MayDay, HOTB: What will we build together?

By Corrie Zoll, HOTB EX. DIRECTOR

A lot has happened over the past six months. HOTB experienced many of the same challenges faced by other legacy arts organizations that have been lost in recent years. Though this period has been difficult, at every step we felt and appreciated the support from your calls, messages, donations and social media posts. You are the reason we continue to strive toward finding a future for this work.

As you may know, in January HOTB announced budget and personnel cuts after $130,000 in projected income did not come through. The layoffs are significant, more than half the staff have been laid off. Added together, the stories of those people and their time with HOTB take up a century. The loss is painful for those individuals, for the organization, and for the communities where we do our work. These cuts reduce HOTB’s staff capacity by more than half in order to allow HOTB to finish its current fiscal year in August without running out of cash.

Though significantly diminished in capacity, HOTB remains committed to its vision of building creativity, empathy, and interconnection in its core neighborhoods. HOTB’s tens of thousands of supporters want us to continue our work. We believe transformational change is possible that will lead to a more resilient future organization.

After layoffs are complete, the remaining staff will be at 4 FTE. This is not enough staff capacity to operate MayDay, the Avalon Theater and other HOTB programs in the coming year. Any future for HOTB will include increasing staff capacity, and we are committed to a future in which staff and artists more closely reflect the communities where we do our work. HOTB’s board of directors is active and committed to the next steps for the organization. The board recently added two members in preparation for the hard work ahead.

Among the announcements we made in January was that MayDay 2019 would be the last under Sandy’s artistic direction, and the last solely produced by HOTB. Both decisions were in deliberation for a full year earlier and, though not triggered by HOTB’s financial situation, were certainly impacted by it. HOTB received an outpouring of response to the January 9 announcements. Scores of people told us that HOTB and MayDay were the reason they lived in South Minneapolis, or the reason they returned to South Minneapolis after they had children, or the reason...

MAYDAY Continued on page 6

TO END ALL VIOLENCE

Signs supporting women and calling for an end of violence in all its forms were held by over 200 marchers during the first Indigenous Women’s March held on May 11. >> More on page 3.

New public art at Bde Maka Ska

The city of Minneapolis and Minneapolis Park and Recreation Board (MPRB) announce the dedication of a new gathering space and public artwork at Bde Maka Ska on June 8, 2019 at 10:30 a.m. Festivities will include music, comments from descendants and artists, refreshments and activities for the whole family.

The artwork includes a website, decorative railing and pavement stamps by artists Mona Smith, Sandy Spieler and Angela Two Stars honoring Maȟpiya Wicašta (Cloud Man) and Heyata Otuwaa (Village to the side), the Dakota leader and community that inhabited this area in the 1830s.

The three artists collaborated on the entire design with Angela Two Stars conceiving the pavement stamps depicting plants and animals significant to the Dakota, as well as selecting the Dakota words and phrases incorporated into the site. Sandy Spieler invented the overall railing design highlighting crops grown and harvested at the village; and Mona Smith oversaw production of the website featuring information about Maȟpiya Wicašta, Heyata Otuwaa, and interviews with descendants and artists.

The idea to recognize the 1830s Dakota village had been discussed for many years, but wasn’t formally adopted until the MPRB began the Bde Maka Ska/Harriet Master Planning process and responded to the strong desire by community members to reveal and interpret the natural and human history of the lakes, specifically around the Native American history of the area. Funding came from the regional park improvements and support from the city’s Art in Public Places Program.
What’s Up at the Franklin Community Library

1314 E. Franklin Avenue • 612-543-6925 • www.hclib.org
Mon, Sat: 9am – 6pm • Tu, Th: 9am – 9pm • Fri: 9am – 5pm

By ERIN THOMASSON

All Ages
Learn Together: Connect & Play
Tuesdays, 10:30-11am
Connect with your child during this drop-in program exploring early literacy activities. Join your neighbors each week for a different theme including music, art, STEM (Science, Technology, Engineering, Math), reading and creative play.

Franklin on the Green
Tuesdays, June 11 & 25, 4:30-7pm
Play games outside this summer! We will have badminton, soccer, frisbee and other games set up to play, weather permitting.

Science Wednesdays
Wednesdays, June 12, 19, & 26, 4-3:30pm
Join us for a STEAM (science, technology, engineering, art, mathematics) activity each week!

Puzzlemania!
Thursdays, 5-5pm
Enjoy a variety of educational and fun puzzles and games!

Game On!
Thursdays, 5-7pm
Join us for all types of gaming! Enjoy card games, board games, XBox, VR and more. Play an old favorite or learn a new one.

Family Storytime
Fridays, 10:30-11am
For children of all ages and their caregivers. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, and play together in a format.

Teen Programs
Urban 4-H Club
Tuesdays, 5-7pm
We do everything from gardening to digital photo/video to theater. Partner: University of Minnesota.

Pinbox Arcade
Wednesday, June 12, 5-7pm
Come play original pinball machines made out of cardboard! Play against a friend or beat your own personal best. Collaborator: Pinbox 3000.

Teen Tech Workshop
Wednesdays, 5-6:30pm
Get creative and make music, videos, animation and other projects using high-level and low-tech tools, everything from iPads and 3D printers to synthesizers and sewing machines. Led by the library’s Teen Tech Squad.

Adult Programs
Open Crafting
Monday, June 3, 1-3pm
Looking for a space to sew, knit or work on other crafts? Bring your current project and materials and get sewing! Machines, knitting needles and other equipment will be available for your use.

Master Gardener: Your First Vegetable Garden
Thursday, June 6, 6-7:15pm
Do you want to do it all in one night? Learn what you need to become a more successful gardener. Topics include selecting cool and warm weather vegetables, minimizing insect damage and soil diseases without using chemicals, basic gardening tools needed and more. Collaborator: Hennepin County Master Gardeners, University of Minnesota Extension.

Franklin Technology hour
Thursdays, 6-7pm
Do you want to explore new technology, practice using a computer program, or learn more about your library’s electronic resources? Then come to Franklin Technology Hour! Bring your own computer and explore a spotlighted resource.

Cards and Board Games
Saturday, June 8, 3-6:30pm
Come play a variety of games with new or old friends. Games are provided, or bring a favorite from home.

Faisal furan on ku Saabsan
Baradka Talogalash, Maktubaada/I Library Technology Open Lab

Transit

Transit Accessibility: a personal perspective

By JOHN CHARLES WILSON

There really isn’t any transit news to speak of in the Franklin boundary-pushing work. Deadline going to write on a more personal, but transit-related topic. If Sheldon Cooper from Big Bang Theory rode the bus, he could be me. Since the age of 17, I have been considered by society to be mentally ill. Since my fanaticism about public transit is a part of my mental state, for years I lived in the irony of having a disability that, rather than impairing my ability to use transit on an equal basis with the general public, gave me an advantage over the average user because I know all the arcane details about how the system worked.

Unfortunately, for the last few years, I have had bad pain which has limited my ability to stand or walk for long periods of time. In addition, standing/walking time has gradually shrunk to where travel by bus is now a serious pain (pun intended).

Whereas I used to think in terms of efficiency for the average customer, I now see the wisdom of transit taking into account its “less- mobile” customers. The farther apart and bus stops farther apart along those routes may be technically more efficient, but it leaves out many would-be riders. I am probably eligible for Metro Mobility at this point, but even though it takes you door-to-door, it requires advance reservations and being so expensive for Metro Transit to pro- vide that it is cutting into their abil- ity to provide regular fixed-route bus services.

The idea of maintaining routes with frequent stops overlaid by Bus Rapid Transit for those able to walk a few blocks is probably the best solution to making everybody happy: a close ride for those who need it, and a fast ride for those for whom speed would be more useful.

I definitely am still among those who actually ride buses like the 16 and the 84, when in the past I would have used the Green Line or the A Line instead.

Today every time I see a bus stop without a bench, or a big box store or a mall where the bus stop is in an entrance. This is a literal cruelty to a certain percentage of the public.

Puppet Lab 2020

May Day may be over, but the puppet magic doesn’t have to be: apply to be a 2020 Puppet Lab artist. Puppet Lab is the emerging artist incubator program. Established by Alixson Heimsoeth, this program is entering its 9th year of radical, genre-expanding, art- based production. The appeal of using the puppetry medium is it can be used by anyone from ages two through thirty. Puppet Lab creates space for emerging puppet and mask artists to develop and test their artistic development – to test and create new works within a supportive and challenging workshop environment.

App helps residents with low vision

Minneapolis is now using an app that helps people who are blind or have low vision get around Nicollet Mall, City Hall, Hennepin County Government Center and surrounding area.

The Aira app connects users with agents who are trained professional guides. The user can connect their smartphone or (Aira glasses) for a live video feed combined with GPS and maps so they can describe these public spaces and help users maneuver through them. Read more at aira.io, guest.org.

Next Deadline
June 15, 2019

Of, by and for its readers since 1976
www.alleynews.org

The Daily Progress

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Nordic food

From cultural culinary traditions to the contemporary “New Nordic” food movement, celebrate and explore northern foodways with American Swedish Institute (2600 Park Ave.) through workshops. “Our instructors know a thing or two about Nordic food, and we’ve seen our students’ hands on the menu in a variety of workshops,” said organizers.
Native community gathers for first Indigenous Women’s March on May 11

By CAMILLE GAGE

2018 was a challenging year for the Native community, but also a time when Indigenous people and their allies came together to form new alliances, friendships and future plans.

The Franklin Hiawatha encampment and Minneapolis Navigation Center were major catalysts for these new relationships. They brought people together to care for our unsheltered relatives and imagine a future where everyone had access to a safe place to sleep, health care, mental health care, and chemical dependency treatment.

Many of the people who spent time at the camp, either as volunteers or as employees of groups like Metropolitan Urban Indian Directors, American Indian Community Development Corporation, WiidookOodahDiWag/They Help Each Other, Simpson Housing, American Indian Community Services, or Minnesota Indian Women’s Resource Center, were women. And sometimes these women, and their Two Spirit colleagues, faced harassment, intimidation, and threats of violence.

Working together under such difficult conditions it was natural that these women and Two Spirits began to forge friendships. They came together to support each other—and after months of harassment and threats—to say in a united voice, “No more!”

Soon meetings were being held to discuss ways to proactively take on the issue of harassment of women and Two Spirit people. The conversations widened and began to include intimidation and violence aimed at ALL people; it didn’t make sense to advocate for just one or two groups of people when so many suffer from violence, both directly, as victims and survivors, and indirectly, in the myriad ways violence hurts our loved ones and traumatizes our community.

Thus the Indigenous Women’s March was born. Organized by an ad hoc group of women and Two Spirits who had experienced intimidation and harassment, the march was held on Saturday, May 11, 2019 with participants marching from the Minnesota Indian Women’s Resource Center to Little Earth of United Tribes. There it joined the annual Little Earth Mother’s Day Pow Wow.

Over 200 people participated to support the march’s stated mission of ending violence in all its forms. As a Native-led march, the organizers acknowledge the disparate impact of violence on the Indigenous community—both in the thousands of missing and murdered Native women in the United States, and in the high rates of domestic violence, rape and assault. The Indigenous Women’s March differentiated itself from the annual Missing and Murdered Indigenous Women’s March by casting a wider net: both Native and non-Native women were welcome and acknowledged. And the Indigenous Women’s March organizers made the strong statement that it does not have to be a serious crime like murder for the community to pay attention; intimidation, harassment, and threats of violence are real and cause real harm to individuals and our community.

In the words of Angelique Morgan-Voss: “When I saw Jase (a Two Spirit march organizer) holding the eagle staff I cried tears of happiness. I will remember this march for the rest of my life. The love and positivity was overwhelming. To see so many women who knew what I was going through come together in solidarity lifted my spirit high. I want my daughters to know that violence against women—and all people—is not okay.”

The Indigenous Women’s March organizers have pledged to make the march an annual event, a safe place where survivors can come together in solidarity. They believe there is great strength in numbers—and hope that real change will happen when we speak with one voice against the violence that plagues our community.

Stephanie Stewart said, “I’m so proud of everyone that came together for the first Indigenous Women’s March. Despite the ongoing harassment, threats and abuse, we were able to rise above it all and organize a positive event that aims to end violence in all forms. Led by women, children and Two Spirits, the march was one of the most beautiful things I’ve ever participated in!”
The Navigation Center: Collaboration, safe housing, new beginnings

This article is reprinted courtesy of the blog at www.simpson-housing.org.

The Navigation Center is a Native-led, collaborative community response. Red Lake Nation, Metropolitan Urban Indian Directors, Hennepin County, the State of Minnesota, shelter providers in the Minneapolis shelter collaborative, including Simpson Housing Services, and several other organizations united to provide outreach to the primarily Native American community living at the Franklin-Hiawatha encampment and develop plans for the Navigation Center.

Sam Strong, Director of the Red Lake Planning and Economic Development Department commends the approach of this planning group and their success in creating effective and compassionate change for people experiencing homelessness: “It’s about partnership — building trust to start making a dent in homelessness, finding best practices to get people off the streets.”

Designed as a low-barrier and service-rich temporary shelter foradults, the Navigation Center provides a safe and dignified transitional housing option for more than 120 community members who previously lived outdoors at the encampment, respectfully known as the Wall of Forgotten Natives.

The Navigation Center was conceived over a period of two years. Guests were welcomed into the Navigation Center during the latter half of December 2018.

“The mobilization involved all the pieces that had to be put into place. All the zoning, planning, and permits. The health inspections. The fire inspections. The city approved $1.5 million for the project. The wheels were just greased by the will to get something done quickly as a community collaborative,” said Simpson Housing Services Executive Director Steve Horsfield.

“The Native community made this big change happen. All the people who had been at the Wall — they had been homeless for a very long time, scattered all the way around town. They decided to come together and take a stand. That is how the Wall of Forgotten Natives was created, by people saying that we are going to come together and show how real homelessness is. It made a big difference. They are why the Navigation Center was built. It was built specifically for them. This was a historical thing that they did,” observed Marian Wright, Navigation Center Shelter Manager, Simpson Housing Services.

WHAT THE CENTER MEANS TO COMMUNITY

Wildfire Research’s 2015 Homelessness Study highlights the disproportionate impact of homelessness in the lives of Native people: 1% percent of adults in the overall Minnesota population identify as American Indian, but 8% of homeless adults in Minnesota identify as American Indian. This racial disparity in housing stability stems from a history of discrimination and trauma for the American Indian population that extends to present day.

Horsfield views the Navigation Center as an opportunity for the broader community to come together to provide shelter and support in a culturally competent manner.

He said, “My hope was that we might see two outcomes as a result of this significant representation of people who were sleeping outside at the encampment. First, I hoped that we might see increased attention brought to the issue of homelessness — and unsheltered homelessness in particular. And that we might see something happen around Native-specific services.

This is an opportunity for all of us to do some better work alongside our Native brothers and sisters than we have done in years past.

He added, “We have a talented staff that is committed to building relationships with guests, helping them overcome barriers, and providing connections to housing and services.”

SIMPSON AS PROVIDER

Early in the planning process, Simpson Housing Services was selected by the collaborative planning team to provide shelter operational support for the Navigation Center. Given Simpson’s 37 years of experience providing housing, support, and advocacy to people experiencing homelessness, the agency was recognized as a leader in the field, strongly suited to serve in this role.

The Navigation Center is a safe place to sleep regardless of who they are, where they come from, and what they’re struggling with.I’m happy that we’re able to provide that,” said Wright.

WHAT HAPPENS AT THE NAVIGATION CENTER?

The Navigation Center guests reside in heated, indoor structures arranged by guests for sleeping and daily living. Just a few steps away, two large trailers house a dining center.

The wall outside the Navigation Center was adorned with artwork this spring. Did you know that the East Phillips Park Cultural & Community Center is the only Minneapolis Park Building that was funded and designed almost entirely through the efforts of the neighborhood organization and the people of the community?

At the June, 2005 EPIC meeting, Linda Leonard, after searching unsuccessfully for facilities for youth programs, suggested that we imagine all we could do if we had a Community Center in “Cockroach Park” (former slang for East Phillips Park). After laughing at the notion that the Park Board, the City or anyone else would build anything for the 7,000+ youth in this challenged neighborhood, the meeting attendees started a list of possible uses. Interest grew, then excitement and finally a commitment to work to get a Community Center in East Phillips Park.

The first dollars are the hardest to come by in big dreams like this. The community voted to use East Phillips NRP money that was saved by thwarting an attempted take-over of EPIC by the troubled Board President at the time. His followers pulled EPIC’s 501(c)3 and resigned, leaving the few remaining Board members with a demoralizing mess. The thought of a new Community Center helped pull them together. They reconstituted the EPIC board and pressed on. With neighborhood support, the saved $180,000 and thousands of volunteer hours of lobbying, letter writing and batting some of the powers of that day, they leveraged a total of $5.5 million, laying the financial groundwork for what is now one of the busiest and best parks in the system.

It is filled with people enjoying soccer, baseball and basketball, pottery, dance, Zumba, the computer labs and many more activities and programs. It is a total hub of activity. Should we celebrate and honor all who helped and still do? Of Course – it’s a No Brainer! Come join us to remember and celebrate this community triumph, this beautiful spring and this indomitable neighborhood!

For Your Calendar:

To get involved in EPIC and East Phillips
Join us on the 2nd Thursday of the month at 6:30PM

East Phillips Community Gardeners meet Saturday June 8th & July 13th at 9:00 AM in the Garden at 2428 17th Ave. S.

EPIC Board of Directors: meets: Saturday, June 1st & July 6th At 10:00 AM at 2433 Bloomington Ave

EPIC General Membership: meets: Thursday, June 13th & July 11th At 6:30 PM At the Community Center

The East Phillips Park Cultural & Community Center is located at 2307 17th Ave. S., Mpls. 55404

Don’t forget SummerFest starting at 1:00 PM Sunday, June 23rd – See you THERE! 2307 17th Ave. S.

Prepared for and paid by EPIC
where they are. And we let them put guests' needs first. We provide. We greet guests by name. To always present and available. It's important.

Center. is an important part of what happens. Our best strategy to build safety is through our staff. And fire departments continue to work. Our safety is through our staff. And concerned about people's health and wellbeing. Our staff is well trained and equipped to handle any situation that arises.

The Navigation Center — and all of its programs — operate from a dual philosophy of Housing First and Harm Reduction. The Navigation Center remains open seven days a week, 365 days per year. It is a welcoming and non-judgmental environment where people are more likely to seek safe shelter and take steps to reduce harm, according to Marrian Wright. “As we provide this support, we are letting them know they are important. You deserve this help. You are human. We say, ‘I know you are struggling, but you can stay here. What can we do to help you get a little bit more stable?’ Whether that means to help them use less, encourage them to use safer supplies, get connected with a Native navigator or talking circle, or get them connected to a mental or chemical health support group. Whatever it takes to help keep people safe and get them a little more stable than when they came in.”

COMMUNITY RESOURCES

Guests who use drugs or alcohol are welcome and have access to different kinds of supports designed to help them stabilize and reduce harm associated with substance use. This harm reduction approach creates a caring and accepting environment where people are more likely to seek safe shelter and take steps to reduce harm, according to Marrian Wright. “As we provide this support, we are letting them know they are important. You deserve this help. You are human. We say, ‘I know you are struggling, but you can stay here. What can we do to help you get a little bit more stable?’ Whether that means to help them use less, encourage them to use safer supplies, get connected with a Native navigator or talking circle, or get them connected to a mental or chemical health support group. Whatever it takes to help keep people safe and get them a little more stable than when they came in.”

COMMUNITY RESOURCES

Guests may voluntarily connect with on-site community resources focused on stable housing, health care, mental and chemical health, and other needs. The Navigation Center is inclusive of traditional Native practices, and on-site Native navigators work closely with guests to discuss needs, offer clinical support, engage in prayer and ceremonial work, and access other culturally competent resources. Community resources are added at the Navigation Center based on guests' needs and interests.

The Navigation Center is a collaborative effort to provide safe, temporary shelter for community members. By offering support and connections to community resources, it is hoped that each guest will experience enhanced stability and well-being, now and beyond the Navigation Center. The Navigation Center remained open for guests through May 2019. In June, Red Lake Nation plans to exercise this right to live in security, peace, and dignity.

Issa grew up in Minneapolis Public Housing after coming to the United States as a refugee at age 11. Approximately one-third of Minneapolis Public Housing residents are members of the East-African community. Issa received both his bachelor’s degree and a master’s in urban planning from Minnesota State University in Mankato.
MayDay, HOTB: What will we build together?

By Carol and Dan Neuman, Caretakers of the Tree of Life

Performing the Tree of Life (ToL) at the Mayday Ceremony is an honor that continually reminds me of the responsibility that is part of the visual and cultural landscape of Minneapolis neighborhoods. It’s thrilling and scary.

While all around thousands of people are cheering and exulting, and the adrenaline is coursing through your veins, you must have intense focus on the job at hand.

The wind shifts from one side to the other in an instant, requiring quick, decisive action by the people on the guy ropes, and no interference by any of the celebrants on the ceremony ground. No one on the crew relaxes until the circle and blessing are completed, the streamers come out and we join in singing. “You Are My Sunshine.”

The ToL crew duties include ongoing repairs, maintenance, and storage of most of the parts. Our greeting to the neighborhood in the form of shops to reverently make the Tree ready for the ceremony, painting new leaves, repainting the birds, and assembling its many parts.

As the crowd cheers, workers break apart the wall they have just built in the middle of Bloomington Ave.

The 2019 Tree of Life team stands under the ToL on the stage of HOBT. What keeps crew members there for decades are the same feelings and experiences that make MayDay a cherished event.

The children of the children who have grown up working on the Tree are stepping in to keep up the family tradition.

“To have our family’s values reinforced by the many other souls we shared this tradition which is remarkable. Our children, now grown, through the years have brought with them dear friends, fiancés, and significant others. Our son is coming from Alaska, for the weekend, just because it’s MayDay and it’s a family holiday. Our daughter, unable to come due to school demands, has traveled far in past years because it is an important part of her and she is feeling a bit left out this year,” said Nancy, many decades crew member.

We’d like to remember Bob Caldwell and Sue Hale, stalwarts of the Tree of Life Crew who have passed on. Rest in Peace.

The Tree of Life is shrouded as it rides on a carriage along the Mayday Parade route from 25th to 15th and Bloomington Ave. S., into Powderhorn Park, across Powderhorn Lake, and rising on the western shore, TRUMPHEANTLY!...
Hennepin County’s first African American commissioner

Angela Conley is a lifelong Southside resident with innovative ideas on how to bring more diverse voices into government.

By TESHA M. CHRISTENSEN
Editor’s note: This is the first in a two-part series that originally appeared in the Longfellow-Nokomis Messenger.

Angela Conley has yearned to be a Hennepin County Commissioner for 20 years so that she had the power to make changes to the system she worked within.

On Jan. 7, 2019, that dream came true.

The lifelong Southside resident was sworn in as a county commissioner for District 4, and became the county’s first Black commissioner in 166 years.

“Being in this level of leadership now has really opened my eyes to seeing how the system is set up in a way that perpetuates disparities, that limits people’s abilities to really live their best lives,” said Conley.

She’s working to shift the narrative and move into a holistic approach for county business. Conley now chairs the health and human services committee, drawing from her years of experience working in that field.

“I feel this obligation to change systems to work better for people,” remarked Conley.

That could be anything from real estate services to tax forfeiture to housing and homelessness.

In addition to being the first African American commissioner, Conley is the first Black female commissioner and is one of two new diverse voices on the previously all-white Hennepin County board.

Joining her this year is another woman of color, Irene Fernandez, a Filipino-American in District 2.

With their election, five of the seven-member board are women.

RACE EQUITY WORK

Bringing more diverse voices into the county is a priority for Conley, who campaigned with a goal of creating a Race Equity Advisory Council.

“Before I was elected, the county would come up with ideas on their own on how to reduce disparities. Well, unless you have people of color and those directly affected by those disparities guiding the discussion you’re not going to get anywhere. You’re not going to make any progress,” said Conley.

She envisions that a council would have a place at the table to inform the board on how disparities can be reduced on issues such as lowering the number of people of color being arrested to the overwhelming number of people of color who are part of the child protection system.

Inspired by how she saw the Hennepin County Community Advisory Council on Adult Mental Health operate while she served on it, Conley believes that the needle can be moved on an issue when you have many people with a range of lived experiences giving input on a topic about missing pieces and gaps.

Thus far, Conley has met with the county’s new Disparity Reduction Director to learn what’s being done there, and what form the Race Equity Advisory Council could take.

“Disparity reduction has to start internally first,” she observed. She’s glad to see that the new composition of the county board finally reflects the composition of the communities being served and direct-line county staff.

Part of what drove her to run for office is that those at the top didn’t look like her.

“I think we sent a very strong message to the status quo: No. 6 that folks want to see diversity in leadership,” said Conley. “County leadership can function differently now. We’ve got new voices with various backgrounds and experiences.”

She believes that having those voices on the board can inform how policy changes going forward.

“It’s changed the conversation,” Conley said. “It’s changed the narrative. It’s changed business as usual.”

GOING DIRECTLY TO SOURCE

For Conley, the first quarter of her first term in office has been spent meeting people, being out in community, touring homeless shelters and the jail, and talking to people directly impacted by issues she’s concerned about.

“That’s how you’ll see my leadership continue,” she promised, “going directly to the source.

“We’re pushing back against outdated ideas and really trying to get innovative in how we approach issues.”

Bail reform is one place where Conley thinks changes could be made for lower-level, low-risk offenses. “What would it look like to have a system that didn’t hold you if you couldn’t afford to get out?” asked Conley.

She intends to be mindful of what the ripple effects are of decisions the county makes, and recognizes that a 1% increase in property taxes might push a resident out of a home.

EQUITY THROUGH TRANSIT

As someone who didn’t have a car until she was 23, Conley is a fan of transit, and heard from constituents on both sides of light rail during her campaign. She’s advocated for the Rapid Bus Transit D Line along the Route 5 corridor in the fourth district on Chicago and Emerson-Fremont avenues.

She pointed out that the D Line is a modern mode of bus transport that uses technology to keep lights green so the buses can move people from place to place quicker.

“That will bring transit equity to an area that typically doesn’t have it,” stated Conley. “The 5 is the highest ridership route in the state. It’s always crowded. There are safety concerns. And it runs through four of the seven commissioner districts. It runs through two of the poorest neighborhoods in Minneapolis, too. Bringing Bus Rapid Transit or the D Line would bring access to 200,000 jobs.”

Read part two in the July edition of The Alley.
CLOSING THE CIRCLE: MiniSotaMakoce (Land where the water reflects the sky) – Dakota Land

Doctrine of Discovery Task Force proposes symbolic compensation for land loss

By MICHAEL MILLER

The Doctrine of Discovery Task Force is the result of a number of factors – including conversations with Native leaders and a number of people with an intense interest in justice for the Native people of Minnesota. In addition, some members have involvements with Native organizations going back 45 years, and one taught Native American Studies at the Vatican, which justified the taking of land and the genocide of Native people who belonged to the Native people who had been here for millennia prior to the arrival of European colonizers and settlers.

All the wealth that has been accumulated over time has been generated on and by the land. That same land was taken/stolen from its original owners with little or no compensation.

Native people remain under the shadow of policies such as the Doctrine of Discovery, promulgated in the 15th century by the Vatican, which justified the taking of land and the genocide of Native people. This has contributed to the “historic trauma” that haunts Native peoples to this day.

The goal of the proposal is to provide symbolic compensation for what has been lost. The Task Force would like to support accompaniment by actions as well as words. It is proposed that every time a piece of land is sold in Minnesota a fee be attached to the sale, the proceeds of which would go to support of Native programs. In 2018, the total value of all real estate transactions in Minnesota was $75.8 billion. Even a moderate fee from each sale would generate significant funds. It is also proposed that the funds raised by this fee be administered by a representative group of reservation and urban Native leaders of Minnesota.

The proposal has been developed and presented to state legislators.

Members of the Task Force also testified that “People’s Hearing” on reparations held by Rep. Karen Clark held in early January 2019. The proposal has been drafted into a bill with the intent to have it introduced in the 2020 session of the State Legislature.

Semilla suns arts explosion

The Semilla Center for Healing and the Arts at St. Paul’s Lutheran Church (2742 15th Ave S.) believes that transforming the neighborhood visually can transform the community’s power and spirit. Summer at Semilla is full of activities, around the theme “This Sacred Land,” including:... Day camp for children, 3-11: June 10-14, 10-2 p.m. Visual arts, puppetry, writing, gardening, games, and a field trip. Efforts between now and the 2020 legislative session will focus on generating support from Native and non-Native organizations and individuals.

Task Force members include: Mike Miller, Chair, Ron Duty, Randy Nelson, David Berg, Carol Berg, Chuck Jordan, Dennis Ormseth, John Buzza, Cori Gershon. Staff: Pr. Ingrid Rasmussen.

For additional information, contact: Michael Miller, Millerm421@gmail.com, Chair, Ron Duty, Randy Nelson, David Berg, Carol Berg, Chuck Jordan, Dennis Ormseth, John Buzza, Cori Gershon. Staff: Pr. Ingrid Rasmussen.

“Free Wireless Internet:

Movie corner

Timely take on immigration

By HOWARD MCQUITTER II

oldschoolmovies.wordpress.com

“The Deposit” (2019) ★★★ 1/2

A Inkja Pilma

Here again, I’m reporting from the 38th Minneapolis-St. Paul International Film Festival. It’s fun to find another gem of a film. It’s only this time it’s from Iceland. What’s exciting, too, is the director is on site to take Q&A, and her name is Asthdil Jartandottir.

Gissela (Elma Lisa Gunnarsdottir) is in a real economic bind, working for a law and investments job with her investments. She had her former boyfriend failed to pay her. A deposit she expected she begins to panic as bills start to pile up with the possibility she may lose the nice house she acquired from her grandparents. Then Gisella goes to the computer looking for immigrants to rent her two empty rooms.

She finds three illegal immigrants looking for food and shelter. One is a single woman. With careful steps, the illegal immigrants must successfully rent to the two empty rooms. She finds three illegal immigrants looking for food and shelter. One is a single woman. In Iceland, for example, a homogeneous that pride itself on tolerance is seriously tested as new faces in the country are brown and black, largely from different religions, eating foods of a kind and singing to “exotic” music, and so forth.

Gisella is tested, too, taking in immigrants. Despite that, many of the community involves more than just immigrants. It can take a deliberate effort to create a base that keeps you stable. In a world of electronic social media, it is seriously tested as new faces in the country are brown and black, largely from different religions, eating foods of a kind and singing to “exotic” music, and so forth.

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MAY AND JUNE ARE BUSY MONTHS. HERE’S WHAT’S HAPPENED AND WHAT’S COMING UP ON THE SCHEDULE:

**UPCOMING VENTURA VILLAGE MEETINGS:**
- Wednesday, June 12th: Board of Directors Meeting: 6 pm
- Tuesday, June 25th: Community Engagement Committee 6 pm
- Thursday, June 27th: Housing & Land Committee: 5:30 pm
- Wednesday, June 12th: General Membership Meeting: 7 pm
- Tuesday, June 25th: Wellness, Gardening & Greening: 7 pm
- Thursday, June 27th: Crime & Safety Committee: 6:30 pm

ALL RESIDENTS ARE WELCOME TO PARTICIPATE; VISITORS WELCOME TO ATTEND!

Ventura Village is located upstairs in the Phillips Community Center at 2323-11th Avenue South • Minneapolis • 612-874-9070

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**MEET KALI! THE NEW CPS FOR YOUR NEIGHBORHOOD**

Greetings Neighbors! My name is Kali Pliego, and I will be serving Ventura Village, Phillips (West, Midtown, and East) and Little Earth as your Crime Prevention Specialist. This role, if you’re not familiar, is within the Minneapolis Police Department. As your Crime Prevention Specialist, I will join you in community meetings, help connect you with resources to keep your property and neighborhood safe, and problem solve with you regarding patterns of crime in the community. I look forward to seeing you out and about and getting to know you as I find my way in this new role.

I live with my husband, Felix, and almost 3-year-old son, Mateo, in the Central neighborhood. As a mother, I care deeply about my family’s safety and my community’s ability to flourish and shine. As a longtime resident of South Minneapolis, I am invested in extending my dream for my own little family to all of us who live, work, worship, dine, shop, and own businesses here.

I come to MPD from Park Nicollet Health System, where I worked for the past 12 years in the Interpreter Services department. At Park Nicollet, I did everything from interpreting (Spanish), to scheduling interpreters, to approving invoices. During the same timeframe, I served as the Executive Director of a little non-profit in Guatemala which I founded, called Sé Luz. In 2012, I graduated from Bethel Seminary with a Master’s Degree in Community Organizing. My job, as your Crime Prevention Specialist, will be like sticking the highlights of my resume in a blender and flipping the switch. We have a lot of work to do, folks. Let’s get started, together!

Here’s how to contact me:

email: kali.pliego@minneapolismn.gov
phone: 612-673-3482

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**On May 13, about twenty volunteers helped the 24th St. Coalition plant medicinal and native perennials around the Pow Wow Grounds Coffee Shop.**

On May 18, our neighbors got together and added color to Franklin Ave by planting the flower pots from 16th Ave to Portland. To the right is a poem that Verla Cuff, an 80+ year-old resident wrote last year about the flowers.

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The Peavey Park renovation is nearing completion and had its grand opening on May 31.

Beginning Thursday, June 6, Ventura Village’s only farmer’s market opens at the Pow Wow Grounds Coffee Shop at 15th and E. Franklin. Open every Thursday from 11-3.

Northern Spark, an annual night-time arts and cultural event will be held June 14 and 15 at the American Indian Cultural Corridor on Franklin Ave. Look to the right for more information.

Aloha! I’m Melissa Anderson (Mel), the new 24th Street Urban Farms Coordinator. I’m a long-time resident within the community and am very excited to begin my new role! Please contact me for volunteer gardening opportunities. We can always use your help! Mel24thstreetfarm@gmail.com.

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Rain showers
Bring flowers
People dress up sidewalks so nice.
Under the sky
People pass by
From Heaven to earth brings out spice in our life
It went
Heaven sent
Sent by clouds from cloud Heaven.
Sent by clouds from cloud Heaven.
Snapping pictures
With great textures

-Verla Cuff

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Planting flowers at Pow Wow Grounds Cafe on Monday, May 13

Earlier this month at the Waite House seed/plant giveaway

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Here’s what’s happened and what’s coming up on the May and June are busy months.

**The Northern Spark festival will take place along Franklin Avenue on Friday, June 14th and Saturday, June 15th from 9 pm to 2 am each night.**

Northern Spark is a free, late-night art festival produced by northernlights.mn that celebrates our vibrant cultural communities in the Twin Cities. Please join us!

Visit northernspark.org for information on artists, other festival locations, or to volunteer. Please contact info@northernlights.mn with questions

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Commentary

Why aren’t city officials listening to residents?

By JANET SKIDMORE

I try to be a good citizen. I volunteer as a block club leader and as a neighborhood safety patrol member. I am a long time reserve teacher in the Minneapolis Public Schools. I have been rehabbing a beautiful 100 year old home in south Minneapolis not to flip it, but to live in it myself and restore its beauty for the sake of preservation. I provide really affordable housing for 3 women in my own home.

I have a block club with an email list of over 40 people, plus I am active on Nextdoor, where I hear the opinions of many of my neighbors in the Central neighborhood of Minneapolis.

I attend community meetings when I can, even the ones that are in the middle of the day, which precludes me taking a substitute teaching job that day, resulting in a day’s loss of income.

I would think that the city of Minneapolis would appreciate a resident like me and want to keep me living here.

I can show you numerous emails representing years of attempts to address on behalf of myself and my neighbors situations that have occurred in my community with no input or recourse on our part.

These situations include:

*Increasingly expensive housing options being built in south Minneapolis, even though there is lots of talk about the importance of affordable housing from my government. I can’t afford these apartments and condos. My solution for housing has been to buy a house on foreclosure, make it habitable, and then offer inexpensive rooms for rent to women, which helps them and also helps me have an affordable place to live myself. I believe it is called NOAH housing.

*Rising property taxes, coupled with incredible inequity in the Minneapolis Public Schools, which are funded by those property taxes. I am a regular substitute teacher in the MPS, so I get to see great education happening in wealthy neighborhoods, and horrendous lack of opportunity for students in poor neighborhoods.

*Important decisions blithely being made, driven by ideology rather than practicality, such as the Minneapolis 2040 plan, which none of my neighbors that I know of in Central or Powderhorn support. These decisions will radically affect the day to day life of the residents, yet have had no meaningful input from those same residents. Minneapolis 2040 spells for me turning my neighborhood into a place where I, as a soon to be senior citizen, will no longer be able to live.

*Lack of access to the 5 disability parking spaces at the Hiawatha light rail and sudden closing of the park and ride there, with the giant parking lot standing empty for the last two years. As parking downtown has become too expensive for me, I have relied on this lot for years for my trips downtown, which I do at least twice per week. Having recently had knee surgery, I also now have a disability tag for my car, but nowhere to use it at the Hiawatha rail stop. In addition, access to that statin from the south side for the many residents who walk there has become increasingly inhospitable, especially in winter with all the snow and ice. Even during the April winter parking restrictions, that lot stood empty, with a neighborhood resident plowing a single path through the lot so that the many people who use that stop could walk in from the south.

The plague of panhandling in my neighborhood, which I have tried for years to get my city council representative, Alondra Cano, and our mayor to address, to no avail. The panhandling results in crime and trespass in our very back yards, and has been the cause of 4 neighbors in my block club getting fed up and moving out of the city. This included a young couple who might have raised their children in Minneapolis, but have now opted for the suburbs. And, I have been noticing: NO panhandlers on the median strip all the way up and down Lyndale Avenue. Why, then, do we have so many 2nd Avenue....what is the secret? Why such a difference? I can’t believe they just prefer our neighborhood.....what, or who, keeps them from panhandling on Lyndale?? It is a mystery to me. Perhaps you have some ideas?

*The installation of bike lanes on what were once primary through streets for autos to get through south Minneapolis. These could easily be located a block over, so that the auto traffic would not be so hugely disrupted. But Ms. Cano and others do not respond to reasonable requests from the public.

*The East Phillips Urban Farm proposal, an incredibly well planned proposal with input from many different and important neighborhood organizations and residents, simply ignored by the Minneapolis City Council and the Mayor, in favor of increased pollution and industrialization in that parcel of land.

*Increasingly expensive housing for me turning my neighborhood residents. Minneapolis 2040 spells meaningful input from those same residents, yet have had no representation in this plan, which is called NOAH housing.

*The plague of panhandling in my neighborhood, which I have tried to address over the last 5 years with my own council person or the mayor, the response I have received has been one of the following:

- A response from a staffer who says he or she will look into it. 2 months later when I make another request for help in the situation, the staffer will ask to be reminded of what my original question was.

- A response from the representative giving information that I received has been one of the following:

- A response from a staffer who says he or she will look into it. 2 months later when I make another request for help in the situation, the staffer will ask to be reminded of what my original question was.

- A response from my council representative, including her own, Alondra Cano, and all of the new Metropolitan council representatives, including her own, Robert Elliott, Mayor, in favor of increased pollution and industrialization in that parcel of land.

- Asking me if I have tried contacting X other government official, or directing me to contact that person (This is not my job to do. What am I paying government employees for, anyway, with my taxes?)

This all amounts to taxation without representation. I have absolutely no one to represent or advocate for me or my neighbors in all of the city or county government.

This letter is one more attempt to have input into matters which affect my daily life and the lives of my neighbors. I will be interested in what response I receive from you, and I will be sharing that response with as many of my neighbors as possible.

Janet Skidmore is a Block Leader for Lake St. and 3rd Ave. S. She sent out to mayor Frey, all of the city council representatives, including her own, Alondra Cano, and all of the new Metropolitan council representatives, including her own, Robert Elliott, Mayor, in May 14, and to new county commissioner Angela Conley. As of press time, she had only heard back from one city council person, Lisa Goodman, who is not her own representative. She feels that her own two representatives, at least, should have responded by now.

Despite fasting for Ramadan, no food or water from sun up to sun down, local men participate in the annual Ramadan Football Tournament at East Phillips Park on May 14, 2019. PETER HOLINKA

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FreeChildCheckups.com

The Minneapolis Children’s Clinic and Non-Clinic 12 and older clinic for children, teens, and young adults 20 and younger who are on Medical Assistance (including young parents).

Free!

Llame para detalles y para registrar:

Club De Verano:

*Free!

612-870-9617

STEVE SANDBERG

June 2019

alleynews.org
The Rand Report

2020 plan: ‘Do what I say not what I do’ applies to city

By RAND RETTERATH

According to the new Information Brief from the Department of the Minnesota House of Representatives:

“One way for a city to provide an increased level of service or infrastructure to its commercial or industrial areas is to create “special service districts.” Special service districts (SSDs) are established at the request of the persons who will pay for the increased level of service. Since the early 1980s, individual cities have been authorized to set up these districts. Since 1996, cities have had general law authority to create SSDs.”

“A special service district is “a defined area within the city where special services are rendered and the costs of the special services are paid from revenues collected from service charges imposed within that area.” An SSD may be authorized to set up these districts.

Since 1996, cities have had general law authority to create SSDs.”

The following is a cutaway version of the SSD’s within our reader area.

Imagine my surprise (and I hope yours) when I discovered that there was no SSD between 5th Avenue and Blaisdell Avenue along Lake Street.

Continuing my surprise, I immediately associated the desparately different appearance of Lake Street within that area from all others and to specific individuals.

In this area I routinely see overflowing trash cans, the cans are clogged with debris from the curbs, 5th Ave in both directions is festooned with trash, needles and condoms. There is a mysterious pole stuck in concrete that has been there for years often obstructing traffic. On 5th Avenue and Clinton Avenue, you can routinely purchase sex and drugs. Some argue that this is the ground zero for the trade.

One block club leader is unmasked as a former panhandler, frequently abrasive and offensive in their approach. Trash litteres the gutters and new construction such as the Fifth Ave parking ramp remains unfinished while existing property remains unimproved.

The difference extends even to the disintegration of the Lake Street Roadway Redevelopment efforts. Street lights go unrepaird. Tree wells are grossly unplanted and the former iron works surrounding them are embarrassing in gross disrespect and very possibly dangerous. With many of these trees, exposed wiring sticks up from the ground from a time when not only did the trees exist, but were festively lit akin to the areas further west.

What can we conclude about this anomaly on Lake Street? The difference is PROFOUND and is isolated to just this area.

One property owner dominates this area to such a degree as to impede any process to develop an SSD in this area. In addition to this, there was an effort to create a single contiguous SSD from Minnehaha to the freeway. This is an entirely a reasonable effort that is grounded in sound business acumen. It is blocked completely by this same property owner.

And there is one strategic relationship between one council person and this same property owner. This relationship extends to voter intimidation, financial support, previous federal bribery convictions and much more.

The result is the creation of this supremely blighted area, the creation of this adaptive street activity and a community in pain. It is so obvious.

Raise Your Voice

Days of May

By PETER MOLEMAAR

The word from Senator Jeff Hayden’s Capital Update, May 2019:

“Senate Republicans are stauchin their position that programs providing grants to nonprofits, corporations and the wealthy...should be continuned. But every dollar spent on the wealthy...is a dollar taken from students, healthcare programs, and crumbling highways.”

Speaking of May, May 1 was a workers’ holiday for almost everyone on the planet but us. However, some local events did honor the spirit. Prominently, there was the May 1st Coalition for Immigrant Workers’ Rights, which mobilized forces to our state’s capital, and there was the UNITE HERE union labor rally in Minneapolis.

In the build-up period, the May 1st Coalition threw down a splendid fundraising banquet at the Walker United Methodist Church. When asked to speak, I made the following points: 1.) Every school child should come to appreciate the cultural contributions of the new immigrants; 2.) The expanding U.S.A. wealth gap is unsustainable; 3.) A “democracy” which has sold its soul, is not true to its word.

While the Coalition was delivering its call for the right to legally drive to work, UNITE HERE Local 17 was shepherding its forces between our downtown skyscrapers. The mostly immigrant hotel and restaurant workers are demanding a better contract under the slogan: ONE JOB SHOULD BE ENOUGH! May 5 (Cinco de Mayo) 2019...

From the beginning of time (for many among us) the other May Day event has been the annual Heart of the Beast Parade and Festival. Despite my iron-fuendy worn-down ankles, I was determined, this year, to march with Ilhan Omar’s contingent. Indeed, a member of Veterans for Peace walked along, flank, but not to worry, from this community it was from start to finish, nothing but a warm standing ovation for us all.

Yes, we are the United Front (progressive working class) within the Popular Front of resistance to D. Trump and his white nation.

Despite differences within our own ranks (“social democrats,” “radicals,” etc.), when climate change and economic meltdown arrives, we must be prepared to overrule this bloody capitalist system.

It is our job to do our best to love our neighbors.
YOGA with Mikky
Mon and Wed *6 to 7 pm
Sat *2 to 3 pm

“In this FREE, gentle yoga class, I help participants focus on breathing and body movement. This is NOT a “workout” session. Instead, it is a relaxing, welcoming environment where participants will have a mental practice to stay in the present moment and alleviate stress. We take it really slow and it is an excellent class for beginners. Body wisdom is innate in each of us.

One of my personal missions is to make yoga more accessible to people who have not done yoga or don’t know if they might enjoy it. We are bringing yoga into the lively atmosphere at the Midtown Global Market so more people can hopefully participate. The class happens in the quiet, private and closed door setting of the Allina and MGM conference rooms.

Healthy community looks like people who are connected and engage with each other. As responsible community members, we each have to slow down a bit, ground ourselves and be a group of building blocks of individuals who have taken time to care for themselves and then extend themselves in a caring, loving, and supportive way into the community.”

GUIDED WALKING with Rehti
Tues. and Thur. 10 to 10:45 am

*Other days upon request

“Motion is movement and movement is so many things. Right now, I am approaching motion with the Backyard Community Health Hub as walking, walking the Greenway, walking around the Midtown Global Market, etc. I see it evolving into other types of motion as the participants and I develop a relationship, as people get more involved. As we all get connected, we will grow the concept of motion.

Circulation is improved with motion, circulation in the body and circulating in community. Good circulation is needed in the body, and good circulation helps us to get around and to move. The light of spring draws us outdoors, getting out and trying new things, seeing new places, being in motion with others. It is all circulation. It is all motion and that is what my class will look like. Having it in a familiar place like the MGM makes it even more possible to have this motion just be part of one’s day, to be in a market place where other people are and other activities are occurring. Motion is how the body talks for everybody and also every body”

MEDITATION and SOUND THERAPY with LaDonna and Rochelle/Sound Angel
Mon & Wed *5 to 6 pm
Saturday *4 to 6 pm

“Together, we guide the practice of Meditation and Sound Therapy as a part of the whole body experience. We use singing bowls, guided imagery, flute, voice, breath, and silence. Breath is the vocal point. Breath is so natural and so much a part of how the body operates that we take it for granted. Being conscious of our breath actually helps us to be more grounded, to more fully take the journey within the body.”

People are walking around holding their breath, hoping things will be okay. Becoming conscious of our breath takes us back to what really matters, our inner selves. We have everything we need. Breath clears away the debris. Breath is instructional, it tells us what to do. Being aware of our breath allows us to be in the present moment.

When we start taking breath and owning it, we are able to encourage others to take their breath and do their work. We can breathe in our truth and make no apologies for who we are. We are receptive to receiving the goodness that is present-love, happiness and joy. People in community are happy and give love, kindness, gentleness, gratitude and empathy. It has a ripple effect.”

JUNE 2019

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<td>*Breathe &amp; Sound Therapy 4-6pm</td>
<td>*Breathe &amp; Sound Therapy 4-6pm</td>
<td>*Breathe &amp; Sound Therapy 4-6pm</td>
<td>Dinner Dialogue on Diabetes 5:30-7:30</td>
<td>*Walk anytime!</td>
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<td>*Zumba 3-4</td>
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<td>*Zumba 3-4</td>
<td>*Yoga 5-6pm</td>
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<td>*Breathe &amp; Sound Therapy 4-6pm</td>
<td>*Breathe &amp; Sound Therapy 4-6pm</td>
<td>Dinner Dialogue Cardiovascular Health (2DC) 5:30-7:30</td>
<td>*Walk anytime!</td>
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<td>*Breathe &amp; Sound Therapy 4-6pm</td>
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* Other days upon request

Need 10 community VOLUNTEERS who want to learn and grow organic vegetables, fruits, and herbs on a one acre farm close to the city. Need to commit to one, half-day a week for 8 weeks. In exchange for your labor, you will learn to grow, market, and value-added strategies to prolong food through packaging and preparation. Receive a Certificate of Completion.

Call or email the Backyard Community Health Hub (see below).

GUIDE TO CALENDAR:

1. WALK ANYTIME MGMT & GREENWAY
   – 10am to 6pm. CHECK IN with staff of the Backyard Community Health Hub to help us keep track of your participation.
2. MONDAY activity – held in the Midtown Global Market’s Conference Room on the lower level
3. 1st and the 3rd THURSDAY activities – located in the center area of the Midtown Global Market.
4. WEDNESDAY and SATURDAY activities – located inside of the Allina Conference Room.

ALLEY NEWS • JUNE 2019

COMMUNITY ORGANIZATIONS and residents – Bring your co-workers and friends and join together to make healthy life choices, build morale and meet the CHALLENGE! WIN individual or organizational prizes and recognition for: • BIGGEST LOSER !!! • MOST STEPS!!! • MOST FITNESS HOURS . . . and more!

“Together, we guide the practice of Meditation and Sound Therapy as a part of the whole body experience. We use singing bowls, guided imagery, flute, voice, breath, and silence. Breath is the vocal point. Breath is so natural and so much a part of how the body operates that we take it for granted. Being conscious of our breath actually helps us to be more grounded, to more fully take the journey within the body.”

People are walking around holding their breath, hoping things will be okay. Becoming conscious of our breath takes us back to what really matters, our inner selves. We have everything we need. Breath clears away the debris. Breath is instructional, it tells us what to do. Being aware of our breath allows us to be in the present moment.

When we start taking breath and owning it, we are able to encourage others to take their breath and do their work. We can breathe in our truth and make no apologies for who we are. We are receptive to receiving the goodness that is present—love, happiness and joy. People in community are happy and give love, kindness, gentleness, gratitude and empathy. It has a ripple effect.”

CALL FOR VOLUNTEERS

10 community VOLUNTEERS needed who want to learn and grow organic vegetables, fruits, and herbs on a one acre farm close to the city. Need to commit to one half-day a week for 8 weeks. In exchange for your labor, you will learn to grow, market, and value-added strategies to prolong food through packaging and preparation. Receive a Certificate of Completion.

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