Wendell Phillips
HUMANITY’S HERO

“We came into this world to give
truth a little jog onward and to help
our neighbor’s rights.”

...Wendell Phillips 1811-1884
200th Birthday Party for Phillips in Phillips

BY JIM STEWART
In the September Alley
Newspaper we learned that our
neighborhood was named after
Wendell Phillips, a spectacular,
inspiring fighter for social, eco-
nomic and racial justice who lived
in Boston over 150 years ago.
(1811-1884)

We learned that he hated slav-
er and racism, fought for work-
ers’ rights, demanded equality for
women and insisted that Native
Peoples be left to live peacefully
in their own lands.

We learned that he was incred-
ibly rich, but gave away his for-
tune to people seeking justice and
equality. We learned that he was
a fabulous public speaker who
developed a huge influence on
public opinion to finally abolish
slavery and advance the rights of
people of color.

How right it is that the part
of Minneapolis that is the least
wealthy, that contains the most
people of color, that suffers most
from multiple discrimination and
that is most exploited economi-
cally is named after this guy!  He
is our historical champion–He is
our inspiring gift from the past!

Here are some of the injustices
that Wendell Phillips spoke out
against:

- Federal laws that excluded Asian
  people from immigrating to the
  United States.
- Racist politicians in Boston who
  forced African American chil-
  dren to attend inferior, segre-
gated schools.
- Wealthy business interests who
  overworked their employees
  12 hours a day, six days a week.
- U.S military expeditions against
  the Native people of Minnesota
  and the Dakotas.
- Racist politicians in
  Massachusetts who passed laws
  prohibiting people of different
  skin colors from marrying.
- White Americans who owned,
  bought, sold and abused
  4,000,000 black people before
  the Civil War (1861-65).

Here are the kinds of things
Wendell Phillips became famous
for saying:

- “Write on my gravestone: ’Infidel,
  Traitor’, infidel to every church
  that compromises with wrong;
  traitor to every government that
  oppresses the people.”
- “Governments exist to protect
  the rights of minorities. The
  loved and the rich need no pro-
tection: they have many friends
  and few enemies.”
- “The Labor movement is the
  noble protest of the American
  people against incorporated
  wealth.”
- “The rights of the poor and of
  those of darker colors will
  be vin-
dicat-
ed... peacefully if pos-
sible... but with
justice however it’s done.”

What a powerful spokesman
for the citizens of the Phillips
Neighborhood today!!!—Come
celebrate his 200th birthday with
us! November 11!!!
A-POD and Guri Nabad Partnership Launches Unique Somali Diabetes Management Workshop and Meetups

By ROBERT ALBEE

As October Saturday became one of those magic times that took more than two years to imagine and plan—yet just a few hours to implement! Ubah Keynan and Sami Pfeffer, who had just met sharing their travails with diabetes so openly and passionately with a group of strangers.

For Dr. Faduma Addow, the only Somali psychiatrist in the United States and Emteh N. Osman, her Minneapolis sponsor and lifelong friend, a doorway has opened to begin a plan that someday in the future will lead to a Somali-American culturally-specific healthcare system. For them, this newly-launched comprehensive diabetes management program is just the beginning.

“A Partnership Of Diabetics (A-POD) is designed to open up those of us with this lifelong condition in a way that no clinic or hospital does. It’s simply sharing between one diabetic with another diabetic. It’s how we put people first in addressing the whole spectrum of our condition that makes us unique,” says Robert Albee, A-POD’s founder and longtime neighborhood activist. Through an introductory day-long workshop and follow-up weekly meetings, persons with diabetes have up to eighty-four annual hours of pro-active contact instead of only an hour or two with one’s health care team. Albee admits that he benefited highly from the highly-publicized ACCORD study of diabetics he participated in through Hennepin County Medical Center and then the development of several pharmaceutical firm has guaranteed cost-free participation for one-year diabetes management programs to begin implementation within the campus area at 2323 Eleventh Avenue, a Minneapolis Park Board building.

For more than eighteen months A-POD has been developing its pilot program and is now launching its programs targeted to primarily serve persons living in the greater Phillips Community, including adjacent neighborhoods, but anybody is welcome.

Sponsored by the Somali American Community, Guri Nabad’s (House of Peace) mission is one of being proactive, not reactive in how participants choose to address their health, wellness, education and security issues within the African-Somali cultural community.

An initial funding for A-POD and Guri Nabad comes from Allina Health System through the Backyard Initiative allowed both programs to begin implementation and additional funding to A-POD from Novo Nordisk, a Danish pharmaceutical firm has guaranteed cost-free participation for one-year diabetes management programs to begin implementation in the Phillips Community. The Somali women who cannot afford even the nominal cost associated with the program. For further information, contact Robert Albee at ralbee4045@msn.com or 612.812.2429 For Guri Nabad, contact Mahamed Cali at calmahamed@gmail.com or 612.978.7091.

“Power, ability, influence, character, virtue, are only trusts with which to serve our time.” —Wendell Phillips
November Programs at the Franklin Library

Would you like to create a record of your personal history? Bring what you have written and are willing to read to the group for helpful comments and suggestions.

McKnight Foundation.

Down Time
Sat. thru Nov. 26, 2–6 p.m.

Down 12 grades. Looking for a quiet and comfortable space? Take advantage of “down time” at Franklin Teen Center! Work on the topic of the week or use our computers, board games and do other self-directed activities.

Adult Programs

Peopled and Culture of Iraq
Tues., Nov. 1 & 8, 12:30–2 p.m.

History, culture and customs of Iraq will be the main focus. Other topics covered will be a brief history of the pre-Islamic and post-Islamic era. This presentation will provide a realistic insight about Iraqans.

Seniors Play-Reading Group
Fri., Nov. 11, 10:30 a.m. – 12:30 p.m.

Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior Link Line.

Microsoft Excel: Basics
Fri., Nov. 18, 1–3 p.m.

Learn the basics of working with an Excel spreadsheet: navigation, entering data and using formulas.

Franklin Learning Center: 952-847-2834

The Franklin Learning Center offers five, one-to-one tutoring sessions for adults who are learning to read, write, do math or computer basics. All sessions are computer-based.

Contact: 952-847-2834

Children’s Tent Borrowing Group
Thurs., Nov. 17, 1–3 p.m.

Adult programs provide a fun, hands-on experience to support us in preparing for the GED and citizenship exams, to build computer skills and to use our computers for personal or professional purposes.

Senior Link Line

Detroit, 7AM to 5PM Mon. thru Sat.

The Franklin Learning Center, sponsored by the McKnight Foundation, provides individuals with the opportunity to improve their reading and discussion of the great plays of our heritage. The reading sessions are interactive and discussion centered.

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A Peace of My Mind

Exploring the meaning of peace one story at a time

Minneapolis photographer John Noltner will release his new book, “A Peace of My Mind” on November 3rd, with a book release party at The Southern Theater in Minneapolis from 7-9pm.

“"A Peace of My Mind” is a 120-page book that features the boxed personal stories of 55 individuals who answer the simple question, “What does peace mean to you?” This first-time author has photographed and interviewed Holocaust survivors, refugees, political leaders, homeless individuals, and others, asking them to reveal what peace means to them, how they work towards it in their lives and what they encounter along the way.

The result is a stunning and very political book that acknowledges the many faces of the challenges we face as a society, yet builds hope through the inspiring stories of people committed to peaceful tomorrows.

In 2010 the series was produced as a television docudrama with funding from the Minnesota State Arts Board and has captivated audiences at venues throughout the United States.

The book will be available through the artist’s website, www.apeaceofmymind.net beginning November 4.

“Too often we are asked to consider what role we play in the peace process, but as the people passed through. Not in anger or in hate, no longer in fear, Angel and Luz and the whole company of saints out in that bitter cold, crossed the bridge, picked up a lighted candle and walked towards an even bigger star beckoning them north.”
Running Wolf Fitness Center is Up and Running!

By Robert Albee

After months of waiting for the day that Running Wolf Fitness Center would actually be running again, that day has finally arrived! Doors opened on Monday, October 17th at the Phillips Community Center and for a few moments it seemed like a Gold Rush! Actually, it was a gold rush because now there is a place in Phillips where people can go to begin or resume an exercise program without burden-some expenses to fragile personal budgets.

Through the assistance of UCare of Minnesota, Running Wolf participants need only set an appointment at the Native American Community Clinic or Indian Health Board for a fitness exam or medical clearance for 6 months free membership, and then bring their paperwork to Connie Norman, Running Wolf's Manager. Once you're signed up, you can begin your workouts in the beautifully appointed studio, take a shower and be on your way!

What is really different about Running Wolf is that stuff actually takes the time to show you how to properly use each of the installed machines and help you develop a way to track your progress. You get the services of a personal trainer for the introductory price of $20. For six months, your out-of-pocket expenses are $0, so you can determine for yourself if this is really valuable to you. From that time on, there will be a monthly fee of $10—a price far below any other full-range exercise facility in the Twin Cities.

An open fitness studio room has also been created allowing for group exercise and movement sessions, such as yoga, zumba, tai chi, salsa dancing, kick boxing and floor exercises and others as we grow. Efforts are underway to find revenue sources to cover the costs of these programs as well or to provide space for an instructor who already has a revenue source for offering classes and group sessions. There will be a calendar of events/clases at Running Wolf starting in November. So come and check it out!

Once the rest of the Phillips Community Center opens up, there will be an exercise offered to create a “wellness mall” that includes opportunities for healthy eating, education and support and a range of events as one of consistent with being located in a Minneapolis Park Board building. Running Wolf also has a classroom space and will be conducting six-week living programs developed by Stanford University for learning how to manage chronic health conditions such as diabetes, obesity and heart disease etc.

A Partnership Of Diabetics is also located in the facility and already offers sessions related to long-range management of Diabetes.

Hours for Running Wolf are currently 10 AM to 7 PM, through Thursday. Friday and Saturday hours are 10 AM - 2 PM. For further information and a tour of the facility, contact: Connie Norman Running Wolf Fitness Center Manager Address: 2232 11th Avenue South, Minneapolis, MN 55404 Her email address is c.norman@nacc-healthcare.org

Bra·vo! Bra·vo! (ˈbrävō)  
Bra·vis·si·mo! (bräˈvisəˌmō)

It was an event like no other in Minneapolis. As far as we know the concert on October 8th was the first rock concert ever held in a Minneapolis cemetery. And, what a concert it was!

It was one of those days when everything came together: beautiful weather, fantastic music and a wonderful, wonderful crowd. How big was the crowd? Our best estimate is that 1,500 people attended. We sold about 100 advance tickets and between three and four hundred tickets at the gates. Kids under twelve and volunteers got in free.

Many who attended said, although they had driven past the cemetery hundreds of times, this was the first time they’d stopped into the grounds. Many also told us that they had no idea how much history could be learned there. One of the big hits of the day was the smartphone history hunt which enabled people to use their phones to learn more about 25 of the people buried in the cemetery. Kids had their own history hunt and could get their faces painted or chalk along the roadway as well.

Many attended said, "We drove past the cemetery hundreds of times, this was the first time we actually stopped in. What a fun, educational experience!"

"This was one of the most memorable concerts of the year," he said. "It was absolutely right. It was a day like no other in the cemetery’s long history."

The concert was part of an Open House weekend to create awareness not only about the cemetery but also about historic preservation in general. Pioneers and Soldiers Cemetery was selected from 25 finalists for funding through Partners in Preservation (PIP), a collaboration between the National Trust for Historic Preservation and American Express. Each site was asked to offer an Open House weekend to create awareness about the program and the sites that are in the running for funding. Partners in Preservation will be announcing which projects will receive funding around the second week in November so stay tuned for that.

As is always the case with an event of this size, there were a lot of people working behind the scenes to make it all happen. Staff from the City of Minneapolis’ Division of Public Works spent several days doing a full clean up and getting the cemetery looking its best.

Special thanks to Mike Barth, the cemetery’s caretaker, for all of his good work. The Minneapolis Park Board provided the stage and generators. Minneapolis Community Education and the Wellington Foundation generously provided parking space.

Thanks to Hola Arepa for providing fabulous food. Thanks to Landmark for creating spectacular gig posters for us, and to Ellen Stein for painting all of those little faces. And, thanks to Dero Bike Co and Dero (designing bike racks for the event.

Thanks also to Councilmember Gary Schiff and State Senator Jeff Hayden for emceeing the event and introducing the bands.

Special thanks to Aaron Hanauer and Jeremy Messersmith for their creativity and energy in making this a success. Thanks to Rob Parenegro Miller and his students at South High for volunteering to help with this event. And, thanks to family and friends who helped out in the meantime, be sure to support our great local musicians and all of the businesses that support our community.

"Will there be another concert next year?" You can count on it. In the meantime, be sure to support our favorite local musicians and all of the businesses that support our community.

Throughout the year, the cemetery has been the setting for a variety of events, including the Great Minnesota Getaway and the 86th in a Series - Wendell Phillips "To be as good as our fathers we must be better."

The Alley Newspaper • November 2011

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Bra·vo! Bra·vo! (ˈbrävō)  
Bra·vis·si·mo! (bräˈvisəˌmō)
Phillips Community is named after Wendell Phillips, an extraordinary champion of racial and economic justice. Just how cool is that? The community’s name announces to the world that the people of Phillips stand for equality for each of us and justice for all of us!

Phillips was born 200 years ago in Boston, Massachusetts. He became famous across the USA for hating slavery, condemning racial prejudice, demanding women’s rights and defending Indigenous peoples from land-hungry white people and the US Army. Everything he demanded back then is just as important to the people of Phillips today.

What if Wendell Phillips came back to life today? What would he say about the continuing abuse of immigrants, the continuing spread of poverty, police brutality, and violence against women, gang violence and white racism? What advice would he give the people of Phillips?

Find out by coming to Wendell Phillips’s 200th birthday party on November 11! No, Wendell has not come back to life, but the person who knows most about our community hero will be there to talk with you. Es contento hablar contigo en español igualmente! He’ll act as if he REALLY IS Wendell Phillips. He’ll wear clothes just like the ones Wendell Phillips once wore. He’ll sound like Wendell Phillips once did when he talks to you.

He wants to learn what you think about the Phillips neighborhood. He’d be happy to give you his opinions about what’s wrong and what’s right in the United States you’re living in today. He wants to learn what you’d like to see happen to make our nation freer and more equal.

So show up at Wendell Phillips’s birthday on November 11. Tell our community hero – Humanity’s Hero – what’s on your mind, what makes you optimistic about life in the neighborhood and what makes you angry.

Y recuerden, Sr. Phillips puede hablar efectivamente en español! Adelante!!!!!
Drive & Fright Night

“Drive” (2011)

Directed by Craig Gillespie. The vampire lives next door and it’s a juicy Brooks and a professional... 

“Fright Night” (2011)

The film’s tone is set from the start by a smooth but... 

Alley Crosswords

by Samantha “Sami” Pfeffer

Across.
1. Sixth President of the US
2. Standard, Irene and Benicio and for Driver who’s trying to protect Standard’s family unless he does... 

Saturday Morning Puppet Shows for Kids

INGBRETSEN’S

MINNEAPOLIS, MN

31. Performances at 10 AM & 12 NOON. Make ‘n Take Workshop at 11 AM. Admission: For performances we require a suggested donation of $4 per person or $2 per person if you live in the Phillips, Central, Corcoran or Powderhorn neighborhoods. Workshops are $3 per child, $3 per adult [All children must be accompanied by an adult]

Puppet Youth Troupe It’s not too late to register! Saturdays, October 22 – March 31. Performances at 10 AM & 12 NOON. Make ‘n Take Workshop at 11 AM. Admission: For performances we require a suggested donation of $4 per person or $2 per person if you live in the Phillips, Central, Corcoran or Powderhorn neighborhoods. Workshops are $3 per child, $3 per adult [All children must be accompanied by an adult]

Another colorful, affordable season of live Saturday Puppet Shows for Kids begins October 22 at HOBT, nearly every Saturday through March, different artists perform engaging puppet shows at 10am and noon. A great alternative to television, these performances will delight kids of all ages. Families can also attend hands-on Make-n-Take puppet workshops based on that day’s puppet show theme. Below are the descriptions for the October shows.

October 22: The Amazing Cow Boat - Open Eye Figure Theatre. Told through a giant pop-up book with puppets, songs, and surpris...
October at Open Eye

The Learning Fairy
Now thru Nov 6
The Learning Fairy is dynamite! Audiences have aptly described this as “part Pee Wee’s Playhouse, part Austin Powers, and part Courtney Love.” Others have said “So much fun! It’s so different” “I think this really is something” “It’s so modern.” It’s a must see!
Pay As You Can
Open Eye believes that anyone who wants to participate in the organization’s programs should be able to do so, regardless of ability to pay. To this end, Open Eye has a ticket policy that allows a Pay-as-Able for any performance in the theatre.
506 East 24th Street
Minneapolis, MN 55404
612-874-6338

COMING SOON TO OPEN EYE

HUMANITY’S HERO

(tune: Battle Hymn of The Republic)

When the rights of man lead forward, then the hero’s heart is brave,
And each broken shackles, falling, shows a man for every slave!
Woman rises to her feet as the hero shouts her rights to save!
He still goes marching on! Glory, Glory, Hallelujah! (etc)

Labor deaftened by the factory hum, or bent above the soil,
Losing manhood’s heart and hope in heavy drudge and toil,
But the better day ahead of honest wage for honest toil,
As they go marching on! Glory, Glory, Hallelujah! (etc)

The oppressed of every nation, looking out across the sea,
Catch the faint and far-off echo of the time that is to be,
When each man shall own his manhood, & each hand & brain be free,
As truth goes marching on! Glory, Glory, Hallelujah! (etc)

Then shout aloud the hero’s name with glad, exultant voice –
All heroes who, like PHILLIPS, made mankind’s right choice,
And as we shout we’ll follow, and while following rejoice!
We all go marching on! Glory, Glory, Hallelujah! (etc)

For Rent

28th & Bloomington Av.
2 BR
downtown Minneapolis

33rd and 1st Ave So
2 BR

33rd and Nicollet Av. So.
2 BR

For information please call 612-825-6283

Women Against Military Madness
612-827-5364

www.worldwidewamm.org
“Talking in the Backyard”

A Process for Valuing the Work in the Backyard Initiative

BY JANICE BARBE, CULTURAL WELLNESS CENTER

When the Backyard Initiative began three years ago, residents of the neighborhoods of Central Corcoran East Phillips, Midtown Phillips, Phillips West, Powderhorn Park, and Ventura Village were invited to a meeting and to build upon what residents have developed. People are tired of programs that are done for them, or to them, or on their behalf. People want to present their own ideas based on their own experiences. People want to participate in projects that involve and impact what they care most about, what they most value. And the evaluation process for reflecting on the learning and identifying and assessing the accomplishments must be owned and implemented primarily by the participants themselves. Only then can the process support improvement of the projects and help others in the community to learn how not to repeat the same mistakes and to build upon what residents have developed.

Citizen Health Action Teams (CHATs) have been implemented in the Backyard area over the past year, and CHAT members are now going through a reflection process to harvest what they have learned, what they have achieved, and what they will do differently going forward to most effectively improve the health of the community. The Dakota Language Revitalization CHAT was the first CHAT to be approved by the Community Commission on Health (made up of members from each CHAT), and the members of this CHAT were the first to go through this reflection process. As part of this process, they answered the following questions:

- What progress have you made toward your goals?
- What challenges did you encounter?
- What lessons have you learned?
- What lessons have relevance to the broader community (other CHATs and 45,000 residents of the Backyard)?
- What connections did you make to other CHATs, other organizations and/or community groups?
- What was participation like in the CHAT? Did you have growing or diminishing numbers?
- How many activities did your CHAT sponsor? How many people have participated in CHAT sponsored activities?

Implementing this evaluation process has re-energized CHAT members to re-commit themselves to the work of the CHAT. Their fear of failure has been transformed into an appreciation of the learning from successes and failures and how that learning can help to make their future efforts, and the efforts of other CHATs, more rewarding.

Look for learning reports on each of the CHATs in future issues of the Alley.

What’s that I spy on 28th Street?

Is it... could it be... NEW MEDIANs?? Yes in fact, it is. After years of advocacy by the MGC and Minneapolis biking community, the City of Minneapolis recently installed two new medians where the Greenway crosses 28th Street. The medians funnel traffic into a single lane, slowing cars down and avoiding the scary situation where cars pass vehicles already stopped to let cyclists through. The Midtown Greenway Coalition partnered with Mother Earth Gardens to get some flowers in the medians for the time being—and look out for some butterflies to be hanging out in the office from 10 am to 1 pm with breakfast, coffee, and a burning desire to answer your questions about the Coalition and listen to your comments and requests. We’ll have information on various volunteer opportunities (including Trail Watch, the Trail Stewardship Committee, Clean Team, Event Corps, etc) and will be conducting a quick volunteer training at 12 pm for anyone interested in tabling at neighborhood events.

Saturday, November 5
Open house from 10 am to 12 pm; Volunteer Training from 12 to 1 pm
Midtown Greenway Coalition Office
2834 10th Avenue South
Go into Freewheel Midtown Bike Center and through the door on the left!