**Your footprints are the path...**

- Antonio Machado*

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**Together We Grow** Mural enhances Bloom-Lake

**ALLEY COLLABORATED NEWS**

“Together We Grow” is a vibrant view and soulful experience made of ceramic and glass mosaic enhanced with painted interludes on an oft graffiti–“marked” but nondescript stucco wall at Bloomington Avenue and Lake Street’s northwest corner. In any language—“Together We Grow” (Eng.), “Ensemble Nous Grandissions” (Fr.), “Wir Gemeinsam Wachsen” (Ger.), “Sammen Vi Vokser” (Nor.); “Wadjir Baan Ku Korraa” (So.), “Juntos Crecemos” (Sp.)—it encompasses the creative energy of 300 people making their “mark”—each knowing “your footprints are the path and nothing else,” and creating a new reality for the most neighborhood in the state while clearly stating to all others that the dynamic power of art embodies the steps of individuals and to unify the steps of a community.

It is a highlight of the four year-old Semilla (seed) Project of St. Paul’s Lutheran Church (15th Av. and 28th St.) and the inauguration of “Phillips Avenue of the Arts” which is a rebranding-of-the-neighborhood initiative and expose of arts linking community groups, business and residents together visually.

The mural was dedicated Saturday, October 26th, heralding the work of many school children—including from the Autism Spectrum Program at Andersen Community School—senior citizens, families and block clubs who learned mosaic techniques and created the 1400 square foot mural on the La Mexicana building.

Patrick Cabello Hansel, co-pastor of St. Paul’s says, “Phillips Community is blessed with incredible diversity and talented, courageous people. Giving people tools to create beautiful art together also empowers them to work together to build community.”

Semilla Project has completed 19 murals—from garage murals marked but nondescript stucco to two large scale mosaic mounds on Andersen School and placed over 30 mosaic flower planters throughout the community.

The project has partnered with Waite House, In the Heart of the Beast Puppet and Mask Theatre, All My Relations Gallery, The Division of Indian Works and Community Emergency Services to bring quality arts to people where they live, with a special focus on reaching those who don’t have access to such experiences, including those with physical challenges. To date, over 1800 people have participated in mosaic workshops and classes. Greta McLain, the project’s lead artist and mentor, has done murals in Philadelphia, Memphis, Boston, Buenos Aires, Lake Street’s northwest corner.

The Minnesota NFL football team opposes the Washington D.C. football team on November 7th... The American Indian Movement says the term “Redskins” should not be used in connection with that game being played in a public facility, said movement national director Clyde Bellecourt. “We’re saying that the ‘r’ word is no different than the ‘n’ word,” he said. Seeing derogatory logos and hearing vicious taunts from fans “has a tremendous psycholog-ical effect on our children,” Bellecourt said. “Would they have a mascot here called Little Black Sambo? Oh, no.”

Clarence Page of the Chicago Tribune wrote in 1992 “The Washington Redskins are the only big time professional sports

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**AIM & ACLU ask for equality and respect**

**ALLEY COLLABORATED NEWS**

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**Phillips Ave. of the Arts**

see page 3

**AIM and Washington Redskins**

see page 4
Boost Your Immune System for Fall

BY SARA JEAN BARRETT, ND

At the urging of Running Wolf Fitness Center I always want the Alley reader to get to know the wonderful people who come and volunteer their time and talent with our clients at Running Wolf. So this month I asked Dr Sara Barrett to share something about her wisdom with you all. Dr Barrett is Naturophysician Practitioner and a regular presenter on health topics at Running Wolf Fitness Center and anyone who attends her sessions always wants to come again!-Connie Norman-Running Wolf Fitness Center

Here is an excerpt from Dr Sara Barrett’s blog: (used with her permission)

Fall is officially here! To gear up for the cooler weather let’s review some things you can do to keep your immune system going strong.

• Exercise: Once cold weather hits it can be tempting to hibernate on the couch. But snow is a great way to keep up your exercise routine even. Even doing a little yoga every morning after your coffee intake can help keep you healthy.

• Avoid sugar and refined carbohydrates. With cooler weather often comes carbohydrate cravings. Try to avoid consuming refined sugar and carbohydrates as much as possible. Sugar slows the action of your immune system. Instead when you need energy reach for something healthy. I often keep a small apple or hard cheese in my bag. Like nuts, cheese and fresh fruits is a strategy I use to keep my energy up and my immune system healthy.

• Probiotics/fermented foods: One of our best defenses against getting sick is having a thriving bowel flora. A daily probiotic will help you enjoy fermented foods like kombucha, miso, tempeh, sauerkraut etc. But when you really want to load up on fermented foods make sure you are taking a probiotic supplement.

• Medicinal mushrooms: Mushrooms like shiitake, reishi, cordyceps the list goes on. All of these mushrooms are great at boosting your immune system. You can buy them dried at co-ops and add them to almost any dish. Sometimes I even find them fresh at farmer’s markets.

• Vitamin D3: Here in MN we must take vitamin D throughout the winter months. Most people have little sunlight exposure we won’t make much on our own. A good source is cod liver oil. If you wouldn’t relish those childhood memories then pick up a supplement and make sure it contains the fat soluble vitamins (A, D, E, K).

As always, continue to eat a balanced diet full of produce. Try to eat the rainbow and get as many colors in your diet as you can. If you do find yourself coming down with something you can always schedule a quick appointment so you can get on the mend faster.

Now! Before starting a new diet or supplementation routine make sure to speak with your ND, MD, or DO. This post is for educational purposes only and is not to be taken as medical advice.

Sara Jean Barrett, N.D.
Ally Alternatives for Health

P: 612.598.8627
F: 612-677-3773
www.altierventionsomn.com

Sara Barrett will be presenting at Running Wolf in November on “Food as Medicine.” Watch for the date and time in our November Calendar! For more information call Running Wolf @ 612-872-2388!

Play Reading Group

For those who wish, there is a proactive group meeting second Fridays from 11 am to 12:30 pm in the lower level of the Franklin Library, 1314 East Franklin Avenue, Minneapolis. Entitled the Play Reading Group, this ensemble reads aloud parts in plays selected by co-chair, James Hart. Each play takes two sessions to complete.

Formed eight years ago in Bloomington, the Play Reading Group was moved to Minneapolis in 2007 by co-chair, Elizabeth Young. It is affiliated with the U of M – Osher Lifelong Learning Institute, a division of the College of Continuing Education, and is open to the adult public.

The next play for November 8th is December’s Children by V. S. Naipaul. “The Wise,” by Gotheild Ephraim Lessing. Written in 1779 it presents a plea for religious tolerance. The performance was forbidden by the church during Lessing’s lifetime. Set in Jerusalem during the Third Crusade, it describes how the wise merchant, Nathan, the enlightened sultan, Saladin, and the Christian Templar knight bridge the gaps between Judaism, Islam, and Christianity. Its main themes are friendship,tolerance, and a need for communication. Although not expressly a Christmas theme, it is appropriate now because its message is so clearly “Peace on Earth.”

For further information, contact Elizabeth Young at bar1138@gmail.com or 612-545-5059 or James Hart at har10017@umn.edu or 612-729-5714.
**War and Peace shape state, national and family history: Minnesota, U.S. and Seymour Fillmore**

Seymour Fillmore has a marker in Minneapolis Pioneers and Soldiers Memorial Cemetery even though he is not buried there. Mr. Fillmore was a private, a waggoner, in Company B of the 9th Minnesota Volunteer Infantry. He enlisted on August 21, 1862, three days after the Dakota Conflict began. His company spent the next several months in Minnesota, engaging in battles with the Dakotas at Acton and Hutchinson. In the fall of 1863, soldiers in the 9th were furloughed for ten days and had the opportunity to spend some time with their families. For Seymour Fillmore, it was likely the last time that he saw them.

He had been married less than a year when his regiment went South. He and Annie Sully were married on 4 November 1861; the following year their only child, also named Anna, was born. She was four months old when her father enlisted and less than a year and a half old when his regiment went South. On October 8, 1863, Company B boarded the steamer Chippewa Falls and spent the night in Winona. At Winona, they boarded a train for Missouri. That winter the conditions were deplorable. The men were wet and sick much of the time. In May 1864, they left for Guntown, Tennessee, where in June they experienced a disastrous defeat. Eight officers and 355 enlisted men were killed, wounded or lost. Later that year, in November 1864, Colonel J. F. Marsh, in a report to Minnesota’s Adjutant General, described the conditions that the 9th Minnesota had endured the previous year:

> During the past year the regiment has traveled about 4,000 miles, over 1,500 of which have been marched, the balance by boat and rail. Conditions following their defeat at Guntown were so difficult that many of those who had survived were declared unfit for service and sent to military hospitals.

Seymour Fillmore died from disease in the military hospital in Memphis on September 29, 1864. He was buried in what was to become Memphis National Cemetery with approximately 14,500 other Union soldiers. Of those, 7,500 are “unknowns.” One hundred eighty-nine of those who were identified were from Minnesota.

In 1916, the State of Minnesota erected a monument in the cemetery to honor them. Minnesota was the first, and one of only two states, the other being Illinois, to have erected such a monument. Mr. Fillmore has an individual upright marble military marker, as well. His family wanted a memorial stone in remembrance of him. When his widow, Annie Sully Fillmore died in 1905, she was buried next to his marker in Lot 17, Block O. Their daughter Annie married Dr. Peter Holl. They were founding members of the Minneapolis Cemetery Protective Association and deserve most of the credit for preserving Minneapolis Pioneers and Soldiers Cemetery in the 1920s.

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**Above: Gravestone of Seymour Fillmore “Died in Service” and buried in Memphis, right: Monument honoring 189 members of the 9th Minnesota Volunteer Infantry who died in or from Civil War injuries and were buried in Tennessee.**

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**BY SUE HUNTER WEIR**

Last month’s story was about a mystery marker that city staff found in one of the city landfills. They brought it to the cemetery thinking that’s where it belongs. It turned out that it did not belong to anyone who is (or was) buried in Pioneers and Soldiers Cemetery. The name on the stone was Mrs. F. Eaton. An unmarried baby was also listed on the marker. Two readers solved the mystery. The baby’s birthdate (he was a boy) and death date are the same. On March 12, 1893, Eaton died; one week later. She and the baby are buried in Crystal Lake Cemetery. Frederick Eaton was born in Maine in 1865. Edith and Frederick were married in Minneapolis in 1882. The baby’s birthdate (he was a boy) and death date are the same. On March 12, 1893, Eaton died; one week later. She and the baby are buried in Crystal Lake Cemetery. Frederick Eaton was born in 1885. He and his second wife had two daughters; their oldest daughter was named Edith. Thanks, and congratulations, to Lu and Phil for having solved this puzzle. The next step is to contact Crystal Lake to see whether Edith’s grave is marked. Our other follow-up story is about a report to Minnesota’s Adjutant General about the team’s name in the past, and the Minnesota chapter of the American Civil Liberties Union issued a statement calling for the Vikings, the media and the authority to refer to the team as “Washington.”

Jay Lindgren, attorney for MSEA, said that doing so would “arguably” qualify as a restraint on free speech. “You would be engaging, I think, in what arguably is an unconstitutional prior restraint on the use of free speech,” Lindgren said.

The Vikings are doing their best to steer clear of the issue and let the NFL handle any formal declarations.

> “We understand the magnitude of this issue, and we respect and are sensitive to the concerns that they have raised,” Vikings spokesperson Lester Bagley said.

Native American leaders say they expect “hundreds” of protestors in front of the game when the Redskins and Vikings play.

> “The name, logo and mascot are racist imagery that does not honor anyone, but instead perpetuate stereotypes that are particularly hurtful and offensive given the history of forced assimilation and brutality that Native Americans were forced to endure in Minnesota and throughout the country,” ACLU-MN executive director Charles Samuels told in a statement.
SOMALI MUSEUM
Now Right on Lake Street

SARAH LARSSON, SACM, OUTREACH DIRECTOR

A new museum celebrating Somali culture and art has just opened on Lake Street.

The world’s only Somali Cultural History Museum used to be in Mogadishu, the capital of Somalia. In the last 20 years of war in Somalia, that museum was destroyed and many artifacts have been scattered across East Africa and the world. Now this community-led project offers hope to the large Somali diaspora.

On the block between 15th Avenue and Bloomington Avenue on Lake Street, in a basement office suite, a group of Minnesotans has been working for months to fill rooms with camel bells, goatskin water jugs, and beautifully painted wooden writing tablets. It is the first time a collection of Somali cultural artifacts has been assembled outside of Somalia, and it is a new glimpse of the Twin Cities’ cultural landscape.

The Somali Museum was founded by Osman Ali, a local entrepreneur. When Ali traveled to visit his family in 2009, he saw a change happening in Somalia.

“Everybody is moving into the cities now, and the culture is disappearing,” explains Ali. Instead of traditional handmade crafts, Ali saw most homes full of imported plastic goods. “I realized that in America, it is an even bigger challenge,” he continued.

“This museum is for the young people,” says Ali. “They have grown up without any connection to their culture.”

Ali envisions a Somali Artifact and Culture Museum to which parents and teachers can bring groups of children to learn about and reclaim their heritage.

“This is one of the biggest—no, it is the biggest collection of Somali culture we have.” Ahmed Mohamad Warsame used to be a director at the Somali National Museum. Now he is volunteering to catalog the Minnesota Museum’s collection. In just two years, he has contained over 700 pieces.

“This is amazing,” says Muna Muhammed, a Somali-American woman in her late twenties. “I haven’t seen any of these things except with my grandparents, when I was a little girl.”

The Somali Museum gallery opened on Saturday, October 19, and crowds of young people like Muna pressed towards the artifacts to take pictures on their phones. Osman Ali looked on and smiled.

The museum gallery is open to the public 11–5 on Thursday, Saturday, and Sunday, and by appointment all week at 612-234-1625. Groups of young people and school field trips are especially welcome. The Museum is located at 1516 East Lake St, Suite 011, and www.somalimuseum.com.

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Playoffs Ave. of the Arts
(from page 1)

Paris, and other Minneapolis neighborhoods. She says: “This mural project is an important gateway marker into Phillips Community. Fueled by youth groups throughout the neighborhood, hundreds of volunteers, and with more than a month of installation time, it shows the neighborhood’s commitment to growing its positive image, and also the spectacular collective ability of Phillips’ residents. It has been an honor to be the lead artist of the Semilla Project and to watch and witness art grow in Phillips’ during the last four years. This mural is really an extraordinary culminating of the small mosaic planter project we started in 2010.”

Semilla’s activities were a part of the weekend’s 3rd Annual “Taste of Phillips” Festival, which included an open mike on Friday night, and the opening of the youth photography project “Under Construction.”

The Dedication had live music—Radio Pocho, Axolotl, Holly Dunagan, Sister Species, Bomba Umyoza, Alma Anotasha, fun activities for children, and spoken words of appreciation and celebration by Greta McLain (lead artist), Sandy Spieler Heart of the Beast Theatre), Claudia Valentina & Vicky Melchor (top assistants), Fatima Castro (St. Paul’s Young Leader), Marisa Carr (Division of Indian Works) and Patrick Cabello Hannel as MC.

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board and the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund; and by a grant from the National Endowment for the Arts; and from a City of Minneapolis Innovative Graffiti Prevention Micro-Grant.

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November 15
Spirit on Lake Grand Opening

Spirit on Lake opened and celebrated the region’s first housing (46 units) built to serve older members of the gay, lesbian, bisexual, and transgender community and the new home of Quaretfoil Library, one of the few libraries in the country specializing in materials for GLBT patrons.

Spirit on Lake began due to the inspiration of GLBT Generations and the United Church of Christ congregation Spirit of the Lakes which had purchased and remodeled the Grossman Chevrolet auto body shop for a worship sanctuary, education center and meeting place.

The church decided to use the property to serve the broader GLBT community; GLBT Generations was delving into issues of aging for the first openly out generation of gay, lesbian, bisexual, and transgender elders. That originating focus made this project unique in the Upper Midwest. The drastic fluctuations in the housing market resulted in abandoning the original plans of a co-op housing ownership as many of the original enlistees lost their house equities.

Resiliency, perseverance, and institutional creativity led the project to a rental model instead and Spirit of the Lakes merging with Minnehaha UCC at 4001 38th Ave. So., Mpls with the new name Living Table UCC.

Poverty and instability can become serious problems as GLBT people age, due to estrangement from families of origin and uncertainty about being “out” among new neighbors and/or caregivers. Compared to the general population of the same age, GLBT seniors are twice as likely to be single and four times as likely to be without children. This population also has twice the poverty rate and are twice as likely to delay health care due to economic concerns, compared to the senior population in general.

The October 30th event included building tours and program with Barbara Satin of GLBT Generations as MC and speakers including Representative Karen Clark, Senator Scott Dibble, Council Member Gary Schiff, Minnesota Housing Commissioner Mary Tingerthal, and Living Table UCC Pastor James Pennington.

If you cannot attend the event:
• DONATE used books
• CONTRIBUTE on Nov. 14 through GiveMN
• SEND A CHECK to Alley Communications, PO Box 7006, Mpls., MN 55407

Books can be donated for the Book Sale by dropping them off at Welna Hardware, 2438 Bloomington Avenue or East Phillips Park Bldg., 2307 17th Avenue S. Call Harvey at 612-990-4022 for more information.

Greta McLain and Jesse Urban holding scissors together as they and others simultaneously cut the Dedication ribbon on Oct 26th

The Alley Newspaper • November 2013

Friday, November 15
6:00 to 8:30
St. Paul’s Assembly Hall
2742 15th Ave. S.

Entertainment Options
Worship services, readings

BOOKS
Nov. 8:
• Donate books
• Make a financial contribution!

 Ally Media Social! Donate books! Make a financial contribution!

Various entertainment options
“Words” readings, poems, music

Secret Traffic
Selected Poems
Roy McBride

Media: Press and the Left Library Center invite you to a publication reading and reception for
Secret Traffic
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Gravity

Warner Bros. ***** Science Fiction/Adventure/Thriller
Cast: Sandra Bullock (Ryan Stone), George Clooney (Matt Kowalski), Ed Harris (Voice from Houston). Running time: 118 minutes. Directed by Alfonso Cuaron

Doctor Ryan Stone (Sandra Bullock) is lost in space, a feeling of terror and possible loss of life and fellow astronaut Matt Kowalski (George Clooney) when warned from Houston (voice of Ed Harris) a Russian satellite accidently explodes and the debris is headed their way. Ryan and Matt stop fixing a problem on the Hubble telescope but before they reach safety the debris hits them as well as the telescope. Ryan is cut off from the telescope by the debris causing her to drift in zero gravity.

Before the incident, Ryan, Matt and Phadut Shariff (Paul Sharma) are sharing idle conversation, then, all hell breaks loose. Cuaron’s cinematographer Emmanuel Lubezki making and awe catching cinematography works superbly in what is one of the finest pieces of science fiction ever made. Steven Price’s music is wonderful for the cliffhanger in progress.

Life hangs in the balance for the astronauts not from menacing aliens or insidious diseases but from debris from a Russian satellite resulting in Ryan in desperation scratching to find any satellite nearby, happenstance, a Russian and a Chinese spacecraft.

When she does land on any sizable piece of space equipment, fires break out, tools and other objects are floating about and almost sudden destruction lurks forth. Ryan barely escapes peril.

A sense that Ryan relishes the silence of space is somewhat subtle as she hovers over the Earth. When things go awry space becomes like her worst nightmare since she lost her daughter.

Looking at “Gravity” reminds me of Stanley Kubrick’s 1969 masterpiece “2001: A Space Odyssey: “The former is like a total physical experience; the latter is a host of ideas much like a Rembrandt painting. “Gravity” is the great science nonfiction (or fiction, if you will) experience.

Dickens Fellowship

Meets in Phillips

“You procrastinate is the thief of time. Collar him!” … Charles Dickens

Don’t put off enjoyment for another day of a good conversation about the writing and musings of a great writer of the past; Charles Dickens.

A new Dickens book club began in October reading and discussing Dicken’s novel The Old Curiosity Shop and new people are still welcome at the next meeting November 11th, 7 PM to 9 PM and following second Mondays of each month.

The Old Curiosity Shop was one of two novels published in his weekly serial Master Humphrey’s Clock from 1840 to 1841. It was so popular that New York readers stormed the wharf when the ship bearing the final installment arrived. The Old Curiosity Shop was printed as a separate book in 1841. The plot follows the life of Nell Trent and her grandparents, both residents of The Old Curiosity Shop in London. This early novel is filled with activities of all kinds—eating and drinking, meeting and talking, washing and dressing. In addition, scenes reveal sleeping and travelling, visiting theaters, resting at inns, and attending shows. For many people this is essential Dickens – a masterful story of sentiment, beauty, and tenderness. Queen Victoria read the novel in 1841, finding it “very interesting and cleverly written.”

For the second meeting read the next three chapters. Copies of “The Old Curiosity Shop” can be checked out at a library or purchased inexpensively at a second hand bookstore.

Meetings are at Ebenezer Park Apartments, 2700 Park Avenue South. 13th Floor Party Room on the second Monday evening of the month. Free parking is available in the lot at Oakland Avenue and 28th Street. However drivers must be sure to write down their auto license plate numbers for sign-in at the building.

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Raise Your Voice

For the fun of it, I’d like readers to take a Wikipedia adventure. Start with the 17th-century philosopher named Baruch Spinoza. Follow the links. A history of philosophy and theology will be revealed. For entertainment, this course almost completes with post-season baseball. Trust me.

As it happened, owing to his contemplative prescience, our good Spinoza found matter and mind to be of one and the same substance. He was then a ‘monist’ as opposed to a mind-body ‘dualist’. In his view, God and nature are pantheistically synonymous.

However, in my view: 1.) ‘Matter’ is all that exists independent of and outside of consciousness. 2.) Matter is primary, i.e., consciousness is a product of the evolution of matter. 3.) Matter is ‘dialectical’, i.e., matter exists in motion as a unity of opposing forces. 4.) The content of consciousness is more or less “approximate reflection” of objective reality. Oh my, well okay.

What’s that German philosopher like Spinoza his ‘determinism’, i.e., his understanding that all phenomena emerge in the multifaceted context of a never ending sequence of cause and effect. After all, Jesus once uttered: “Forgive them, for they know not what they do.”

Or on the other hand, if the ‘free will’ believers are correct, I am walking on a very fine line here. Or as fate might have it, if my baptism within the Calvinist tradition holds up, I am predisposed to enter heaven as one of the elite.

So who should we vote for? With regard to the Ninth Ward city council election, that race appears to be between Alondra Cano (DFL) and Ty Moore (Socialist Alternative). My first vote will be for Alondra.

Why? Because the ordering of political principles must reflect objective reality. The ordering for the agitated “revolutionary” consciousness of this or that individual. Alondra is altogether competent to advance the interests of her people in the present context.

The revolution is a ways off yet. However, in my view: 1.) ‘Matter’ is all that exists independent of and outside of consciousness. 2.) Matter is primary, i.e., consciousness is a product of the evolution of matter. 3.) Matter is ‘dialectical’, i.e., matter exists in motion as a unity of opposing forces. 4.) The content of consciousness is more or less “approximate reflection” of objective reality. Oh my, well okay.

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The Vision

The vision behind the Circle of Healing Practitioners CHAT is grounded in cultural health practices and ways of knowing that honor the reciprocal and holistic nature of healing. In order to meet the health needs of the people living in the Backyard, this CHAT aims to empower health practitioners and community members and to connect the community care-giving system to the conventional health care system in a more formal, integrative way.

The CHAT aims to bring awareness to Circles of Healing, Map to Wellness Sessions and the community care-giving system that currently operate are available in the Backyard. One way the CHAT plans to accomplish this task is by holding a series of dialogues about the Integral Framework and its relation to all healing systems. The Integral Framework will serve as a starting point for conversation about how people can practice what they know in a way that is complementary to what other people know. This series of discussions will eventually become a part of an official training and certification process for practitioners from various healing modalities and professions who want to adopt a more holistic and community-based approach to their practice and so become a part of the care giving system facilitated by this CHAT. The project’s vision is not based in creating a static system but focuses on building a process-oriented model that will continue to evolve and grow. The network will create a model of partnering between health care and community care practitioners.

Connecting the Healer to the Backyard

The Backyard Initiative is a dynamic partnership between Allina Health and its neighbors. Through connections and commitment to understanding self, the seven neighborhoods which are immediately surrounding the Allina corporate headquarters, include the Allina Commons, Abbott Northwestern Hospital, and the Phillips Eye Institute are building community together. These connections are being used to redefine health and healing. Real health expresses, not only caring, but also having a heart. When we add this into existing systems such as the Backyard Initiative; you will be able to see health realized in the faces of the people.

Despite having access to medical care right in their “backyard”, many residents in the area experience poor health outcomes. The Circle of Healing is built on the belief that it takes many ways of knowing, to achieve health. We have to study ourselves to have better health. Every culture in the Backyard holds the power of knowing and healing. It is in our ability to create whereby we can know true health. Each person should study themselves as way of improving the health of their neighbor.

The Backyard Initiative goes beyond medical care. It improves health and health care through understanding the processes of cultural knowing for creating healing which must have community engagement. As healers, we must address the root causes of what is causing sickness in our communities. When people are reconnected to their culture, they will be able to see balance in their lives. They will be able to verbalize what works or does not work as it relates to disease. Through building culture of community, the Circle of Healing is committed to creating healthy connections and demonstrating health through self-studies. For there to be systemic change, we as individuals have to connect the dots for ourselves.

The Circle of Healing: A BYI Community Health Action Team

Who is The Circle of Healing?

BY HARRY FORD, CIRCLE OF HEALING CHAT

The Circle of Healing Practitioners CHAT is a collaborative of Backyard practitioners including complementary healers, elders, representatives from different cultural traditions, conventional health professionals and community care givers. Members of this CHAT come together as practitioners interested in creating a more formalized network of people (Circles of Healing) around Backyard residents to provide better information, support for healing, and reflection about the message of dis-ease. This network serves both the Backyard community receiving care and the healing practitioner community in the Backyard.

What have we learned through Circle of Healing *CHAT?*

- Ways of knowing represent a form of study and knowledge integral to creating health and managing the complexity and unpredictability of health.
- A paradigm shift is required to be able to care for communities.
- Practitioners of healing ways have a role in informing the design of health delivery models.
- Cultural ways of knowing facilitate a deeper process through which the body may achieve health and healing.
- *Community Health Action Teams (CHATs)* which consist of study groups and cultural community circles who research and study what it means to be a healer.
- Self-studies. For there to be systemic change, we as individuals have to connect the dots for ourselves.

What’s next for the Circle of Healing CHAT?

The next stages for the Circle of Healing include more self-study, to develop and learn ways of healing in the communities each member is connected to. As each member of the circle understands becoming a healer, we hope to learn how the cultural self directs the ways of knowing, learning and accepting healing. At the finish of the first phase of self-study, the members of the Circle of Healing will present their findings to the Backyard Initiative All CHAT community.

To learn more about the BYI Circle of Healing CHAT, please call the Cultural Wellness Center, 612-721-5745 or via email, harry@ppcwc.org.

The Backyard Initiative (BYI) is a partnership between the Community, Allina Health Systems and the Cultural Wellness Center. The goal of this partnership is to improve the health of the 45,000 formalized living in the “backyard” comprised by the neighborhoods of Powderhorn Park, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. There are eleven Community Health Action Teams (CHATs) focused on improving the health through a variety of cultural and community-connecting activities. For more info on the BYI, please call the Cultural Wellness Center, 612-721-5745.