAGE 6



Climate activist walks the walk every day

PAGE 12



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## HER STORY IN HER OWN WORDS After 50 years, she's encouraging others

*Editor's note: The text below was from a speech Nadine wrote and gave at two Twin Cities churches during Domestic Violence Awareness Month. We have used just her original first name and not her new name to protect her and her daughter.*

My name is Nadine. I am 77 years old. I was married for 47 years. My daughter and I are in a protection program through the Minnesota Secretary of State and share a home. I work three part-time jobs, I assist my daughter who has a chronic illness. I am active in my church and community.

I'm telling my story not because it's unusual, but because one in every three women will be faced with a similar story. It happens in every neighborhood, religion, nationality and workplace. Today in the time it takes me to tell my story over 200 Minnesota women will be abused.

It's difficult to put 50 years into a few minutes.

I married this good humored man who came from an abusive background. His parents and grandfather were murdered by a family member.

We moved to Nebraska, where he was going to college, far from my family and friends. The first week, he came home from school and went into a rage because I fixed creamed corn when I also made gravy. He cleared everything from the table, leaving food and broken dishes on the floor, walls, everywhere. I was shocked! I had never seen anyone do such a thing. This was not the last time.

When I learned I was pregnant, I was thrilled and couldn't wait to tell him. He became very angry, called me terrible names. "How could you be so stupid as to get pregnant!" He grabbed me by the hair and dragged me across the room and pulled out a handful of hair from my head.

We moved to Minneapolis. He became Comptroller of Hennepin County Department of Social Services for 25 years. He learned the system well. At home, he controlled everything. He controlled what, when, where, and if we ate. He controlled when we went to bed and when we got up. Often in the middle of the night, he'd make us get up to do something he wanted done now. He went on lavish fishing and hunting trips, but there were no family vacations.

At Christmas, we opened gifts and ate, if and when he said we could. My daughter and I were nervous wrecks before holidays. His expectations of our daughter were totally unreasonable. Nothing we did was ever good enough. Everything that went wrong for him was someone else's fault.

A friend told me he had purchased three airplanes. He didn't even have a pilot's license. When I asked why, he became very angry. He shouted, "I am the financial expert in the family and I'm not going to let you make the financial decisions. You are so dumb, you think 2+2 = 5. He threatened that he would take my daughter and I'd never see her again. "I have friends in high places. No one will believe you. You are nobody." He threw me against the wall. I had large bruises on my legs, hips and head.

One day, my daughter and I went shopping. It took longer than he thought it should. When I took her home, she had a message on her answering machine that he was coming over with his .357 Magnum. Soon he was at her house yelling and waving a loaded gun at us. We were terrified. We were too afraid to call the police, for fear it would just get worse. I was threatened with a loaded gun on many other occasions.

I started having panic at-



This series seeks to put a face on domestic abuse and intimate partner violence.

tacks every time I got in the car with him. He called me names, swore and yelled at me, and I felt trapped. One day alone he yelled at me over 74 times. I quit counting.

For over 40 years, I managed the accounting practice we started, but I was never allowed to get a salary or any benefits. He said, "I'm the accountant, so it's my money."

When he touched me, my stomach turned to knots. It was not affection. If he showed anything, it was a signal to go to bed with him. If I didn't, I was called crude names and was told I was worthless.

### Why didn't I just leave?

- I feared what he would do to my daughter, my family and anyone who helped me.
- I feared that no one would believe me.
- I didn't know who I could trust to turn to for help.
- I felt paralyzed, overwhelmed and couldn't think clearly. All I could focus on was surviving each day.
- I didn't know if I had the strength to leave.
- I was over 70 years old, with not a lot of technical skills or formal education. Who would hire me?
- I had no job, no money, and I had no idea how I would survive financially.
- I feared my church would abandon me.

AFTER 50 YEARS >> 3



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# 'No one will believe you'

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Renee said. She was a month overdue, and wasn't born until her mother had been induced.

At three, she was so stressed and nervous that she had failed to thrive. She was underweight and her hair came out in hand falls.

She was fearful all the time, didn't get her needs met, and rarely talked.

"My father controlled everything from when we slept and when, what and if we ate," recalled Renee. She remembers a house full of yelling, name calling, swearing and threats. Plus, her dad threw things and broke them.

"We walked on eggshells constantly in our home never knowing what would send him into a rage," said Renee. One day something might be fine, but the next day the same thing would be a major offense. "His rules were always changing, throwing us off on knowing how to behave to prevent one of his explosions. Everything was always our fault (never his), and we were the cause of everything wrong for him.

"We were stupid, lazy, worthless, oversensitive, crazy, emotional cripples and weak. We were told no one would ever hire us, want us or believe us."

She worked hard to stuff her feelings and emotions so that they weren't used against her.

"Sometimes my feelings became so intense because of not being allowed to express them that I had to find a way to release them," she remembered. "I started burning myself when feelings became more than I could possibly hold inside.

"I felt like a teapot about to explode and the burning of flesh felt like letting off steam."

She didn't start talking in school until junior high. Her grade school teachers were always telling her mother, "She doesn't talk." Her mom wanted to know what she could do. Now they both know that's a symptom of abuse.

Renee remembers that kids at school thought she was stuck up, but she was just afraid to have friends. She didn't want others to know what happened in her home, and felt ashamed and

embarrassed. She didn't want to subject any one to her father's abuse.

She had made that mistake before. She had invited friends over, and Fred accused them unjustly of stealing from him. He caused such a stink in the neighborhood that after that no one was allowed to play with her.

Renee didn't get to do the usual after-school activities that other kids did, and she wasn't allowed to work outside of the house. It was another way to control her and keep her dependent financially upon him.

"He was great at finding a person's weaknesses and using it against them," observed Renee.

If Renee or her mother enjoyed anything, they paid dearly for it. "I never was sure if it was because dad was jealous or if he just really enjoyed making us miserable," remarked Renee.

He anticipated any question of leaving by telling them that no one would believe their story. After all, he was a successful comptroller in the social services department. If they couldn't go there for help, where could they go?

## Still paying dearly as an adult

As an adult, the abuse continued although it looked different. When Renee called home to talk to her mom, he would lie and say she wasn't there. He'd threaten Renee that she couldn't have anything to do with her mom if she didn't do what Ed wanted.

When Renee's husband died, she was left to raise her two stepsons, who were initially treated much better than she was because they were males. At first, Fred spent time and money on them, recalled Renee, but eventually he started to use them for his personal gain and the abuse began for them, too.

"He would often make me chose between my stepsons or my parents and extended family," said Renee. "I would end up paying dearly for trying to be a good mom to the boys."

Finally, one day her youngest stepson and the most laid back of the two, did what everyone dreamed about but never had the guts. He punched Fred and left.

## Finally, they went into hiding but he used system against them

As he aged, Fred didn't get



**While the term, "Domestic Violence" is often used to describe a woman who is physically abused, the reality is, DV is not limited to physical abuse and children are victims whenever DV occurs.**

**Domestic violence is: Physical abuse, mental abuse, emotional abuse, sexual abuse, legal abuse, financial abuse, stalking, harassment and intimidation.**

**Children are the victims of DV -- directly and indirectly.**

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any better. Instead, he escalated to threatening them with knives and loaded guns. He manipulated or "bought" friends to carry out some of his dirty work, as well.

Finally, Renee helped her mom leave Hennepin County and they went into hiding together in a new county.

They decided to leave at a time in between his rages because they thought he wouldn't be watching them as closely. To their dismay, they discovered that their local police didn't understand that line of reasoning. "I think the victim knows the situation best and when to leave," remarked Renee.

To retaliate, Fred started hiding and getting rid of their assets, along with the things he knew Nadine and Renee cared most about.

"The legal battle in the divorce was a joke," stated Renee. "My dad blatantly lied through the court hearings and was in contempt of nearly every court order. He was rarely held accountable or punished for refusing to obey court orders."

He used the court system to harass them by filing false accu-

sations, wasting their time and money to defend themselves. "Nothing was done to stop him from doing this," said Renee, who is still shocked by how things played out in the court system. "When finally threatened by the courts for jail time, he moved out state so he wouldn't be arrested."

Both Renee and Nadine filed for orders of protection, but Fred appealed them. Renee's remained but her mom's was removed by Hennepin County Judge Bruce Peterson. This was despite Fred pointing a loaded gun at them both during a rage. "Apparently, leaving a threatening message on my voicemail, confronting us, screaming, and pointing a loaded gun at us was not reason to give my mom the OFP because my dad didn't say he was going to kill us (that time)," stated Renee. "Apparently, perpetrators have to tell you they are going to kill you before they pull the trigger."

She was also frustrated by the family court insistence that her mother attend mediation with her abuser in the same room. "How is this going to be productive when the abuser is abusive and controlling?" she asked.

Her parent's divorce was messy, ugly and complicated, Renee observed, and is now studied by law students.

"We found that the legal/judicial system we always believed in is not just. Victims keep getting re-victimized by the system," said Renee. "How do we fix a broken system?"

She advocates, "Get involved, have a voice, educate and contact your representatives!"

## Shouldn't be 'Why doesn't she leave' but 'Why does he do that?'

Renee is working to help people understand the dynamics of abusive households and to recognize what's happening.

"I feel most people do not understand abuse or people would not ask why doesn't she leave him? Why not, 'Why does he mistreat someone who loves him' or 'Why is this acceptable in society?'"

She added, "Most people think the abuser is mentally ill because certainly no one in their right mind would behave as the abuser does. But actually, domestic violence is a learned behavior."

Renee has found support and help at the Minnesota Coalition for Battered Women (now Violence Free Minnesota), the Alexander House in Anoka, Home Free Community Program, the Domestic Abuse Project, and DomesticShelter.org. She's also grateful for the various domestic abuse support groups she has been a part of, therapists she's worked with, doctors and some educated priests. She and her mom benefited from the local food shelf and community action groups.

She recommends that others check out the free app Insight-Timer for its meditations, and Lisa A. Romano's talks.

Today, Renee knows that she is still affected by the abuse she's lived through. It is part of how she lives and her relationships with others. She's found it difficult to trust in herself or others. Her self-confidence is low, she has trouble expressing emotions, she replays memories, and doesn't always want to be touched, and can be jumpy, nervous, and easy to frighten. She suffers from a chronic illness.

But she's a survivor. One who is working to transcend the wounds of the past, to learn to love herself, and to be comfortable in her own life. She's got a future filled with hope, laughter and freedom. She believes her future is a gift from God.

\* Name changed for protection.

Contact editor at [tesha@longfellownokomisessenger.com](mailto:tesha@longfellownokomisessenger.com).

# After 50 years, she's encouraging others

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## What made me leave?

Through counseling, I realized the real danger I was in. Have you ever seen someone with a loaded gun in his hand in such a rage that their face does from red to gray? It was like seeing pure evil. I felt if I didn't leave, I would be carried out in a body bag.

## So I prepared to leave

I joined a support group, I prepared a safety plan, I packed a suitcase. When I shopped, I wrote the check for more and hid it. I copied important documents. I opened a checking and charge accounts in my name only.

In November 2007, with very little besides the clothing I had

and the help of my daughter, I went to the Alexander House battered women's shelter with the support of my family and his. They not only provided me a place to collect myself, by assisted me in finding housing, resume writing, resources and support.

My ex harassed my daughter. He called her doctor and said she was missing and wanted them to help him find her. He had people stalk her, take pictures of her and her home. One of the stalkers strangled and killed a woman three blocks from her house. She and I moved six times in five years to try to feel safe. She sold her home where she had lived for 30 years because she no longer felt safe.

After I left, he did everything

possible to destroy me emotionally, physically and financially. He broke into my house twice, destroying things, got rid of gifts that were sentimental to me, left loaded handguns and ammunition in the house. Had people drive by my house, take pictures, report what lights I had on and who was in my driveway. A dead deer was left by my back door.

He sold our accounting practice to a friend for \$1. He changed titles on properties we jointly owned. He sold a car that was titled in my name, without my signature. He removed me as a beneficiary on all of our life insurance. He filed joint tax returns without my signature and took all the refunds. He took all the equity in our home, even though our line-of-credit required both

of our signatures. He is in contempt of court of nearly every court order. He moved to Arkansas to avoid enforcement by Minnesota courts.

And I thought none of this could ever happen!

In support groups I learned how many women have gone to their pastor or priest and left feeling hopeless, trapped and rejected. It is important to me to share with you my experience with my church. Over the years, I spoke with many priests and basically was told to pray - pray harder - be a better wife, love more, turn the other cheek, be forgiving. But when I left, I went to my priest, his first question was, "Are you safe now?" He told me to contact a shelter and do whatever they told me to do. Each time I went to court, he gave me a blessing and prayed with me. Knowing my church was there to support

me meant everything to me. And I wish every abused woman would have this kind of experience.

## How do I manage?

I work three part-time jobs. I've gone to a food shelf. Family, friends, and my therapist pray for me. I have reminders throughout my house: "I am with you always, signed God."

One day at a time, I have seen miracles unfold in my life. I have a roof over my head and I can actually laugh and celebrate holidays. It wouldn't have happened without the support of a shelter, the support of my friends, daughter, family and God's every present help. I know God loves me and I am worthy of peace.

I don't believe I am here to just survive a marriage. I am here to encourage others.



# The Motley Conversation

**Messenger**

Join the conversation, and let us know your diverse and varied thoughts on the issues that affect your neighborhood. Send letters and guest commentaries to [news@LongfellowNokomisMessenger.com](mailto:news@LongfellowNokomisMessenger.com) or call 612-345-9998.

Over the years the *Longfellow Nokomis Messenger* has had the good fortune to have a great working relationship with the Longfellow Business Association (LBA). Since the early days of the *Messenger* in the 1980s, the *Messenger* has relied on the LBA to get information on things going on in the Longfellow community, and also to tap the mindset of business owners in our community. Many of the stories that the *Messenger* has covered over the years have started with ideas that have come out of the LBA and/or LBA sponsored meetings in our community.

I currently have the pleasure of serving on the Board of the LBA along with other business reps and business owners from Longfellow who are devoted not only to improving the business climate in Longfellow but also the quality of life for residents and businesses alike in the community.

Without a doubt, however, one of the most important by-products of the relationship between the *Messenger* and the



## View from the Messenger

By DENIS WOULFE, [Denis@LongfellowNokomisMessenger.com](mailto:Denis@LongfellowNokomisMessenger.com)

### Longfellow Directory: Use to support local merchants

LBA is the Longfellow Business Directory, which is published every two years as a joint effort between the LBA and the *Messenger*.

The Longfellow Business Directory has had a history in the Longfellow community going back to the 1990s. It was started with the assistance of City of Minneapolis Neighborhood Revitalization Program funds to help foster better communication within the business community. When grant monies dried up, however, the Longfellow Business Association (LBA), recognizing the importance of the Directory, approached the *Longfellow Nokomis Messenger* about taking on the project despite the absence of an outside funding

source.

While prior Directories had contained some advertising, the question posed to the *Messenger* was whether there would be enough support in the Longfellow business community through advertising to cover the costs of the printing and distribution of the Directory to the Longfellow community.

The first Longfellow Business and Community Directory published in cooperation with the *Longfellow Nokomis Messenger* was produced in 2004 and the cover was a vibrant mosaic of the Lake Street Bridge in full autumn bloom. The text on the cover of the book described it as "Your guide for everything you need to work and live in the Longfellow

area of Minneapolis." Since then the Longfellow Business Directory has been published every two years, being released with the December issue of the *Messenger*.

This brings me to today. I'm pleased to announce that Longfellow readers of the *Messenger* will find a copy of the Longfellow Business Directory delivered along with their December issue of the *Messenger* this week. It's a hefty book, chockful of important information. It lists the Longfellow businesses that provide the goods and services that our kind readers use on a weekly basis. I would encourage you to hang on to the Directory and use it as a guide to find local merchants and "Buy Local" when you need to restock your

refrigerator, service your automobile, or perhaps find those special gifts for your friends and family during the year. Your local merchants need your support and work hard to earn your respect and patronage.

If you would like additional copies of the Longfellow Business Directory, or perhaps live outside the boundaries of the Longfellow community, additional copies can be found at the Longfellow Community Council at 2727 26th Av. S. You will also find copies of the Directory at many of the Longfellow businesses which already carry copies of the *Messenger*.

And if you own a business in Longfellow and are not currently a member of the LBA, I would strongly encourage you to check out the LBA and consider becoming a member and getting involved in the organization and in your neighborhood.

If you have questions about the Directory, don't hesitate to email me at [Denis@LongfellowNokomisMessenger.com](mailto:Denis@LongfellowNokomisMessenger.com)

## Letters to the Editor

### Feeling charitable? There are many ways to help

Dear Editor:

Almost 10% of our global population is living in extreme poverty, on less than \$2 a day. 3 billion people worldwide lack access to toilets, and 1 billion don't have access to clean water.

The Borgen Project is a nonprofit 501(c)(3) that is addressing global poverty by working with U.S. leaders in securing support for poverty-reducing legislation. I'm writing this today as a volunteer and advocate who strongly believes in this cause and hopes that others who read this will feel the same and do something.

We all know that there are

many nonprofits working directly to end global poverty, and these efforts should not go unnoticed. The Borgen Project is doing something different, though, and that's advocating for federal dollars to go towards these endeavors.

\$5000 towards an aid agency could build one freshwater well that provides 250 people with clean drinking water, but \$2000

is all it takes to meet directly with 70 congressional offices in order to build support for a bill that would provide 100 million people with access to clean drinking water (Water for the World Act). Basically, using the same amount of money (or less) that an aid agency needs to assist hundreds, The Borgen Project can help to shape policy that affects millions.

All it takes is our voices, telling our leaders what should be done, to make some change in our world.

Find out more at [www.borgenproject.org](http://www.borgenproject.org). There are internship and volunteer opportunities, plus much more information regarding global poverty and legislation ways we can address it.

Thank you for your time,  
Ashley Strand

### 2020 Messenger Deadlines

Publication date	Deadline date
Jan. 30	Jan. 17 (Friday)
Feb. 27	Feb. 14 (Friday)
March 26	March 16
April 30	April 20
May 28	May 18
June 25	June 15
July 30	July 20
Aug. 27	Aug. 17
Oct. 1	Sept. 21
Oct. 29	Oct. 19
Nov. 27 (Friday)	Nov. 16
Dec. 31	Dec. 14

### 2020 Special Sections Calendar - Longfellow Nokomis Messenger

**JANUARY** due Dec. 13

Health & Wellness  
School Guide



**MAY** due April 20

Home & Garden  
Bicycling



**SEPTEMBER** due Aug. 17

Back to School - Health focus  
Aging Well

**FEBRUARY** due Jan. 17

Summer Camp Guide



**JUNE** due May 18

Entertainment/Arts  
Aging Well



**OCTOBER** due Sept. 21

Breweries & Distilleries  
Home Improvement  
Domestic Violence Awareness Month

**MARCH** due Feb. 14

Along the Minnehaha Mile  
Home Improvement  
Aging Well



**JULY** due June 15

Entertainment/Arts  
Along Lake Street



**NOVEMBER** due Oct. 19

Foodies  
Shop Small/Buy Local

**APRIL** due March 16

Home & Garden



**AUGUST** due July 20

Entertainment/Arts  
Back to School



**DECEMBER** due Nov. 16

Aging Well  
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News for you!

The Longfellow Nokomis *Messenger* is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by TMC Publications, CO. Visit our website for our calendar and publication dates.

**Story ideas always welcome.**

Keep in touch with the *Messenger*. Letters to the editor under 200 words and news releases for publication can be sent via e-mail to [news@longfellownokomisessenger.com](mailto:news@longfellownokomisessenger.com). Unsigned letters will not run.

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is both black and white. As a media company, we work to highlight issues, solve real, meaningful problems, and repair existing social systems. We are working with our readers and advertisers to create a more just and responsible society that hears, helps and heals the customers and communities we serve.

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# What's happening in the neighborhood?



By TESHAM. CHRISTENSEN

## 3801 Hiawatha Ave.

The southeast corner of Hiawatha and 38th may not be empty much longer.

Base Camp Development and DJR Architecture have proposed a four-story, mixed-use multi-family building for the site. It would have 102 units and 2,300 square feet of retail space in the 36,865 square foot structure set on 0.85 acres.

The Longfellow Station residential building next door is five stories tall.

The commercial space will be located at the Hiawatha/38th St. corner with a 52-spot parking garage taking up the bulk of the remaining first floor.

A highlight of the plan is a

spacious second-story plaza overlooking Hiawatha Ave. Units available will be a range of studio, alcove, and one-bedroom ranging from 375 to 695 square feet. The c-shaped building will also offer six walk-out units right off Hiawatha.

There will be just over 50 parking stalls compared to 102 units because it's in a transit oriented development (TOD) district and the building will be accessed using the drive lane currently used by the Longfellow Station apartments off of 38th, pointed out Longfellow Community Council (LCC) Program Manager Justin Gaarder.

A public hearing hasn't been set yet, but will be shared by the LCC when it is.

## Portico at the Falls

The plan for Portico at the Falls, a 37,000-square-foot, four-story building on the former Greg's Auto Site at Nawadaha and Minnehaha Parkway (4737 Minnehaha), has been approved by the city.

The building project by The Lander Group, Assembly MN and Martha Dayton Design will offer 26 condos with 10 flexible floor plans. Prices will range from low \$300s to mid \$900s for the one bedroom plus den, two bedroom, and three-bedroom units.

In response to residents' concerns, Assembly submitted a revised plan that converted the original two-story townhome-style units along Minnehaha Ave. into one-story flats. The first floor will still have a front entry stoop and landscaped approach from Minnehaha.

The individual at-grade parking garages off of the alley were replaced with two condos with at grade patios. All parking will now be below grade and there will not be a drive lane along that side of the building.

The building will still have 26 units and 27 underground



parking spaces plus a car lift system that provides the ability to have owners park a second car over their first car. Assembly anticipates a total of approximately 37 cars in the parking garage using this lift system.

The building remains a four-story building, with the fourth floor set back on Minnehaha as previously shown. General building materials and massing are similar to that shown at prior community meetings with modifications as necessary to accommodate the townhomes.

Low limestone walls, concrete walks, and high-quality landscaping (including pollinator-friendly approaches) will provide a setting for the building that complements its aesthetic and creates a connection to the park. Bike parking will also be provided both outdoors and within the building.

## Time for stage 3 at Minnehaha Crossing

The third stage of the Minnehaha Crossing project is underway at the former Rainbow site at Minnehaha Ave. and Lake St. Midtown Corner is the next project in Wellington Management's multi-phase redevelopment there.

The new, six-story Midtown Corner project will include 189 apartments, of which 38 affordable apartments will be available to households earning 60% or less of area median income. Studio, one-bedroom and two-bedroom units will be available for rent starting early 2020.

The project also includes



8,600 square feet of ground-floor retail space. An additional 3,500-square-foot retail building, located in the southwest corner of the site, will be constructed in 2022.

Building construction began in October. Prior to that, the existing parking lot in front of the Aldi grocery store was improved.

## Starbucks at 42nd?

The planning commission said no again to a proposed Starbucks drive-through at 42nd and Hiawatha.

Property owner Nick Boosalis of Wash Me Corporation proposed two buildings at the 0.57-acre site (4159 Hiawatha Ave.) to replace the car wash. One is the Starbucks single-story drive-through at the interior of the lot. The second would house a restaurant and office space that would surround the drive-thru building and would have frontage on E. 42nd St. and Hiawatha Ave. A 17-stall surface parking lot was proposed along the east side of the property. The submitted materials indicated that the buildings would be engineered to accommodate up to nine additional stories in the future for residential expansion.

The applicant received a conditional use permit and site plan review from the city planning commission on June 11, 2018 to construct a new four-story building with a coffee shop drive-thru and 43 dwelling units. The approved building had a very similar footprint as the most recent one. Those approvals expire two years from the date of approval on June 11, 2020. According to the city staff report, the applicant has indicated they prefer to construct the first floor at this time without the upper residential floors which requires a new application to the planning commission.

The city of Minneapolis recently adopted a regulation that prohibits new drive-thru facilities city-wide, but will allow anything that went through prior to Aug. 8, 2019.

Residents have expressed concern about adding traffic at that intersections.

"This intersection is already overloaded during rush hours. If it's use is even close to the drive through at Cedar and the parkway our neighborhood and it's habitants will suffer," said local resident Eric Johannessen in a written statement given to the planning commission.

Fellow neighborhood resident Joanna Olson wrote, "The thought of a drive-thru on that corner is terrifying to me as a bicyclist and pedestrian using that intersection at least twice daily."

The proposal was denied by the planning commission on Oct. 21 due to traffic safety concerns. The developer appealed that denial to the Minneapolis Zoning and Planning Committee and it will be back before the committee on Dec. 5.

## 28th Bridge

The completion of the 28th bridge at Minnehaha Creek has been delayed due to weather and issues with utilities. Public works staff is working out options with the contractor to determine the new timeline.

Look for more updates in the next edition of the Messenger.

Contact the editor at [tesha@longfellownokomisessenger.com](mailto:tesha@longfellownokomisessenger.com).



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- Workforce Innovation and Opportunity Act Board

Application deadline: Tuesday, December 31, 2019

For more information and to apply online:  
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# Aging Well

Messenger

Living longer, living better. Join the conversation on Aging Well and how to live life to the fullest after age 50. Support this section by sending in story ideas and designating advertising dollars.

## Informal networks promote community building at Becketwood

By IRIC NATHANSON

Earlier this year, when Clare Fossum had to spend time recovering from a medical procedure, she knew she could rely on her neighbors at Becketwood Cooperative to look after her elderly companion while she was away from home recuperating at a local rehab center.

Fossum's companion happened to be her 19-year-old cat, Tally, who had made friends with two neighbors, Bonnie Porte and Linda Kusserow. Porte lived down the hall and Kusserow was two floors away. They each took turns feeding Tally, bringing her fresh water and spending time with her while Fossum was in rehab.

"It was a great relief for me to know that Linda and Bonnie were there every day looking after Tally," Fossum said. "She knew them and they knew her. It was not as if some strangers were always coming and going in the apartment. That would only have upset her."

Fossum, Porte and Kusserow had been part of an informal network of cat owners at Becketwood who looked after each other's pets when they were away. The neighbors at the "55 plus" senior co-op bonded over their common connections to their feline friends and formed their own friendship circle within the broader Becketwood community.

The network has evolved into a more formally structured Cat Consortium with two teams, one for each wing of the building. Cat owners email their team



Enjoying an excursion to Urban Growler are, left to right, (starting in the front) Carol Bechtel, Mickey Monsen, Gerhard Johnson, Loren Flicker, David Liddle, Lorene Liddle, and Howard Bergstrom. (Photo by Terry Faust)

members when they need a neighbor to care for their pet.

"It is all very well organized," Porte explained. "We even have a form that people fill out indicating their kitty's food preferences, their medication needs, and the contact information for their vets."

### Comfort Singers

While their small feline friends brought members of the Cat Consortium together, other neighbors at Becketwood have bonded over their love of singing. They are known as the Becketwood Comfort Singers. They bring their music to people at Becketwood or in a care facility who may be house-bound or seriously ill or facing end-of-life

issues. Their leader, Ruth Gaylord, patterned the Comfort Singers after a similar group she had formed at the Basilica of St. Mary.

Gaylord, a former high school choral director, lives with ovarian cancer. She said that she has thought about being surrounded by beautiful choral music when she is dying. "I would like a small ensemble to sing beautiful music to me as I approach the end of this life. So I looked for men and women from Becketwood who had experience as choral singers who would want to be part of a small ensemble to offer that gift to others."

She added, "We offer our singing to those who request it, and then only when we have checked with them or their fam-



Members of the Cat Consortium around 19-year-old Tally the Cat include: (left to right) Linda Kusserow, Bonnie Porte, and owner Clare Fossum, who relied on the other women during a recent time away. (Photo by Terry Faust)

ilies in advance to find out what kind of music they would like to hear. Some people don't want to be sung to when they're going through a difficult time. We understand that."

### Member activities

The Comfort Singers may be a select group with limited membership, but that is not the case with more than a dozen special interest clusters at Becketwood known as the Member Activities Committees. The individual committees are coordinated by an umbrella organization, the Members Activities Council (MAC).

"They may be called committees, but they are activities for people who may not like to go to committee meetings," says Bob Kirk, a former MAC chair. "We have a craft committee for people who like to paint, knit or quilt, a workshop group for people who like to do woodwork and a pantry committee for folks who want to help run our little convenience store. If you are having fun at Becketwood, you are probably involved in a MAC committee."

Kirk, himself, has had fun organizing a series of pub crawls sponsored by Becketwood's Excursion Committee. "When all the brew pubs started opening up, I thought people here might want to see what they were all about. They all liked that first excursion so we started doing more of them," Kirk said.

"Now, when we do a pub crawl, some of us come for the beer, but others come for the camaraderie even if they are not beer drinkers. If you are sitting next to someone who has just moved into Becketwood, it is a good way for you to get to know the newcomer or the newcomer to get to know you."

Newcomers also get to know their neighbors in Becketwood's workshop which hosts a coffee gathering every weekday morning starting at 10 a.m. "Morning coffee used to be all men, but women have started showing up and they always welcome," said Joel Mortensen, who co-chairs

the Workshop Committee with Todd Gulliver.

Ray Mikkelsen, a coffee drinking regular, admits that he comes down to the workshop for some male bonding. Mikkelsen remembers taking a tour of Becketwood while he and his wife, Helen, were still on the waiting list.

"I kept wondering where the men were; I didn't see any on the tour," said Mikkelsen. "Then somebody told me that I should go to the workshop in the basement. When I got there and opened the door, I saw a group of men drinking coffee and having a good time. They took me in right away and I felt at home. This is where I want to live, I told myself, and it made our move to Becketwood much easier for me."

### Community building

Wayne Tellekson, another workshop regular, also serves as a tour guide for people who are thinking about moving to Becketwood. "When I talk to prospective members about our community I tell them about the experience that my wife, Sindy, and I had when we first arrived here. We had moved from Mendota Heights where we didn't have much contact with the people who lived nearby. On the second day we were here, two of our new Becketwood neighbors came up to us, introduced themselves, told that they were having a picnic in the courtyard, and invited us to join them. I looked at Sindy and said, 'We are home!'"

Tellekson added, "I tend to think that we have this strong community because the people who are looking for a sense of community are the people who come here. They are not just looking for a place to live. The Twin Cities have lots of options for seniors if that is all you are looking for. They have heard that Becketwood is a welcoming place. And so when they come here, they help to build on that sense of community."

\* Editor's note: Writer Iric Nathanson is a member of the Becketwood Cooperative.

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# Virtual Passport Programs opens doors for people unable to travel

By MARGIE O'LOUGHLIN

Longfellow resident Christine Mangold is a seasoned traveler. Some of her favorite destinations have been Paris, London, Rome, and Venice. When she worked as the Lifelong Learning Director at the Minneapolis Ebenezer Senior Living Campus, she started thinking about virtual reality travel as an option for people living in that community. A virtual travel club could be a way to give them the joy of travelling to new places easily and at no cost.

Because of successful results from a pilot study at the Minneapolis Campus, Mangold started the Virtual Passport Programs (VPP) in 2019, and now brings her Virtual Travel Club to half a dozen senior living communities in the Twin Cities each month. The one-hour sessions are a chance for people who are unable to travel (for a variety of reasons) to view 360 degree videos from far-away places. Participants are issued a passport, provided with a tour guide, and off they go.

Participants fill out a travel profile when they join VPP. They answer questions about what they would like to see in the U.S., Mexico, South America, Canada, Europe, Asia, Africa, or Antarctica. Mangold said, "The focus of VPP is educational, but it also brings out memories of past travels – as well as longings to see places that were not fulfilled. In each session we offer five destinations to choose from, and they are destinations the group has expressed interest in seeing."

She continued, "Remember watching the Seven Wonders



Chris Mangold said, "Remember the old View Master, where you could see the world at the push of a button? This program is similar, but uses new technology." (Photo by Margie O'Loughlin)



Virtual Passport Programs Creator and CEO Chris Mangold (left) helped an Ebenezer resident put travel stamps in her virtual travel passport. Mangold encourages people considering senior living options to look at those with enthusiasm for new technologies, as well as traditional activities. (Photo by Margie O'Loughlin)

*"I've been fortunate to travel to faraway places. But I am just as awed by the beauty of the BWCA or the Lake Harriet Rose Garden, the simplicity of a Minnesota farm scene or a sunset. These are the sensory experiences of life that we all yearn for and we all deserve. Virtual Passport Programs brings these experiences to people who are unable to see them in person because of accessibility issues. They can be traveling, seeing, or doing anything that they dream of."*

Chris Mangold, Virtual Passport Programs owner

of the World on a View Master? When you pushed the lever and the circle of tiny slides advanced? This is similar, but with new, advanced technology. Now people can experience an African safari, the Northern lights in Minnesota, or the Castle of Versailles. By turning in their seats or wheel-

chairs, they can change the view of what they're seeing."

Mangold's goal is to bring the world to people who are living within four walls because of financial limitations, mobility or cognitive issues.

She said, "My sweet spot is that I've worked with seniors,


and I'm able to follow the thread of their interests. I choose videos from the internet that won't cause dizziness, and that are audience appropriate. Some have narration, and some don't. In the middle of winter, it can be nice just to look at and listen to what's happening on a Mediterranean beach."

After viewing the video content through headsets, participants discuss what they've seen and compare travel notes. Mangold brings along a stack of maps and books about the pre-chosen destinations. Acting as tour guide, she uses her resources to stimulate conversation and to

help people connect.

She said, "I arrived as creator/owner of VPP after walking many paths. Over the years, I've been a daughter to a mom who was in a care center for stroke-induced aphasia; a volunteer to children, women, and seniors; an art director for an ad agency focused on health and wellness; and a lifelong learning program director for a senior community. These experiences sparked the idea of using virtual reality technology to enrich seniors' lives. I believe that anything is possible if you're open to new paths."

For more information, visit [www.virtualpassportprograms.com](http://www.virtualpassportprograms.com).




## Aging Well

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Donna Minter, founder and executive director of the Minnesota Peacebuilding Leadership Institute, addressed guests at the Grand Open House. (Photo by Margie O'Loughlin)

## Peacebuilding power state

>> from 5

In addition to STAR and STAR-Lite Trainings, Peacebuilding offers a free, monthly film series, two free, monthly healing circles called "Coming to the Table," Restorative Justice Training, and Resilience and Self-Care Training. Visit [www.mnpeace.org](http://www.mnpeace.org) to check the schedule for upcoming trainings and events.

Peacebuilding has also sponsored Luna Fest for the past six years, a traveling film festival of award-winning short films by, for, and about women. Luna Fest raises money to support Peacebuilding's racial and economic equity trainee scholarships: to ensure that all who want to attend Peacebuilding's trainings are able to do so regardless of financial limitations. Luna Fest 2020 is scheduled for Wednesday, April 29 at the Riverview Theatre.

### Night Before New Year's Eve

Want to celebrate the New Year with your kids but don't want the late bedtime hassle?

The Night Before New Year's Eve party, on Monday Dec. 30, 5:30-7:30 p.m., is a family-oriented, free event chock full of activities, including a "midnight" countdown at 7:15 p.m. Enjoy a kid friendly dinner, carnival games, music and dancing, marshmallow roasting over a bonfire, face painting, and much more! It is held at the Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.

### State of the Neighborhood Meeting 2020

The Nokomis East Neighborhood Association State of our Neighborhood community gathering will be held Wednesday night, Jan. 17, from 6 to 8 p.m. at Lake Nokomis Community Center, 2401 E Minnehaha Parkway.

Come hear from NENA, our business community, elected officials, and other community leaders. This neighborhood conversation will address several topics important to the Nokomis East community. Last year the State of the Neighborhood featured city council members, the county commissioner, state representative and state senator, among others. NENA and our guest speakers will discuss plans to continue fostering a vibrant, active Nokomis East in 2020.

### NENA Home Loan Program

NENA is now offering two home improvement loan programs. Homes in the Keewaydin, Minnehaha, Morris Park and Wenonah neighborhoods are eligible. Loan appli-

## NENA (Nokomis East Neighborhood Association)

4313 E. 54th St., [www.nokomiseast.org](http://www.nokomiseast.org), 612-724-5652



Attend the State of the Neighborhood meeting on Jan. 17. (Photo submitted)

cations are processed on a first-come first served basis.

#### Home Improvement Loans

Owners of one to four unit residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. Interest rate is either 3.5% or 4.5% depending on income. No income restriction applies.

#### Emergency Repair Loans

A limited amount of funds are available for emergency repairs. Only owner-occupied households are eligible. Income restrictions apply. The maximum loan amount is \$7,500. The loan is 0% interest and there are no monthly payments. The loan is due in total on sale of the property or transfer of title.

For more information or to request an application, call the Center for Energy and Environment at (612) 335-5884, or

visit the CEE website.

### Sign up for NENA News

Your guide to news, Events, and resources! Get your neighborhood news delivered to your inbox every other Wednesday. Sign up today at [www.nokomiseast.org](http://www.nokomiseast.org). Once you sign up, you'll receive updates on news and happenings for your neighborhood.

### Meetings and events:

12/4/19: NENA Housing, Commercial, and Streetscape Committee, NENA Office, 6:30 p.m.

12/11/19: NENA Green Initiatives Committee, NENA Office, 6:30 p.m.

12/16/19: NENA Board Meeting, NENA Office, 7 p.m.

12/30/19: Night Before New Year's Eve, Lake Nokomis Community Center, 7:30 p.m.

## Briefs



### Majors honored

Longfellow Community Council's Executive Director Melanie Majors has been honored with an award from the Executive Committee of the Neighborhood Revitalization Program (NRP) Policy Board. The Exemplary Award was given to recognize 13 years of exemplary service to the Longfellow Community Council and for maintaining the "Gold Standard" for all 81 officially recognized neighborhood organizations.



### Lake Street Council

Oer \$18,000 was raised at the Lake Street Bash on Nov. 7, 2019 to support the Lake Street business community. "The event was a great success," stated organizers.

## neighborhood CHURCHES welcome you!

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Sunday School for all – 10:00am  
Traditional Worship – 11:00am  
Espanol – 1:30pm  
Christmas Pageant – Dec. 15 at 10:30am  
One service at 10:30am  
Dec. 22nd, Dec. 29th, and Jan. 5  
Christmas Eve Candlelight services  
Dec. 24 at 4:30pm & 10:00pm

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Children's Class 10:45 am  
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Cabin Fever every Wednesday @9:30-11:30 am (no cabin fever 12/25 and 1/1)  
Dec. 11 - Beer & Bible @ Merlin's Rest 6:30 pm  
Dec. 21 - Hosting Iglesia Piedra Viva's La Posada  
Dec. 22 - Christmas Pageant @10:30  
Dec. 24 - Candlelight Service @7 pm

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
[www.minnehahacommunion.org](http://www.minnehahacommunion.org)

Pastors Dan and Sally Ankerfelt  
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Dec 15th at 9:45 am-Youth Christmas Program  
Dec 22nd at 4:00 pm-Longest Night Service  
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Garage band Christmas: Totally '80s 12/8 at 4 PM  
Advent Poetry night at Squirrel Haus December 12, 7 PM  
New Year's Day Reflection: "Hindsight is 2020" Yoga, writing, art @ Squirrel Haus Arts  
Christmas Eve: 4 PM at Hook & Ladder

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Julie A. Ebbesen, Pastor  
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Dec. 1, 9 a.m. Advent Holy Communion, Gift Sunday  
Dec. 8, 9 a.m. Worship with Sunday School Christmas Program  
Dec. 15, 9 a.m. Song Service with singing around the Christmas tree reception following worship  
Dec. 22, 9 a.m. Fourth Sunday of Advent worship  
Christmas Eve services: 2:00 and 5:00 – Festival Worship, 3:15 – Danish Service  
Dec. 29, 9 a.m. First Sunday after Christmas worship  
Monday, Dec. 2, 7 pm: Pub Theology at Parkway Pizza  
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**Trinity Lutheran Church of Minnehaha Falls**  
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# Roosevelt High School Urban Farm: GROWING KIDS AND COMMUNITY

By CANDACE MILLER LOPEZ

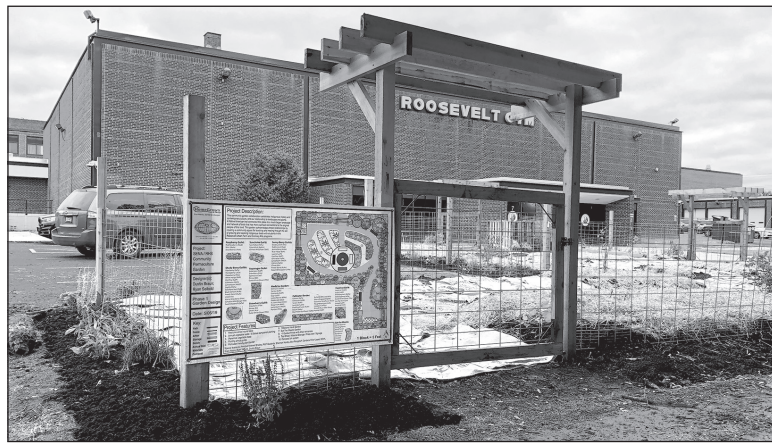
Standard Ericsson Neighborhood Association (SENA) and Roosevelt High School (RHS) have come together to design, build and install a 5,000-square-foot urban farm on the school's campus.

Phase one, 2,500 square feet, was completed in September 2019 with the help of students in the Urban Farming, Culinary Arts and Service Learning classes, alongside neighborhood volunteers, generous donors and the expert guidance of professional landscapers and teachers.

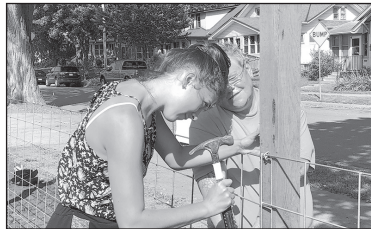
This beautiful and soon-to-be bountiful outdoor learning space is unique in the Minneapolis District.

It is not just about growing tomatoes and making tomato sauce. Students engage in exploration of sustainable/regenerative farming practices; Indigenous and historical foods and planting traditions; food justice and food systems from farm to table. It is viewed as not just a creative elective option, but a viable technical training program providing students with diverse experiences and pathways to secondary education and career development.

Phase two of the garden, which will be designed by students over the winter and installed next spring, will include a large passive solar greenhouse to



SENA Executive Director Candace Miller Lopez (at right) works with a student to construct the 5,000-square-foot urban farm at Roosevelt High School. A fundraiser is underway for phase two. (Photos submitted)



expand the growing season and provide a means for water collection and storage onsite.

The phase one garden is a foraging space, filled with berry and nut bushes, perennial fruits and vegetables, and a Three Sisters Garden for growing corn, squash and beans, that invites visitors to wander around and try different things. The phase two garden will focus more on growing crops that can be used by the Culinary Arts students and shared with the community.

The garden team are currently running a fundraising campaign for phase two. You can make a donation at: <https://donate.seedmoney.org/3773/roosevelt-urban-farm>.

Volunteers interested in joining the Friends of the RHS Urban Farm to help maintain the garden over the summer months can contact Candace Miller Lopez at SENA: [candace@standish-ericsson.org](mailto:candace@standish-ericsson.org).

## Briefs



### Bread delivery is back

Laune Bread has returned to South Minneapolis. "We missed you so we came back with a few new tricks from Switzerland and Holland!" said founder Chris MacLeod.

Formerly a one-man bread business, MacLeod has doubled up with the addition of Tiff Singh, a local baker who has been in the local baking scene (Alma, Rustica, Sun Street Breads).

"Maybe you remember us from a few years ago, or if you're new, here's what we serve up: Laune Bread is subscription-based microbakery that delivers by bike in South Minneapolis and has pick-up locations throughout the city. Our breads are naturally leavened and whole grain focused, sourced primarily from Minnesota. A bit European, a bit West Coast American," explained the bread makers. "You can find us on your doorstep or one of your favorite local businesses. Check us out and subscribe at [launebread.com](http://launebread.com)." (Past article ran in the October 2016 Messenger.)

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Want ads must be received by the Messenger by Dec. 13 for the Dec. 26 issue. Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 5139 34th Ave. S. #17097, Minneapolis, MN 55417; e-mail [denis@longfellownokomisMessenger.com](mailto:denis@longfellownokomisMessenger.com); or call 651-917-4183.

### CRISIS HOTLINE

Call the Minnesota Day One Crisis Hotline at 1-866-223-1111 if you or someone you know is seeking shelter due to a dangerous relationship or needs to create a safety plan. B-19

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# In Our Community

**Messenger**

Send us your news! When you submit your press release it will be considered for both the newspaper as well as the Messenger Facebook page (Facebook.com/LongfellowNokomisMessenger).

## Anxiety Support Group

NAMI Minnesota (National Alliance on Mental Illness) sponsors free support groups for persons with anxiety disorders. An Open Door Anxiety and Panic support group meets in St. Paul from 6:30 to 8 p.m., on the 2nd and 4th Thursday of the month, at Gloria Dei Lutheran Church, 700 Snelling Ave. S., in Room 108. For information call Les at 612-229-1863 or NAMI at 651-645-2948.

## Hook Holiday Market

Check out the the Hook & Ladder Holiday Market on Saturday, Nov. 30. Featuring 20+ local artists with hand-made books, fine art, prints, greeting cards, jewelry, stickers, glass, magnets, rock posters and more!

From 12-6 p.m., there will be food, family/kids actives, music and more.

## Annual tree lighting

Santa will be at Oxendale's Market from 4-6 p.m. to kick off the Christmas season with the annual tree lighting ceremony on Nov. 30, Small Business Saturday.

## SENA winter market crawl Dec. 1

West of the Rail Business Association and Standish Ericsson Neighborhood Association are pulling out the stops and holding a progressive holiday market in the neighborhood. Shopping this event supports over 60 small business, artisans, artist, makers,

authors and entrepreneurs. Pick up a passport at any host location and get it stamped by vendors for a chance to win one of two gift baskets of goodies from each participating business. Drawing at Venn Brewing, 4:30 p.m.

## Toys for Tats

Bring in and donate a new toy worth \$30 or more with a receipt and you get a tattoo from a sheet of pre-drawn tattoo designs at Nokomis Tattoo on Dec. 3. Five tattoo artists participating.

## Winter makers market Dec. 8

Venn Brewing and West of the Rail Business Association (a program of SENA) are co-hosting a winter makers market on Sunday Dec. 8 from noon to 4 p.m. at Venn. Interested makers please email Candace@standish-ericsson.org asap as space is filling up quickly.

## 'Life and Adventures of Santa Claus'

Classics Lost 'n' Found Theater Company is pleased to announce its 2019 holiday production, "The Life and Adventures of Santa Claus" by L. Frank Baum.

Adapted and directed by Steven LaVigne, the production will be performed Dec. 6, 7, 13 and 14 at 7 p.m., with a matinee on Dec. 14 at 2 p.m. The performances will be at Lake Nokomis Presbyterian Church on 17th Ave. and 46th St. in South Minneapolis, two blocks off Bloomington Ave.

## LBA Holiday Luncheon

Attend the Longfellow Business Association Holiday Luncheon on Wednesday, Dec. 11, 11:45 a.m. to 1 p.m. The event is being hosted by Michael and Donna Meyer at Squirrel Haus Arts (3450 Snelling Ave.) and lunch will be catered by Habenero Tacos. A short program will include 2019 year-end highlights and a look forward into 2020.

## 'The Devil & Daniel Johnston' film viewing

Sound Unseen is proud to present a special screening of the 2005 award winning documentary, "The Devil & Daniel Johnston" on Wednesday, Dec. 11 at 7 p.m. at the Tylon Cinema, 2820 E. 33rd St. Daniel Johnston was an American singer-songwriter and visual artist regarded as a significant figure in outsider, lo-fi, and alternative music scenes.

## Peace Posada set

The community is invited to join the We Come Bearing Peace Posada – the journey of Mary and Joseph seeking shelter – in a bilingual, multi-sensory procession of prayer and solidarity organized by a consortium of churches and neighborhood groups. The procession takes place on Sunday, Dec. 15. Beginning at 3 p.m., participants will gather at Powderhorn Park in Minneapolis (3400 15 Ave. S.) and will leave the Park Center at 4 p.m., traveling one mile to St. Paul's Lutheran Church, located at 2742 15th Ave. S. At the church, the journey ends with a bonfire, food, music, and a living Nativity.

## Holiday celebration for seniors Dec. 17

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for our annual Holiday Celebration for Seniors on Tuesday, Dec. 17 at 10:30 a.m. at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. Enjoy live music, lunch and door prizes! The event will be held in the basement gymnasium and doors will open around 10 a.m. The event will last till noon or later. All seniors/elders who live in the greater Longfellow and Seward neighborhoods are welcome to attend this free event. (However, a suggested donation of \$2 is appreciated.) Pre-registration is not required. Call Longfellow/Seward Healthy Seniors at 612-729-5799 for more information.

## Iglesia Piedra Viva's La Posada Dec. 21

Epworth UMC is the host location for La Posada on Saturday, Dec. 21. Las Posadas commemorate the journey that Mary and Joseph made from Nazareth to Bethlehem in search of a safe refuge where Mary could give birth to the baby Jesus. Iglesia Piedra Viva (Living Stone Church) is a Spanish-speaking UMC church plant pastored by Rev. Jesus Pruiasca Ruiz. On Dec. 22, watch "Behind the Pageant" 10:30 a.m. Hear the Christmas story told in a new way by children and adults of Epworth in a humorous play about what happens backstage at a Christmas pageant rehearsal. Epworth United Methodist Church is located at 3207 37th Ave. S.

## Elder Voices meets

Elder Voices (Telling Our Stories) will meet the fourth Friday of December (12/27) at Turtle Bread Company, 4205-34th St. from 10-11:30 a.m. There will time for people to tell or update their elder stories, the challenges and joys of elderhood. There will be an ongoing report from the Social Security Forum featuring Nancy Altman as well as people's Medicare Open Enrollment experiences.



## CHRISTMAS EVENTS

**Sunday, December 21**  
3:00 & 6:00 p.m.

Choral Christmas Festival

**Christmas Eve December 24**

4:00 p.m. Family Worship  
10:00 p.m. Candlelight Service

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## Christmas Eve Candlelit Communion

**2:30 PM**  
Art-Making with Guest Artist from ArtStart

**3:00 PM**  
Interactive Worship for Children

**5:00 PM\***  
Cross+Generational Worship, DIY Pageant

**6:51 PM**  
Celtic Contemplative Worship

**10:00 PM**  
Festival Worship

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## Night Before New Years Eve!

**Monday, December 30**

**5:30 - 7:30 pm**

Lake Nokomis Community Center  
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## Five years of trash transformed into art

Artist Sean Connaughty (at left) worked with Healing Place Collaborative and several dedicated community members and organizations to create a comprehensive exhibit of Lake Hiawatha, a critical habitat for diverse wildlife and deeply impaired by stormwater pollution originating from South Minneapolis, during an exhibit at the White Page Gallery, on Friday, Nov. 15, 2019. The exhibit included the artist's massive trash collection found in Lake Hiawatha – a part of the 6,820 pounds of trash removed from the lake since 2015. The exhibit includes drawings, documents and data collected over the five years of Sean Connaughty's volunteer stewardship of Lake Hiawatha. The exhibit also explored the history of Indigenous peoples on this land, which is the sacred homeland of the Dakota people.



A Forage Walk + Talk with Timothy Clemens and Ironwood Foraging on Nov. 17 began at Lake Hiawatha Recreation Center and ended at the White Page Gallery to take in the exhibit and talk about the possibility of a community-based food forest at Lake Hiawatha. (Photos submitted by Ryan Seibold)

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# Rebuild Repair Recycle

**Messenger**

Live a greener life and engage in more sustainable habits. Read about [zero waste](#), [repair work](#), [gardening](#), [biking](#), [reuse](#), and [more](#) —the things your neighbors are passionate about — in this regular section.

## Longfellow climate activist walks the walk every day

By MARGIE O'LOUGHLIN

Longtime Longfellow resident Jean Buckley believes each of us can make a difference in the current climate crisis.

She said, "I've always been a strong environmentalist. I believe every human being has a responsibility to protect earth's finite natural resources. Some people choose to be what are called 'first adopters,' which means taking on higher costs when technologies or products are new. First adopters are willing to bear those initial costs, with relative certainty that the costs will come down when the technologies or products become more main stream."

Buckley was a first adopter of residential solar energy, among many other things. Ten years ago, she had solar panels installed on her garage roof. That first set of solar panels produced enough energy to power her house until she bought an electric car last year. She is now adding more solar panels to the roof of her home to produce the extra energy she needs.

Over the next 10 years she will receive rebates from Xcel Energy as part of their Solar Rewards Program, and she won't ever have to pay for electricity or gasoline again. Visit [www.xcelenergy.com](http://www.xcelenergy.com) to learn more about their Solar Rewards Program.

When the Volkswagen Jetta TDI came on the market, it was the greenest car available. Buckley bought one early on, and was able to sell it back to VW after their emissions scandal broke. With the money from the resale, she purchased an electric Chevy Bolt. This car qualified for a \$7,500 federal tax credit. She frequently travels to Duluth to visit her grandchildren. Money

from the VW settlement is helping build infrastructure for electric vehicles; this includes more charging stations along highly traveled corridors like 35W.

Buckley has made most of her home improvement decisions from the standpoint of what's best for the environment. She said, "Many of these choices have higher costs up-front, but I believe they are cost-effective over time. The metal roof I chose for my house cost about 20% more than asphalt shingles. It will last at least 100 years though; I'll never need to replace it. I've lived in my house for 25 years and as someone who hopes to age in place, the metal roof made sense both environmentally and economically."

On Earth Day 2019, Buckley retired from her job with Ramsey County as an Environmental Health Educator. Prior to that job, she worked for the city of Bloomington. Her areas of expertise included renewable energy, building efficiency, water quality, and recycling. She said, "I had a long career as an educator. I'm still finding ways to encourage people to make positive changes for the environment."

Buckley is involved in her neighborhood as a Block Club Coordinator. Block Clubs are a function of the city of Minneapolis (visit [www.minneapolis.gov](http://www.minneapolis.gov) to learn more.) The focus of Block Clubs is often on crime prevention, but can include other things depending on neighborhood interests. On Buckley's block, she has organized a list of neighbors willing to share tools and skills, or barter for professional services.

She said, "We think our net-

### From Jean Buckley

Did you know that every 4th grader in the U.S. can obtain a free pass for themselves and their families to visit more than 2,000 federal lands and waterways for a whole year? The hope is that this "Every Kid in a Park" will help to build the next generation of passionate and informed environmental stewards. Visit [www.everykidinapark.gov](http://www.everykidinapark.gov) to learn more.

work is even better than Next Door, because it's neighbor to neighbor on our own block."

Since retiring last spring, Buckley has literally put on a new hat. She proudly wears a cap that identifies her as a River Educator with the Mississippi Park Connections Program: the nonprofit partner of the Mississippi National River and Recreation Area (the 72-mile section of the Mississippi River that flows through the Twin Cities). The program gives kids the opportunity to get out on the river, and have a national park experience right here in the Twin Cities.

In addition, she volunteers with the Citizens' Climate Lobby and 350.org on various climate issues such as pension divestment from fossil fuels, and investment in clean energy.

When asked what drives her seemingly endless supply of energy for environmental causes, the matter-of-fact Jean Buckley gave a



Standing in front of her electric Chevy Bolt, Jean Buckley said, "I use my buying power to make an environmental statement. I believe in making educated, responsible choices." (Photo by Margie O'Loughlin)

surprisingly sentimental answer. She said, "It's the Starfish Story." So here, in closing, is the Starfish Story (author unknown.)

One day a man was walking along the beach when he noticed a boy throwing something into the ocean. He asked, "What are you doing?" and the boy answered, "I'm throwing starfish into the sea. The

tide is going out and if I don't put them back, they'll die." The man said, "Don't you see that there are miles of beach and hundreds of starfish? You can't make a difference!" The boy picked up another starfish and gently put it back in the water. Then, smiling at the man, he said, "Well, I made a difference for that one."

## Xcel installing new meters >> from front page

He added, "Our customers want more transparency from us, and this is one way to deliver that. At the end of the day, it comes down to knowing how

and when energy is being used."

There are a lot of ways to use energy more wisely. Consider doing laundry on weekends rather than during peak week-

day hours. Think about running an air conditioner at night, and using blinds or curtains to keep the heat down during the day. Buy a smart thermostat and set back the temperature of your home at night. Charge your electric car overnight, instead of

plugging it in the moment you get home.

Marshall said, "Customers switching to off-peak hours helps us better manage our energy grid, and reduces the use of fossil fuels. If we avoid spikes in electricity demand, we can avoid

building new, expensive carbon emitting generating plants."

The pilot study is a chance for customers to choose when to use their electricity. The long term goal of Xcel Energy is to work toward being carbon free by 2050.

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