The Minneapolis Monarch Festival™ returns to Lake Nokomis on Saturday, September 7, with a fresh line up of performers and art activities, food from Minnesota, Mexico and beyond, games for kids, monarchs and Habitat education. The Festival celebrates the migration of the monarchs from Minnesota to the mountains of Central Mexico, and promotes habitat conservation to restore the alarmingly low migrating population. The Festival is expected to draw 8,000 – 10,000 people.

The Minnesota-Mexico connection is highlighted with music, dance, food and art. The all-day stage will open with Silva Sol at 10am, followed by Machinery Hill at 11am. At noon, the hugely popular Ketzal Coatilcue Aztec Dance group will perform. The afternoon lineup starts with RAMM, and its distinctive repertoire of R&B, Rock, Funk, Motown, and Blues. The sound will become more Caribbean when Charanga Tropical takes the stage with its flute, violins, and Latin rhythm section. The day ends with Salsa del Soul’s high energy Bachata, Plena and Salsa music.

Up to 200 children are expected to participate in the Kids Butterfly Fun Run. The runs are short, untimed races for children 1-12 years old. Prizes are awarded to the top finishers, and the best monarch wings and best monarch costume. Registration for the Run is $7, which includes an official Fun Run T-shirt. Because the race is sponsored by UCare and Univision Minnesota, proceeds go to support monarch habitat restoration in Minnesota and Mexico.

For many people, the day’s highlight is tagging a monarch butterfly and releasing it in the Nokomis Naturescape gardens. They learn about the monarch’s life cycle, the Monarch Migration, and plants it needs for survival. Before releasing it, a small round sticker is placed on the butterfly’s wing for Monarch Watch’s research program. Several organizations, including Monarch Joint Venture, Wild Ones, NENA’s volunteer gardeners who maintain the Naturescape, and Audubon will offer plenty of information about monarchs and what people can do to help save the Migration.

Education about monarchs and the monarch migration, one of the world’s great migrations, and arguably the most beautiful and mystifying of all migrations, is central to the Festival. It is without a doubt one of nature’s masterpieces.
Aeon, African Development Center, 250 Apartments, Businesses, Places
Raymond, Stephanie, Tara, Ventura
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cathy Strobel, Phillips, Central, Powderhorn Park,
and Corcoran; and the usual spots
borhoods Ventura Village, Phillips
in East Neighborhood Organization,
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Tales from Pioneers and Soldiers Cemetery
First burial 160 years ago

September 11, 2013 marks the 160th anniversary of the first burial in Layman’s (now Minneapolis Pioneers and Soldiers Memorial Cemetery). Carlton John Cressey, son of a Baptist minister, died of consumption at the age of ten. His was the first of what would be 27,000 burials in a little less than 60 years. The base of a marker is located on Carlton’s grave; the tablet and inscription disappeared many years ago, most likely before a survey of the cemetery’s markers was conducted during the Depression. The number of markers, their styles, materials and location were recorded but no known photographic study was conducted. Any disease that consumed any portion of the body was called consumption for a long time until 1922 when microbiologist Robert Koch discovered the tubercle bacillus. Then it began to be called Tuberculosis. TB is a potentially fatal contagious disease that can affect almost any part of the body but is mostly an infection of the lungs caused by a bacterial microorganism, tubercle bacillus. In the early 1800s TB may have caused about 1/3 of all deaths. Each year there are more than 1.4 million TB-related deaths worldwide.

Consumption/tuberculosis caused billions of deaths

Consumption is an ancient enemy. It has caused billions of deaths worldwide. It was almost always fatal. Because of that, he advised his followers and students against treating late-stage consumption to avoid damage to their reputations.

There is one Depression-era photograph of the cemetery in the Library of Congress collection. It was taken in 1939 by John Vachon, a 25-year-old St. Paul, MN native. Vachon was hired by the Farm Security Administration to document living conditions, especially of the poor, during the Depression. The view is of the southwestern section of the cemetery. Note the two buildings in the background; the old one is the one of the southeast corner of Cedar and Lake is one story shorter. Also note how small the trees were and the systematic planting of trees along the Lake Street edge.

Dracula Coming Soon, October 2!
Classic 1931 Movie at Lake Street, Outdoor Walk-In Movie Theatre

BY SUE HUNTER WEIR

In 1931, as Tod Browning was shooting Dracula with Bela Lugosi, George Melford was working from the same script on the same sets at right with a Spanish language cast and crew. Long thought lost, the film was rediscovered in the 1970s, showing how wildly different the films are. Many now argue Melford’s film is the better version.

Join us for a showing of this classic monster movie at Minneapolis Pioneers and Soldiers Memorial Cemetery on October 2, 2013 at 7 p.m. Arrive early to enjoy a trailer reel from 1931 and roam throughout the cemetery. Bring a blanket or lawn chairs to sit on. If your Spanish is a little rusty, that’s not a problem—the film has English subtitles. $5 Suggested Donation. Tickets are available online at http://www.brownpapertickets.com/event/449487 or you can pay at the gate (cash only, please). Children under 12 admitted free. Please no pets, alcoholic beverages or videotaping. Take-Up Productions, along with All Star Video Productions, is generously offering this event as a benefit for the Pioneers and Soldiers Cemetery’s fence fund. Hope to see you there.

This ad for Wonderland Amusement Park, 31st and Lake Street from 1905 to 1911, was recently found beneath wood siding on a house four blocks away. It was in a July 23, 1908 Minneapolis Journal newspaper.

Phillips Avenue of the Arts to open
October 25th & 26th at “Taste of Phillips”

Avenues of the Arts have theaters, art galleries, open mikes and studios, as well as access to award-winning restaurants and other cultural attractions. Which makes Phillips an ideal location for the newest one in Minnesota! Phillips is more culturally diverse than any community in Minnesota. It is home to the world-renowned In the Heart of the Beast Puppet and Mask Theater, and studios, as well as access toaters, art galleries, open mikes and barriers”, Rev. Patrick Cabello

There are more than 20 different groups and organizations—from Phillips to the suburbs and out-state—with a special emphasis on reaching those who do not usually receive quality arts learning opportunities. These include the Autism Spectrum Program at Hans Christian Andersen School, the Multiple Sclerosis Achievement Center in St. Paul, Our Saviour’s Housing, Nomandale House, St. Paul’s Home, Banyan Foundation and several block clubs in Phillips.

“We have found that mosaic is a wonderful art form for building community and breaking down barriers”, Rev. Patrick Cabello Hansel, co-pastor at St. Paul’s says. “It is a set of skills that can be learned by almost anyone, and the act of sitting together around a table working on art lends itself to conversation.”

The first leg of the Phillips Avenue of the Arts will go from a major new mural in the La Mexicana mural and the other art along the Avenue. An open, free studio night is held every Wednesday from 6:30 to 8:00 pm at St. Paul’s, 2742 15th Ave. South. For more information, E-mail stpaulscreate@gmail.com or “Like” us at “Semilla Project” on Face Book. The mural and the Avenue will be dedicated at “A Taste of Phillips” October 25 and 26.

Get a sneak peek of the mural at “The Great Fiesta” at St. Paul’s September 7 from 4-8 pm. Live music (including Sister Species), Mexican and Scandinavian Food, silent auction, vintage clothing sale, and display of youth photographic from their upcoming show “Under Construction”.

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. Additional funding is from the City of Minneapolis Innovative Anti-Graffiti Program.

Experience artists and novices alike are invited to participate in the creation of the La Mexicana mural and the other art along the Avenue. An open, free studio night is held every Wednesday from 6:30 to 8:00 pm at St. Paul’s, 2742 15th Ave. South. For more information, E-mail stpaulscreate@gmail.com or “Like” us at “Semilla Project” on Facebook. The mural and the Avenue will be dedicated at “A Taste of Phillips” October 25 and 26.

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3

The Alley Newspaper • September 2013

WELNA HARDWARE

• KEYS MADE
• LOCKS RE-KEYED
• 5 GALLON PAINT
• EXCELLENT PRICES
• RUG DOCTOR RENTAL
• EXPERT WINDOW/SCREEN REPAIR
• TRAILERS FOR RENT—OPEN AND ONE ENCLOSED

2201 East Franklin 612-332-4393
2438 Bloomington 612-729-3526

By Sue Hunter Weir

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St. Paul’s Lutheran is working with partners in the neighborhood to build the Phillips Avenue of the Arts, an outgrowth of their Semilla Program. “Semilla means seed in Spanish,” Artist-in-Residence Gretta McLain says, “we have been planting seeds of hope through our mosaic planters and murals throughout Phillips as a way to re-brand our community as a community of beauty, creativity and hope.”

St. Paul’s Semilla Program has taught mosaics to over 1750 people in Phillips and throughout the metro area. They have taken the project to over 20 different groups and organizations—from Phillips to the suburbs and out-state—with a special emphasis on reaching those who do not usually receive quality arts learning opportunities. These include the Autism Spectrum Program at Hans Christian Andersen School, the Multiple Sclerosis Achievement Center in St. Paul, Our Saviour’s Housing, Nomandale House, St. Paul’s Home, Banyan Foundation and several block clubs in Phillips. “We have found that mosaic is a wonderful art form for building community and breaking down barriers”, Rev. Patrick Cabello Hansel, co-pastor at St. Paul’s says. “It is a set of skills that can be learned by almost anyone, and the act of sitting together around a table working on art lends itself to conversation.”

The first leg of the Phillips Avenue of the Arts will go from a major new mural on the La Mexicana building at Bloomington and Lake to the Avalon Theater one block west, then up 15th Avenue to St. Paul’s, home of the Semilla Project. Future legs will connect Andersen School, Waite House and other organizations in the neighborhood. The art along the Avenue will include murals, mosaic planters and sculptures, banners and poetry and performance places.

Experience artists and novices alike are invited to participate in the creation of the La Mexicana mural and the other art along the Avenue. An open, free studio night is held every Wednesday from 6:30 to 8:00 pm at St. Paul’s, 2742 15th Ave. South. For more information, E-mail stpaulscreate@gmail.com or “Like” us at “Semilla Project” on Face Book. The mural and the Avenue will be dedicated at “A Taste of Phillips” October 25 and 26.

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Monarch Festival from page 1

Monarch Festival is free, and monarch lovers everywhere are welcome. Vendors will have Latin and ‘Minnesotan’ food available for sale. Guests are encouraged to bring a water bottle and fill it with water from Minneapolis Tap.

The Minneapolis Monarch Festival is produced by the Minneapolis Park and Recreation Board and Nomokis East Neighborhood Association, in collaboration with the University of Minnesota’s Monarch Lab, “Monarchs in the Classroom” program. Additional support is provided by Unvision Minnesota, the US Forest Service International Program, UCare, and the Mexican Consulate. Art and music programming is funded by a grant from the Minnesota State Arts Board.

Detailed information on the stage lineup, the Butterfly Fun Run, art activities, monarch tagging, and the Nomokis Naturescape will be available on the Festival website as it becomes available: www.monarch-

cfestival.org

Sep 8, 1-6:30pm: “Shenanigans and Bridging Festival” returns to Phillips West

Kick-off 1PM on Whittier side of 24th St. Ped. Bridge over 35W. Then to Phillips West side for:

• musicians Sarah Burk, Scott Fultz, Benjamin Kelly, Tim O’Keefe and Shai Hayo, Rebecca Abas, and
dancers from 4 Seasons Dance Studio.
• live world music by Siama Matuungidi
• live world music by Siama Matuungidi
• a parade
• a live world music by Siama Matuungidi
• potato sack races
• limbo contest
• hula hoops
• Buddy Goodfellow’s Musical Carpet Ride
• a neighborhood skit in honor of dearly-departed Muriel Simmons
• art-making
• a disco party on the bridge
• a house music dance class
• face painting, Simmons family snow cones
• pizza
• 5 PM Blue Lady’s Global Musical Spectacle: “DANCE” at the 24th St. Ped. Bridge

For more information about the artists behind the event, check out artistsintocorefronts.com, bridg-
ingminneapolis.wordpress.com, blue ladyformance.bpt.me or foursesonsdance.com.

Hussein Samatar Leader and Phillips West Resident has died

Saturday August 25, 2013 [excerpt from message by African Development Center Board]

Good evening,

It is with great sadness and heavy hearts that we inform you that our Founder and Leader, Hussein Samatar, passed away this afternoon from complica-

tions of his battle with Chronic Lymphocytic Leukemia. Hussein was a courageous and dedicated public servant, and will be missed by many - well beyond those who have benefited from his ambitious initiatives here at ADC, the Minneapolis School Board, and throughout the community.

In all that he did, Hussein brought a level of energy, drive, and optimism that was the envy of many. We will miss him tremendously at the African Development Center, and hope to honor his dream of building economic opportunities and financial sustainability for the vibrant African communities across the

Hussein Samatar see page 6
Peace House Community Moved to New Peace House

“Peace House, 28 Years”, an in-depth article by Catherine Marner on the occasion of the Peace House 28th Anniversary will be featured in October issue of The Alley Newspaper.

By JoAnne Kosciol, Aeon Vice President, Fund Development & Communications

Peace House stood at 710 Franklin Avenue since 1985 when Sister Rose Tillemans opened the door. Peace House Community begins another chapter at its new location at 1816 Portland Avenue South because the original building was torn down on August 20th so the fourth of Hope Community’s buildings at Franklin and Portland Avenues can be built. This fourth building is the final phase of “South Quarter” at each corner of Franklin and Portland Avenues -- 90 new, mixed-income apartment homes.

The new Peace house is one and a half blocks from its original home featuring a large gathering space with vaulted ceiling, a new kitchen and equipment, central air conditioning, handicapped accessibility, an abundance of natural light, and a beautifully landscaped yard. A number of tiles from the mosaic on the original building were taken and will be installed within the pediment above the front entrance.

The Franklin and Portland four corners building development is a partnership with Aeon and Hope Community. The sustainable, quality apartment homes are life-cycle apartment options for residents at a range of income levels. The development will also include 12 designated apartments for long-term homeless individuals and families.

Phillips Community

CLEAN SWEEP - Green Sweep!
Saturday Oct. 12th, 2013

MARK your Calendar! It’s Here Again!

9 to 10 a.m. — Free Breakfast, Sign In, Pick-Up Supplies & your FREE 2012 Clean Sweep T-Shirt — 2 Locations:
1) Welna Ace Hardware Parking Lot – 2438 Bloomington Ave. S.
2) LSS – Enter on 24th St. between Park & Oakland. Indoors – 2400 Park Ave. S.

NOTE:
1) Car Batteries, oil or car parts, contractor construction materials, paint, electronics, hazardous waste & liquids — DO NOT
2) Appliance, yard waste & Leaves will be picked up on your next recycling or garbage day. Leave them in your regular Pick-Up spot.

ABOVE ALL, Bring yourself and your Family & Spouse Phillips Clean!

Visit www.mariascafe.com

Maria’s Cafe
Ancient Traders Market
1113 E. Franklin Ave.
Minneapolis
7AM to 3PM Mon. thru Sat.
8AM to 3PM Sun.
612.870.9842
www.mariascafe.com
Lee Daniels’ “The Butler”

Danny Strong do so well is depicting just the fact Cecil Gaines worked in the White House over a time of seven presidencies is an outstanding achievement on any terms. Cecil was in those halls as a butler under the Civil War (and since 1965). I’d say John Cusack as President B. Johnson (Liev Schreider) with didn’t fare well as much a look-alike especially with his fake nose. (As far as bad makeup, Mickey Rooney’s character in Mr. Yunioshi in the 1961 “Breakfast at Tiffany’s” is considerably worse.) Any Carter is suspiciously and manifestly missing leads one to think that decision lies at the feet of the Weinstein Company, the producers of “Lee Daniels’ The Butler”. For the 40th president, Alan Rickman plays Nancy Reagan. Fonda invites Cecil to a presidential dinner as a guest (along with his wife Gloria) not as a butler. It’s the first time Cecil sits at a presidential dinner and not as a butler serving others.

The scene juxtaposed between Cecil serving the president and his guests and police turning fire hoses and German Shepherd dogs on civil rights marchers is quite powerful. Another scene Louis is in a hotel room with Martin Luther King Jr. (Nelsan Ellis). Daniels and Strong shift to Cecil after he retired in 1986, a scene where he campaigns for Barack Obama, the first black president.

Tribute to Eugene Allen, 1919-2010.

Hussein Samatar Laid To Rest

ADC Board of Directors do ask that you keep the Samatar family in your thoughts as they cope during this difficult time, for many years that comprise the

Hussein Samatar from page 4 state of Minnesota. Hussein is survived by his wife Ubah, and four children. While we do ask that you keep the Samatar family in your thoughts as they cope during this difficult time, for many years that comprise the


The “new” Cecil is dressed impeccably in black tuxedo, white shirt and bow tie and black shoes on 1600 Pennsylvania Avenue. He’s away from home so much he breaks into a store only to find an older colored man (Clarence William III) who gives him wisdom and a job as a bartender and a server that will lead him to Washington D.C. and a butler in the White House.

What Daniels and screenwriter Danny Strong do so well is depicts the African American must main two faces (aptly illustrated in W.E.B. Du Bois “The Souls of Black Folks”) in a white man’s world, a survival kit for each and every black face as he or she goes about the business of everyday life in America.

Cecil’s forwarming before he gets the job as a butler from seasoned butlers to serve the president(s) and his cabinet members with out listening to any conversations among them, Cecil marries Gloria (Winfrey) a former hotel maid and Louis (David Oyelowo) and younger son (Elijah Kelley). They live in a modest, middle-class house in Washington D.C.

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A Wiff of Wilf

RUFUS WHO, AFTER “BREAKING WIND,” IS TOLD BY HIS OWNER, “OH RUFUS, PEE-YEW, YOU “STINK LIKE A WILF”?

WHICH BRINGS US, ONCE AGAIN, TO THE HOLOCATEST. WHAT MAKES A BULLY? A BULLY IS SOMEONE WHO INTERNALIZES HIS OPPRESSOR, CYNICALLY REBUKES THE NORMS OF CIVILIZED CONDUCT, AND BECOMES AN OPPRESSOR HIMSELF.

HAS “ZYGII” CEASED TO BE HUMAN?

A superficial inquiry suggests that variations of the phrase “stink like a Wilf” formed while passing mouth to mouth in South Minneapolis. But as always, we must pursue a deeper historical analysis. Let’s have a look.

Zygmunt Wilf was born in Germany on April 22, 1950. His parents are both Holocaust survivors from Nazi occupied Poland. The family immigrated to the United States and commenced the purchase of apartment buildings. After graduating, “Zygii” joined the family business to become head of an affiliate. The company grew to own several large malls and 90,000 apartment units. Some say Zygmunt is worth $1.3 billion dollars. As most of you know, he is principle owner of the Minnesota Vikings.

Note: The key to our understanding is the Holocaust connection.

More recently, “Zygii” suffered a “spectacular” defeat in a 21-year-old dispute with some business partners. The judge used the word “evil” in her finding of fraud, breach of contract, and racketeering.

Mayor Rybak said he was “surprised”, while Governor Dayton’s call for “due diligence” appeared a tad late. What should be said about a man who openly extorts according to a tried and true business model? Why not call him a bully from the get go?

Sadly, the Zygmunts of the world make the whole ruling class look bad. Might they at least display some ethics in relation to each other? Well actually, some do manifest what is referred to as “bourgeois ethics”. Moreover, given the calculation that the potentiality of fascism is palpably before us, Marxists are duty bound to recognize this truth. (Under the circumstances we can’t all be Trotskyists!)

Which brings us, once again, to the holocaust. What makes a bully? A bully is someone who internalizes his oppressor, cynically rebukes the norms of civilized conduct, and becomes an oppressor himself.

Has “Zygii” ceased to be human? Dialectically speaking, the answer is yes, but not altogether. Zygmunt looks (and smells) a lot like Rufus the dog. From the standpoint of working class morality it is then possible to love them both.

Zygmunt Wilf

Raise Your Voice

Peter Molenaar

Creating Community for LGBTQ People Via the Backyard Initiative

BY OUT IN THE BACKYARD, A BACKYARD INITIATIVE OUT (BYI)

Lesbian, gay, bisexual, trans- and gender-queer (LGBTQ) individuals are all ages, races, cultures, ethics, religions, and social and economic classes. Sexual orientation and gender identity questions are not asked on most national or state surveys, making it difficult to estimate the number of LGBTQ individuals and their health needs. The Backyard Initiative (BYI) area of South Minneapolis is home to many LGBTQ folks representing this wide range of diversity.

The importance of the work on LGBTQ health began by Out In The Backyard (OIBY), a Community Health Action Team or CHAT of the Backyard Initiative, starts with understanding the history of oppression and discrimination that these communities have faced. For example: in part, because bars and clubs were often historically the only places where LGBT individuals could gather, alcohol abuse has been an ongoing problem. OIBY offers classes, educational activities, and community connections as an alternative.

OIBY Community Health Action Team organizers, through offering free exercise classes, workshops pertaining to LGBTQ community discussions, a resource website, etc., hope to address some of the many health inequities still existing within the lesbian, gay, bisexual, trans- and gender-queer (LGBTQ) communities. In a Rainbow Health Initiative study released last year, OIBY participants reported feeling less support in their neighborhoods than non-LGBTQ people. They identified barriers to not having enough time for getting enough exercise and not having a safe and convenient place to exercise for transgender people. (“Voices of Health: A Survey of LGBTQ health in Minnesota” 2012)

LGBTQ folks in the Backyard also identified discrimination, prejudice in the community, bias in health care and poverty as important issues. OIBY, through its various free programs and classes, provides support to reduce the isolation so many people experience. “Not only are the events healthy, educational and fun, we have also made new friends in the neighborhood and have met all kinds of great people,” Bob Johndrow, community member and class participant.

Research suggests that LGBTQ individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights. Despite many society and cultural gains, experiences of violence and victimization are frequent for LGBTQ individuals. This has long-lasting effects on the individual and the community. Personal, family, and social acceptance of sexual orientation and gender identity affects the mental health and personal safety of LGBTQ individuals. (Lesbian, Gay, Bisexual, and Transgender Health: A Survey of LGBTQ Health - 2020 Report - US Dept. of Health and Human Services)

These disparities exist despite the growing acceptance in parts of the larger community as seen with the recent passage of the same-sex marriage law. OIBY is attempting to address some of these problems through its many activities.*Zumba and several other FREE exercise classes are offered weekly and are open to ALL people who live in the area. “I love Zumba outside in Powderhorn Park on a late summer evening with the amazing Bernice Arias instructor and 70 happy, dancing people of every race, age, shape and size. Even the spectators are happy and smiling, enjoying the music and the sense of community.” Pam Costain, community participant

(*see the BYI Back Page for more about the Out in the Backyard area and a list of all of their classes.)
BY MEMBERS THE BYI COMMUNITY HEALTH ACTION TEAM

Out in the Backyard (OBY), a Community Health Action Team or CHAT, is part of the Backyard Initiative (BYI). OBY sponsors classes, other events, and uses fitness, dance, wellness, and nutrition classes as a way to build community and improve the health of the many other diverse residents of Powderhorn, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. In addition to OIBY there are ten other Community Health Action Teams (CHATs) focused on improving the health of the residents of the Backyard through a variety of community health and community projects.

For info on the BYI, please call the Cultural Wellness Center, 612-721-5745.

The Backyard Initiative (BYI) is a partnership between the Minneapolis Park and Recreation Board and the Community to improve the health of the 45,000 residents living in the “Backyard,” in the neighborhoods of Powderhorn, East Phillips, West Phillips, Ventana Village, Central, and Corcoran. In addition to OIBY there are ten other Community Health Action Teams (CHATs) focused on improving the health of the residents of the Backyard through a variety of community health and community projects.

The Backyard Initiative (BYI) is a partner- ship between the Cultural Wellness Center, Alpha Health Systems and the Community to improve the health of the 45,000 residents living in the “Backyard,” in the neighborhoods of Powderhorn, East Phillips, West Phillips, West Ventura Village, Central, and Corcoran. In addition to OIBY there are ten other Community Health Action Teams (CHATs) focused on improving the health of the residents of the Backyard through a variety of community health and community projects.

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FREE CLASSES WITH Out in the BackYard!

- Everyone in the community is welcome to participate in these FREE and fun classes sponsored by Out in the Backyard. Drop in as time allows. Learn yoga, Zumba, Bollywood (dance exercise from India), and hip hop at the Minneapolis Park and Recreation Board - Powderhorn Park, 3400 15th Ave. S. Perhaps you’ve already seen some of your neighbors:
  - dancing Zumba (a Latin-inspired cardio work out class), Mondays and Fridays, 6:30 pm (on the stage)
  - doing Hip Hop or Bollywood (a dance style from Hindi films), Wednesdays, 6:30 pm (by the park building)

The Backyard Initiative (BYI) is a partnership between the Minneapolis Park and Recreation Board Community Health Action Teams and the Community to improve the health of the 45,000 residents living in the “Backyard,” in the neighborhoods of Powderhorn, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. In addition to OIBY there are ten other Community Health Action Teams (CHATs) focused on improving the health of the residents of the Backyard through a variety of community health and community projects.

For info on the BYI, please call the Cultural Wellness Center, 612-721-5745.

FREE CLASSES WITH Out in the BackYard!

- stretching out in Yoga classess, Saturdays, 10 am (on the stage)
- Self-Defense, periodically offered at Five Elements Martial Arts
- Introduction to Ayurveda class, Tuesday, Sept. 3, 7-9 pm, Powderhorn Park building

Not only are the classes free and open to everyone but also a fun way to get to know new people, reduce stress, have fun, and to connect with your neighbors. The year round classes are held outside in the park during summer months and move indoors the remainder of the year.

More information is available on the group’s Facebook page: “Like us” on Out in the Backyard or visit our web page: www.outinthebackyard.org

Classes sponsored by OIBY are FREE and OPEN TO ALL! (see sidebar for a list of classes currently offered.) “All the classes are free of charge and I believe this makes it possible for a lot of participants to practice fitness and health who otherwise wouldn’t because of financial reasons. Thanks so very much for everything you do, Out in the Backyard.” Yader Madriz, class participant

Out in the Backyard Initiative Back Page

The Backyard Initiative Back Page is produced each month as a collaborative venture between the BYI Communications CHAT & Alley Communications, Inc., publisher of The Alley Newspaper. The Communications CHAT works with BYI CHAT (Community Health Action Teams) each month as a “resource CHAT” – helping to get the news and activities of the BYI out to the broader community.

Out in the Backyard CHAT has created an interactive website: www.outinthebackyard.org. LGBTQ folks are invited to go to the website to learn about events and activities of OIBY and to connect with resources and information in the LGBTQ communities. Please log-on and add LGBTQ information and activities. The organizers want to make the website a one-stop site for LGBTQ and their community allies.

Like us on our Facebook Page, Out in the Backyard.

To start other classes on art and holistic health. We also host culturally specific classes and events. On Sept. 3, an Introduction to Ayurveda class will be offered from 7-9 pm in the Powderhorn Park building. It will be taught by Margia Meridith, a nurse practitioner and outstanding Ayurvedic practitioner/leader in the Twin Cities. Ayurveda is the ancient healing traditions from India integrated into western culture and now being brought into hospital settings around the country.

Out in the Backyard Initiative Back Page

Good Health Includes Healthy Feet!

In many conditions, including Diabetes, feet can loss sensation and become diseased.

The foot care clinic will teach you to care for your feet so you don’t miss a step.

Our nurses will assess your feet for loss of sensation and skin conditions, and treat your feet to a soothing soak and massage.

Your feet will travel 115,000 miles in your lifetime.