In Remembrance of Timothy Price

By David Fronsoe, Vice President

Early this fall, the Field Regina Northrop Neighborhood Group (FRNNG) and the neighborhoods it represents, lost a valuable member of our community. I am writing about the late Timothy Price. As we ask our residents and local businesses to ponder the question of how they can become involved in the community, what better example to share than of this Field Regina Northrop (FRN) resident who embodied an answer to that question and made a difference?

Tim grew up in the Rondo neighborhood in St. Paul. He was a stellar student and recognized leader in his early years, and those identifying markers never left him. His sister, Marianne Price, describes Tim as a “stand-out” in whatever position he held through life. Following his high school days (during which he was crowned as the homecoming king, a most unusual recognition for students of color at his school during that time), Tim set his sights high for his future. After obtaining a degree from Mankato State University, he furthered his studies at Georgetown University Law School, earning a law degree.

Tim put this wealth of study to work for the public good, specializing in poverty law at the Minnesota Legal Aid Society for several years before transitioning to the Minnesota State Colleges and Universities (MnSCU) system, now the third-largest system of colleges and universities in the nation. At MnSCU, Community & Safety Committee, describes the important activities in which his committee is involved while Francesco Marraffa, chair of the Business Committee, introduces a new idea in his article on page 5. Crime Prevention Specialist, Jennifer Neale, on page 6 invites you to become a trained block club leader or to assist the block club leader on your block. Rewarding relationships develop when we get to know each other. That is what happens we you help with one project or get involved with one activity.

For example, if you like language, and information, and people, consider joining the Communications Committee or becoming its chair. Continued on page 2

Opportunities for strengthening connections

By the Communications Committee

The arrival of the new year always presents us with opportunities to try something new. This year, we enthusiastically invite you to try something new by getting involved with a neighborhood activity.

Chris Schommer, president of the neighborhood board of directors, in his column on page 3 describes involvement in our neighborhood. His involvement started as the representative to the board of directors from Field neighborhood. For three years after that, Chris chaired the communications committee, initiating the design of a new logo and the redesign and redirection of this newsletter.

On page 5, Marty Koessel, chair of the Community & Safety Committee, describes the important activities in which his committee is involved while Francesco Marraffa, chair of the Business Committee, introduces a new idea in his article on page 5. Crime Prevention Specialist, Jennifer Neale, on page 6 invites you to become a trained block club leader or to assist the block club leader on your block. Rewarding relationships develop when we get to know each other. That is what happens we you help with one project or get involved with one activity.

For example, if you like language, and information, and people, consider joining the Communications Committee or becoming its chair. Continued on page 2

An evening out in the neighborhood

Enjoying A Night on 48th

By the Communications Committee

“It’s an inexpensive night out in the neighborhood, making it safe, easy, and enjoyable for residents of all ages.” That’s the way Stearline Rucker, program director, summed up A Night on 48th. The 11th-annual fundraiser took place again at Turtle Bread Company along with the adjoining Café Levain, at the corner of 48th Street and Chicago Avenue. Special invited guests included Mayor Jacob Frey and 11th-Ward council member Jeremy Schroeder.
Opportunities for strengthening connections, continued from page 1

Your role as the chair would be as the conduit between volunteers, paid contractors, the board of directors, and the community. Some of your responsibilities would be to coordinate the process of producing this newsletter and also directing the development and posting of content for social media and our website.

The chair of the Communications Committee attends one committee meeting per month and also attends the 10 meetings of the board of directors. The chair responds to emailed inquiries and also initiates and fulfills activities that enhance and improve communication between neighbors, businesses, non-profits, and the neighborhood organization.

“In Life’s most persistent and urgent question is, ‘What are you doing for others?’”

—Martin Luther King Jr.

In Remembrance of Tim Price, continued from page 1

The next chair of the Communications Committee will also be involved in selecting a new editor/project manager, layout designer, and proofreader for this newsletter. More about these positions is available on the neighborhood website: frnng.org

People like to work with people they know, like, and trust. One great way to get to know someone is to get involved in an activity or project you care about and believe in.

There are many possibilities to apply your ideas, talent, and devotion to our neighborhood. Contact Stearline Rucker, program director, with your questions and ideas: frnng@frnng.org or 612-721-5424

Close to Home

Close to Home is the official publication of the Field Regina Northrop Neighborhood Group (FRNNG) and is published six times per year by the FRNNG Communications Committee.

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Articles, photos, and announcements are welcome. Please email: editor@frnng.org or call 612-721-5424

The next deadline is Friday, January 24, 2020

The Field Regina Northrop Neighborhood Group, Inc.
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2018-2019 FRNNG Board
President: Chris Schommer
Vice President: David Fronsoe
Treasurer: Laura Dale
Secretary: Open position

Field Neighborhood Rep: Deborah Spiesz
Regina Neighborhood Rep: Alberta Knight
Northrop North Neighborhood Rep: Kate Nyquist
Northrop South Neighborhood Rep: Willie Bridges
Business: Francesco Marraffa

Communications: Open position
Community and Safety: Marty Koessel
Education: Open position
Greening: Open position
Housing & Community Development: Nate Lansing
Parks: Open position

Tim served as an advisor for civil-rights enforcement and compliance before becoming chief of staff for the vice chancellor, a position Tim held until retirement in 2014.

Tim planted himself in the Field neighborhood in 1993, purchasing a home on 2nd Avenue. It was from here that Tim launched another admirable pursuit, five years away from retirement. Finding inspiration to green/clean-up our neighborhood just across the street from his front door, Tim cultivated an ambitious plan. Upon learning that FRNNG had a Greening Committee, Tim worked with the organization as a member of the committee and continued a grant from MnDOT to beautify what many times are debris-ridden and overgrown areas of our city.

Tim then rallied his neighbors and put together a crew. If you have driven north on 2nd Avenue between 50th and 46th Streets and noticed how beautifully kept the property is that borders the freeway wall, you will see some of their work. Tim eventually became the chair of the Greening Committee and continued sprucing up other areas in the neighborhood.

Though we valued Tim’s green thumb, he didn’t limit his involvement with FRNNG there. With his legal background, Tim voluntarily provided insights on legalities as well as spearheaded the organization’s recent updating of the by-laws. Of notable mention is Tim’s above-and-beyond commitment. Even in his weakened condition, Tim chose to lead his team of workers until just before his passing. We will greatly miss Tim as a person, and of course, his dependable and industrious spirit. I hope that as we honor Tim’s memory, it may help you to answer the question, “How can I get involved?” Who knows, maybe like Tim, the answer is right outside your door.

Former 8th-Ward council member, Elizabeth Glidden, Tim Price, and former FRNNG board president, Willie Bridges, accepting an award from MnDOT in 2016.
Hello FRNNG,

Are you an activist? Are you a concerned neighbor? Do you want to help shape your neighborhood? This month I am writing to ask for your help. The board is currently operating with a large number of vacancies, with more on the horizon. My goal for our annual meeting and elections in April 2020 is to fill these positions with active neighbors who want to get some things done. But when I talk to people about this, I hear versions of this question a lot, “What do board members do?” I want to try and answer that here.

First, all board members participate in managing our money. The Field Regina Northrop Neighborhood Group – FRNNG – is funded from several sources, but our main budget comes from the City of Minneapolis. We receive grant funding yearly, and FRNNG still has unspent legacy funding left over from previous years that we are working on allocating to yet-undecided projects. Board members create plans to spend this money and these plans are debated, voted on, and carried out by the board. Joining the FRNNG board means that you as a board member can bring forward your worthwhile ideas and projects and request funding from your first day.

Board members meet regularly to discuss neighborhood business, vote on spending, and plan for upcoming neighborhood events. We also meet with public officials, neighbors, and other people with interests in the neighborhood to provide feedback and advocate for the neighborhood. It’s great to get to know local officials. Board meetings currently occur on the third Wednesday of the month from 6:30-8 p.m. at Lake Nokomis Presbyterian Church. We customarily do not hold official meetings in December or August.

If a committee has members not represented by a chairperson (for example, the Communications Committee that puts together this newsletter regularly has 4-6 committee members) that committee will also meet once a month or that chair requires. —?

Open Positions

FRNNG currently has five open board positions, and a sixth will be available in April since Nate Lansing will reach his term limit as housing chair (Thanks, Nate!). Here is a short description of each position. I encourage people to bring their energy and ideas and help define the roles for themselves as well. Each chair has a lot of leeway to craft the projects they wish to see. If you are interested in more information, please contact frnng@frnng.org

- **Secretary** - Records minutes at board meetings and helps manage checks and finances. The secretary also sits on the executive committee which helps improve the structure of the organization.
- **Communications Chair** - Maintain the newsletter and communications with the neighborhood, with support of the editor and other staff using the website and social media.
- **Education Chair** - Liaison with and advocate for our local schools, teachers, parents and students.
- **Greening Committee** - Focusing on the environment of FRNNG from improving our green spaces to educating neighbors about recycling and compost.
- **Housing Chair** - Oversees several large revolving loan programs in coordination with the City and nonprofits.
- **Parks Chair** - Liaison with and advocate for McRae Park, and assists with the coordination of our summer annual celebration.

So much is happening in our world right now, and the board for me has been a place where I know I can do something. If you are looking for an outlet and want to try and turn your ideas into action, please consider joining the board. We have resources, but we need you!
Greetings, Field Regina Northrop Neighbors!

Funding for Sabathani Senior Housing development
When I first entered my office in January 2018, I wrote five goals on the whiteboard to guide my work and efforts for the term. One of the items I listed was to get funding for the senior housing development at Sabathani Community Center. Governor Tim Walz, along with Minneapolis Mayor Jacob Frey, came to Sabathani Community Center on November 21st to announce the Minnesota Housing 2019 funding selections. I am so thrilled that, of the $254-million package distributed to 74 different projects and programs throughout the state, Sabathani Senior Housing was awarded $8,241,000, which closes the gap for this project and allows construction to begin in 2020.

We are grateful that this work will create 48 rental homes with efficiency, 1- and 2-bedroom units. The City of Minneapolis needs more senior housing options so that seniors are able to stay in their communities. And, yes, these units will be affordable up to 50% of the MTSP (multi-family tax subsidy program). Congratulations to Sabathani Community Center. Now I can check that item off the list.

Zoning change allows innovative affordable housing
The City Council approved an ordinance amending the City’s zoning code to allow for a new type of affordable housing for people transitioning out of homelessness.

The intentional community cluster development ordinance allows nonprofit organizations, government agencies or healthcare agencies to create collections of small housing units (tiny homes) and a common house or rooming houses with shared facilities on a city lot that is at least 10,000 square feet. The developments are allowed in any part of the city with the exception of industrial zoning districts.

The policy change is one of several strategies the City has deployed to address the affordable-housing crisis in Minneapolis. The amendment also includes development standards to ensure that intentional community-cluster developments are safe for residents and are compatible with their surroundings. While new to Minneapolis, similar housing options have been provided in other cities across the country – including Portland, Oregon; Austin, Texas; Madison, Wisconsin; and Seattle, Washington.

New ordinance requires 5-cent fee for carryout bags
The Minneapolis City Council passed an ordinance requiring retail establishments to charge a fee of at least 5 cents for carryout bags. The retail establishments will keep the fees. The requirement will go into effect January 1, 2020. Shoppers bringing their own bags will reduce litter and trash, recycling problems and resource waste.

The goals of this requirement are to:
- Encourage shoppers to bring their own bags.
- Protect resources used to produce paper and plastic bags.
- Reduce litter.
- Reduce waste: Minnesotans throw away 87,000 tons of plastic bags every year and recycle less than 5% of them.
- Keep plastic bags from clogging the gears in recycling facilities, which workers spend four-six hours a day removing.

Exemptions include bags used for produce, bulk foods, small items, carryout restaurants, farmers markets, food banks, retail establishments that do not possess a cash register; secondhand bags, bags sold in packages, dry cleaning bags, bags given out with no transaction, bags given at hospitals, car dealerships and car washes; and bags used for litter cleanup.

Retail establishments are not required to collect a pass-through charge from anyone with a voucher or electronic-benefits card issued under the Women, Infants and Children (WIC) or Temporary Assistance to Needy Families (TANF) support programs, or the federal Supplemental Nutrition Assistance Program (SNAP, also known as Basic Food), or a recognized Minnesota food-assistance program.

People can call 311 about retailers who aren’t complying with the ordinance after January 1.

This ordinance came through extensive outreach with businesses and business groups. The City will do extensive outreach with businesses and work on educating, with no fines for the first six months. As always, please feel free to contact me at the Ward 8 office, (612) 673-2208 or andrea.jenkins@minneapolismn.gov. Visit the Ward 8 website: www.minneapolismn.gov/ward8/index.htm
What Does Your Community and Safety Committee Do?

By Marty Koessel, Chair, Community & Safety Committee

For many of you, the first thing that comes to mind when hearing about the Community and Safety Committee is neighborhood crime. And, yes, there’s a bit of this in what we do, but our emphasis is on how we can create a more welcoming and livable neighborhood.

Most of our safety tasks are related to making our sidewalks comfortable places to stroll and our streets less challenging to cross. The committee is the prime driver of FRN’s efforts to create a safer crossing of Cedar Avenue between 47th Street and Minnehaha Parkway. We’ve weighed in on concerns about the restriping of 46th and 42nd streets and on plans to reconfigure the Parkway. We’ve repeatedly relayed concerns about traffic on Portland Avenue during the reconstruction of 35W.

The committee also organizes events designed to encourage you and your neighbors to work together. Clean-up events, some with BBQs afterward, have taken place in each neighborhood. Last October, we cooperated with St. Joseph’s Home for Children in a Litter-Be-Gone effort that removed trash and recyclables from about 80 blocks in the surrounding area.

Have you noticed the dozen trees planted along 42nd Street next to the McKnight Early Childhood Family Development Center? That, too, was spurred by the committee to support our goal of creating welcoming streets.

Okay, now for the crime stuff. If a particular type of crime picks up in our area, we’ll let you know and remind you of the steps you already know to take to discourage crime:

• Keep valuables out of sight in both car and home.
• Keep home and garage doors closed and locked with secure mechanisms.
• Make sure risky areas are adequately lighted.
• Keep an eye out for unknown people prying about your or your neighbors’ properties.

On the whole, we’re fortunate to live in a relatively safe neighborhood, and most of us have heard what the police recommend we do. There’s the risk, too, that by focusing too much on crime statistics and such, we become overly anxious and make our homes cocoons where we hide away from suspected dangers.

Really, the best thing we can do to prevent crime is to be out and about. Burglars and thieves do not like to be in cheerful, busy places where there are eyes on the street. If a thief who is out casing a neighborhood is merrily greeted, he or she will head elsewhere. So, please step out and enjoy your neighborhood and your neighbors whenever the spirit moves you. That’s at the heart of what our Community and Safety Committee hopes to achieve.

Fun, Free Libraries

By Francesco Marraffa, Chair, Business Committee

You have probably seen Little Free Libraries™ around the city and around the neighborhood. These little weather-protected boxes are a place for people to trade books with their neighbors. One goal of the board of directors this year is to be more active and visible in our community. One way we’re doing that is by researching the feasibility of providing free community mini libraries to a number of yards in the neighborhood in 2020.

To help us gauge interest, please email frnng@frnng.org and provide us with your full name and address and let us know if you would be willing to install and/or host one of these libraries on your property. Also email us if you would be interested in assisting with this effort by donating time or funds. This project is contingent on securing funding in 2020. Watch for updates in the March/April issue of Close to Home.

Regular reading for a child’s future success is critical. Reading is also fun, and we hope as a community to make it more fun, and easy.

Please get in touch with us and help us take this proposed idea to the next level — that being fun free libraries readily available for our kids (and parents!) to enjoy.
Are you in a block club?

By Jennifer Neale, Crime Prevention Specialist, Sector 3

The benefits of belonging to a block club are many! Neighbors will build stronger connections with each other and law enforcement. When concerns arise on the block, neighbors can more easily communicate to solve problems. Neighbors will know each other better and recognize who lives on the block and who doesn’t. Residents can meet regularly to socialize, go over recent crimes, discuss proactive strategies, and meet any new neighbors.

If you would like to get more involved with your block club or become a block club leader, please contact me, Crime Prevention Specialist Jennifer Neale. I look forward to hearing from you.

Jennifer Neale, Crime Prevention Specialist
612-673-2839

Project Success at Field Community School

Editor’s note: The text shown below is from a note sent by Field Community School to parents of Field students. Information was provided by Marta Fraboni, Director of External Relations at Project Success.

We are excited to partner with Project Success to help students connect to their purpose. Project Success (PS) provides a proven curriculum and new experiential learning opportunities to support Field students that also furthers the school mission. For this first year of PS programming, 6th-, 7th-, and 8th-grade students will receive in-class workshops delivered monthly by professional facilitators in their English Language Arts (ELA) classes.

The Project Success curriculum helps students build community, ignite success from within, and set goals. Project Success also provides access to professional theater performances for students and families. Through these activities, students are able to dream about their future, create a plan to get there, develop the tools, and receive the support they need to achieve their goals. Project Success programs are available at no cost to students and their families. Visit projectsuccess.org/field at any point throughout the year to discover the programs currently available to Field.

McRae Park is “booming” and changing

By Jason Flaig, Communications Committee

If you haven’t stopped by McRae Park lately, there are some recent changes that you should know about. And more changes and improvements are coming up.

One of the most noticeable things is the new soccer/football field, which was completed this summer. The field will be taken over by outdoor hockey rinks this winter.

Heather Susag, who has been the director of McRae Park since the end of 2015, said other changes planned for the park will be coming at some point in the future.

“The walking path hasn’t gone in yet. The long-term goal is to have that, a new playground and a new zero-entry pool/splash pad,” she said. “We just need to figure out when the funding will happen for those things.”

Susag said McRae’s Rec Plus programs for school-age kids – ages 5 to 12 – have gotten extremely popular. She said that anyone interested in enrolling their kids should not delay, as the programs fill up about a week after registration opens.

“Rec Plus is just booming here,” she said. “And our ballet and tap dance programs are very popular as well. We had 500 people at our most-recent recitals.”

In December, just before Christmas, McRae hosted a Winter Solstice Party. The fun ran from 6 p.m. to 8 p.m. There were luminaries, wishes for the New Year (and the shredding of bad things from this year) and other festive events to celebrate the shortest day of the year.

Susag also said that McRae has lots of new programming, including a Safe at Home program for kids who are 8 years old and up. The class offers pointers on being home on their own either before and/or after school. “We have a lot going on here. It’s really busy and that’s great,” Susag said.

To get updates about parks from 5th-District Parks Commissioner, Steffanie Musich, subscribe to her eNewsletter at: http://eepurl.com/QZ-9
Northrop neighbor has a Mandarin language business in her childhood home

By Steve Date, Communications Committee

Nicole Darcy’s life has been a world-wide journey that ultimately brought her back to her childhood home. Her parents bought a house on the 4700-block of 11th Avenue South when she was five. She attended Northrop Elementary, Anthony and Ramsey middle schools, and graduated from Washburn High School.

After high school, Nicole wanted to “get away from here for a while.” She certainly did. After attending college in Denmark for a year, she traveled for another year all around Europe. She began studying Chinese and became interested in various Asian cultures. “I decided I wanted to live someplace where I was a minority, where everything was different from what I was used to – not just language, but customs, food, race, everything,” she told me.

That self-challenge led Nicole to Taiwan, where she lived and taught English, Chinese and Mandarin for 18 years. Her father died soon after she graduated from high school, but her mother remained in the house for all those years, until she passed away in 2006. Nicole decided it would be time to come back to Minneapolis and live in the house of her childhood.

Nicole has fond memories of growing up in the Northrop neighborhood, and talked with me about how the neighborhood has changed. She always liked the diversity and charm of the neighborhood but misses some of the old businesses along Chicago Avenue that she frequented as a child, such as the drugstore on the corner of 48th and Chicago and Judy’s Drive-In, which was located where the Health Partners clinic is now.

Nicole says she’s “tight with my block,” having a connection with many of her nearby neighbors. She appreciates the way they check in and watch out for each other.

Nicole’s business is called Mandarin Links. She has 30 years of language-teaching experience. She specializes in “Mandarin-Chinese language and culture teachings and learnings, and translation services.” She works with individuals, schools, organizations and businesses. www.mandarinlinks.com/

Snow-related information from the City of Minneapolis

Snow-removal information: Within 24 hours after the end of a snowfall, shovel your sidewalk down to the pavement & to its full width. • It is against the law to shovel or blow snow into streets & alleys. • Remove all ice from sidewalks. Free sand is available at 6036 Harriet Avenue.

Snow-emergency information is available here: www.ci.minneapolis.mn.us/snow/index.htm
Bag-E-Wash
By Jeannie Piekos
Bag-E-Wash is a business born of a passion. I have always been an environmentalist so as a young mom when I packed the kids’ lunches I enforced a “bring home the baggies” rule. I would then dutifully scrub them and then air-dry them in my cramped kitchen. Since necessity is the mother of invention, it is not surprising that in 2002 I was granted a patent for the first dishwasher accessory that allows people to wash and dry baggies in the dishwasher. Bag-E-Wash was born! I developed a website, created literature and attended green-living expos and fairs to promote my new green product.

Bag-E-Wash has been featured in the Boston Globe, StarTribune, Organic Style and many other media sources for its ingenuity and practicality. Bag-E-Wash is adjustable to accommodate sandwich size to gallon-sized bags and help people who like the convenience of baggies but are bothered by the waste of a single-use plastic bag.

I know that small actions add up. My home-based business doesn’t solve all the big environmental problems nor does it make me rich but it offers a solution to a real problem. One box of 30 bags washed and reused 10 times each keeps 300 bags out of the oceans and landfills, not to mention saving money. Also, I love it when customers tell me, “You invented my dream product!” Eighteen years later I am still washing and reusing bags with my own invention! Visit online at bag-e-wash.com

Chris Harrington, CH Realty
By Chris Harrington
CH Realty’s four core values are: Sustainability, Client Empowerment, Service over Profit, Quality over Quantity.

CH Realty is an independent real estate brokerage focusing on sustainability. In tandem with helping clients buy and sell real estate, CH Realty educates, advocates for and provides aspiring and existing homeowners with resources to increase their home’s health and comfort while lowering their carbon footprint and increasing their energy efficiency.

I recognized huge demand for a more holistic real estate service, one that educates and empowers people to begin seeing their homes as active systems that can be improved in many ways to live more sustainably. The result of this work is better home comfort and an overall improvement in quality of living!

I found that clients crave knowing more about how homes work. I’ve been educating myself on renewable energy, home systems/building science and urban-plant landscapes for 15 years. You might say I’m an energy nerd! I’ve built new construction and I’ve restored two Minneapolis Victorian-era homes. When I look at a house, I can’t help but to analyze its building envelope, yard potential for native landscapes and note the many ways the property could become more sustainable, energy efficient and functional.

I’m proud of the 5-star reviews I’ve earned on Yelp, Zillow, Google Business and Facebook. I think the sentiment of many reviews speaks to my high level of customer service and ethics. www.chrealtymn.com/

Feature: Home-based Businesses

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Building lifelong relationships one smile at a time

Thanks to SCABA – the South Chicago Avenue Business Alliance – for festive holiday lights and decorations near 48th and Chicago Avenue.
Richard L. Kronick

By Richard L. Kronick
I have been self-employed since 1985 as a freelance writer, writing trainer, architectural historian, and musician. After college (B.A. in English from the U of M), I worked as a technical writer for engineering companies. But I was bored much of the time in those jobs. There was little variation in the work, and I wanted to write about a topic I’m passionate about: architecture.

Becoming self-employed has allowed me to realize that goal. I get all the variety I can handle writing for architecture and engineering companies. I’m proud to say proposals I’ve written have won my clients more than $600M in projects. As an outgrowth of my writing work, since 1986, I have presented more than 1,000 seminars on technical writing and business writing around the world. I’ve also published more than 100 articles on architecture and engineering. I often lecture for civic organizations and colleges, and, annually, I lead about a dozen architecture tours in the Twin Cities.

I am no less passionate about music than about architecture. I play string bass and electric bass. In the 1980s, I was a member of Steamboat Willie, a popular Twin Cities country-rock band, and since 2007, I have led The Chronic Quintet, a jazz ensemble.

Being home-based means I have low overhead and a quiet work environment. I think FRN is perfect for home-based workers because of the affordable housing and because we are in the center of the Twin Cities. www.richardlkronick.com

Nomad Marketing

By Jason Lardy
Nomad Marketing is entering its 14th year of providing strategic and tactical marketing support for small- and medium-sized organizations. Our clients rely on us for strategic consulting and execution services including social-media and content marketing, event marketing, branding, web development, SEO and PPC marketing, and traditional creative services.

Nomad Marketing’s tagline, “Build your business, not your headcount,” summarizes our mission to provide affordable, comprehensive marketing support for small organizations that may not have the resources to support a full-time marketing team. We act as an “outsourced marketing department” for many of our clients. Our affordable services allow our clients to focus on what they do best, while we help get the word out!

My wife, photographer Lisa Lardy, and I have been FRN residents for nearly 25 years. I am the co-founder and organizer of the popular Southside Sprint bicycle race, which will return for its 10th year on July 19, 2020. During my 30 years of marketing experience, prior to founding Nomad Marketing, I held positions at 3M, Telex Communications, Corel Software, and elsewhere.

We’re proud to call FRN the home of Nomad Marketing. The neighborhood has one of the most vibrant business communities in the Twin Cities. With a wide variety of local establishments, meeting space for coffee, lunch, or a beer is readily available. We’re honored and grateful that so many of the FRN businesses have supported the Southside Sprint over the years, as well. Learn more about us at nomad-marketing.com

Susan Shehata

By Susan Shehata
Every day, we navigate many aspects of life: Partnership, family, friends, career, home, money and health. But underneath all of this is our inner Story. Our Story is comprised of our subconscious core beliefs and it informs all aspects of our life. Sometimes, our Story supports us, and sometimes it keeps us stuck.

Hello neighbors! I’m Susan Shehata – Trauma Educator & Facilitator. Space Expert. Conflict Coach. My work explores these Core Stories to create healthier systems – within individuals and organizations – to reduce conflict and bring ease into daily life. Whether it’s something internal or external, I help folks resolve challenges and create solutions for their home, business and life.

I have lived and worked in the Regina neighborhood for the last fourteen years. What I love about being a home-based business is the flexibility and comfort. I have had many incarnations of my business, including a brick and mortar. But, for me, nothing beats a workday in my own house. I’ve also created a lot of online content from this cozy neighborhood, including The Fabulous Paper Purge, a free online program that was featured in the Pioneer Press, on Fox News and KARE11, and has supported over 1,300 participants.

My main clients are community leaders, creatives, entrepreneurs, educators, therapists and other wellness providers. They are people who recognize the need to address the deeper trauma and conflict in their life, so they can better serve the community.

I look forward to supporting even more people in our neighborhood and beyond! www.SusanShehata.com
On Saturday, November 2, guests enjoyed an evening of visiting, good food and beverages, listening to appealing music by the band, AKOUO, and bidding on affordable, desirable silent-auction items donated by businesses and individuals. See the list of generous donors below for items that were solicited by Karen Date, Steve Date, David Fronsoe, Francesco Marraffa, and program director, Stearline Rucker.

We thank our sponsors and those who donated items to our silent auction, our raffle, or our neighborhood game. Please support them with your patronization in the future. Thank you also to our board members, volunteers, and program director, Stearline Rucker.

Stearline called on previous experience and a capable group of volunteers to put on the event. Those volunteers included president Chris Schommer, vice president David Fronsoe, South Northrop representative Willie Bridges, and Northrop residents Karen and Steve Date.

Treasurer Laura Dale and Field neighbor (and former vice president) Barbara Harris welcomed guests. On the night of the event, board members Chris Schommer, David Fronsoe, Marty Koessel, Nate Lansing, and Francesco Marraffa were very involved with facilitating the silent auction, the raffle for wine and beer, and a neighborhood-related game. Final numbers were not available at the November 20 board meeting as to the number of guests who attended nor for the money from sponsors or raised through door receipts or proceeds from the silent-auction or raffle games. Tallies for expenses such as printing and mailing of post cards, production of lawn signs and window posters, and costs for space rental, the band, food, flowers, tablecloths, the program manager’s time, and other expenses also were not available.

This event is another example of neighbors working together, getting acquainted, and creating something special in our neighborhood. If you’re wondering how to get involved in neighborhood activities, contact Stearline in the neighborhood office: 612-721-5424 or frnng@frnng.org.

THANK YOU TO OUR DONORS AND SPONSORS!

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<td>Todd Mehlhoff, PsyD, LP</td>
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<td>Little Sock by Kia Heise &amp; Christopher D. Park</td>
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<td>Mark Scannell (author)</td>
<td>Walgreen’s</td>
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<td>Minnehaha Animal Hospital</td>
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Enjoying “A Night on 48th,” continued from page 1

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About Regina neighbor Clara Tims

By Andrea Johnson, Regina neighbor
Clara Tims is known as a kind and generous neighbor, amazing baker, and gardener extraordinaire in the Regina neighborhood. She moved here from North Carolina more than 30 years ago. She brought with her all of the recipes her mother taught her, like sweet potato pie, buttermilk pie, and caramel cakes – favorites from the South that are hard to come by up here in the bold North. (If you’re interested in sampling Clara’s delicious baked goods, she is accepting orders for the holidays. Email her at cake2004lady@gmail.com to learn more.)

When she’s not baking something delicious, she’s busy creating beautiful hats, engaging in arts and crafts, or socializing.

Clara is a breast-cancer survivor and has been cancer-free for a quarter of a century, but she remains very active in her breast-cancer survivor support group. In addition, she is a proud red-hatter. The Red Hats are a group of women who get together regularly to dine, go to movies, or just enjoy each other’s company.

Clara and her husband, Sammy, love looking out their window to see the neighborhood children select books from their Little Free Library. You’ll see them both tending their beautiful and bountiful gardens all summer long. Regina neighborhood is lucky to have such a creative and delightful neighbor!

2020 – A year to make your personal vision clear!

Jennifer Myers, Director of Healthy Living
Blaisdell YMCA

With the beginning of each year, we get an opportunity to start fresh and set our sights on more – more focus on our health, more time with our families, more chances to learn and more support for our neighbors. The Blaisdell YMCA at 34th Street and Nicollet Avenue encourages you to make the most of 2020 by seeing your New Year’s resolutions through. Those resolutions can include:

Improving Your Health
Whether the goal is to run a 5K or reduce your risk of developing a chronic disease, physical activity is the #1 answer to get you feeling better in 2020. Not only will you be healthier, but you’ll also develop confidence and a sense of pride as you take control of your health and realize just how much you are capable of accomplishing. Start with 20 minutes of walking, three days a week.

Making Family Time a Priority
Eat meals together – encouraging younger family members to help prepare parts of the meal. Not only does this encourage healthier eating, but it also gives families uninterrupted time to share what is on their mind. Some of the best stories and discussions happen at the dinner table! This year, choose at least one night of the week when everyone can be home at the same time.

Developing a New Skill or Interest
Learning is a lifelong endeavor that supports well-being at any age. Explore your creative side with an art class or tour of a local museum/gallery. The Twin Cities offers so many free opportunities to immerse yourself in art and culture. Try a new sport like pickleball or curling. Or, learn a skill that may someday save your life: Child or adult swimming lessons at the Blaisdell YMCA!

Supporting Your Neighbors
No matter what your skills, resources or schedule, there are numerous volunteer opportunities available. Retired teachers can find opportunities to tutor young children. Green Thumbs can put their knowledge to use with a community garden. Libraries and churches are always looking for people to volunteer a few hours of help. Along the way, you’re likely to develop new friendships and learn more about your neighbors and yourself.

May 2020 be your best year yet – a year of growth and learning!

S.R.E.S. – I specialize in working with seniors.
I help people “right size.”
Resident of Field neighborhood since 2011.
Member of the communications committee.

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christian.fritzberg@kw.com
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If your bowling banquet falls on the 4th Thursday evening in April, you’ve got a valid excuse to miss the Field Regina Northrop (FRN) neighborhood annual meeting. Otherwise, you will want to be there. Why? Because this is an opportunity to ask questions, elect leaders, meet and interact with elected city and county officials, and get involved.

At the annual meeting, you will meet other curious neighbors and learn about the possibilities to contribute to FRN. We encourage you to show up — and make a difference in your part of the world. Your initiative can have a significant impact.