Allées of Art: Chicago, Lake, Park, and 15th Ave. pgs. 1, 3, 4, 5, & 6

May Day Thank You & Result\$ pg. 5

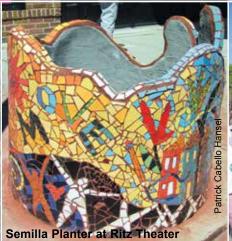
BYI Communities of Light pg. 8



Sue Hunter Weir writes here about an "Allée Dream Coming True" - the hope and reality of trees lining both sides of the road into Pioneers and Soldiers Cemetery with each tree's canopy touching in the center and framing an arch over the path. This desire by cemetery planners decades ago may have been inspired by allées like Austrian artist Gustav Klimt's (1862-1918*) vision when he painted the tree-lined allée pictured here.









Patrick Cabello Hansel writes here about "Rebranding Phillips as a Community of the Arts" and advocates for "Avenues of the Arts" in Phillips"; allées lined with art as well

Antoni Gaudi (1852-1926*), Italian architect and mosaic artist, brought his love of aesthetics to buildings and streets extolling that "color in certain places has the great value of making the outlines and structural planes seem more energetic."

Tree planting combined with art ten years ago as large, symbolic puppets from In the Heart of the Beast Puppet and Mask Theatre enhanced the planting of 150 trees along the Pioneer and Soldiers allée by over 200 people.

We have beautiful trees and tremendous art. There is no time like the present to increase making more pathways of trees and art, making more allées of energy. The French Marshall Hubert Lyautey (1854-1934*) asked his gardener to plant a tree. The gardener

objected that the tree was slow growing and would not reach maturity for 100 years. The Marshall replied, 'In that case, there is no time to lose; plant it this afternoon!'

Oddly and coincidentally appreciation of the effect of these allées can lead to a curious association with the scientific definition called Allée Effect --- named for Warder Clyde Allee who discovered that in animals and people aggregation can improve the survival rate of individuals, and that cooperation

may be crucial in the overall evolution of social structure (see a longer definition on page 7).

An increase of trees and art along our streets and avenues will enhance our community with allées of energy.

*Note: Klimt, Gaudi, and Lyautey were contemporaries of the beginning of Layman Cemetery in 1853 now renamed Pioneers and Soldiers Cemetery at Lake Street and Cedar

Allée Dream Coming True

BY SUE HUNTER WEIR

It's been ten years since we planted 150 trees in the cemetery. The trees are well grown now as are the children who helped plant them. On May 17, 2003, Minneapolis Pioneers and Soldiers Cemetery was the regional Arbor Day planting site. It was a landmark year for the cemetery; it was its 150th anniversary. The theme for the day was "Renewing Our Legacy: 150 Trees for 150 Years."

Hundreds of volunteers came to plant. There were elected officials, Boy Scouts, city staff, friends, neighbors and people who have an occasional urge to hug a tree. Minnesota Territorial Pioneer newspaperman James Goodhue (played by re-enactor Shawn Hoffman) was on hand to greet guests. The Minneapolis Police Band provided the music.

Children paraded down the cemetery's only road led by the Tree of Life from



East view Allée Memorial Day 2013

Allée Dream Coming True see page 4

"Avenue of the Arts"

REBRANDING PHILLIPS AS A COMMUNITY OF THE ARTS

BY PATRICK CABELLO HANSEL

St. Paul's Lutheran, working with partners throughout the neighborhood, is working on a project to create an Avenue of the Arts in Phillips, where residents and people who pass through will see the community as a living museum and arts studio, where many talents are lifted up and celebrated. The first leg of the proposed Avenue of the Arts will begin this summer, and will extend from In the Heart of the Beast Puppet and Mask Theatre on Lake Street at 15th Avenue and two blocks north to St. Paul's Church on the corner of 28th Street and 15th Avenue.

"We have seen over and over how art can inspire and unite people," Pr. Patrick Cabello Hansel of St. Paul's says. "Many people have stopped me to say 'we've seen one of the mosaic flower planters in the



neighborhood, and they make such a difference'." Through its Semilla arts program, St. Paul's has taught mosaic and mural arts to over 1,500 people, throughout Phillips, and increasingly in communities from St.

Avenue of the Arts see page 5

Running Wolf Fitness Center: A Wellness Dream Betrayed. Will We Save It? Commentary



BY ROBERT ALBEE

Quite often, I sit in our conference room overlooking the westside entrance to the Phillips Community Center. There I usually see a stream of people entering the building, standing by the door to Running Wolf Fitness Center waiting to be let inside. Or it's somebody leaving, having worked on their physical fitness routines. Almost everyone is smiling whether coming or going! All that could go away soon, perhaps in a month

It seems like Running Wolf's sponsoring organizations, Native American Community Clinic and the Indian Health Board are dumping Running Wolf and have quit seeing its value and it's profound impact on the rest of the Community. Building the program, they received considerable funding from the Shakopee Mdewakanton Sioux Community and U-Care of Minnesota, who invested close to \$100,000 to get Running Wolf

started. Now it seems as if they don't care if these assets remain in Indian Country or become alienated. Do they even care who they toss the keys to as they focus more on their clinical operations?

As a person who started a diabetes self-management and support program, I cannot imagine how two clinics addressing some of the highest rates of diabetes among their patients could let go of one of the major assets in that

fight for better outcomes. It was just a year ago that one of the clinics also dropped its monthly diabetes breakfast which my organization promptly picked up and continues to operate.

Running Wolf Fitness Center is not just for people with diabetes, but when its staff announced the data results for people with

Running Wolf Fitness Center see page 3



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Follow us on twitter.com/alleynewspaper "We came into this world to give

truth a little jog onward and to help our neighbors rights" Ann Greene Phillips (18_-1885) Wendell Phillips (1811-1884) Alley Communications "staff reporters," columnists, and artists are neighbors and friends

Alley Communications "staff reporters," columnists, and artists are neighbors and friends who contribute their time and work to sustain the informing and engaging. The list for this issue includes but is not limited to the following: Robert Albee,

Alan Berks, Jackie Blair, Laura Cederberg, Community of Light, Jim Cook, Frank Erickson, Sue Hunter Weir, Clarasophia Gust, Susan Gust, Holley Harrison, Dee Henry Williams, In the Heart of the Beast Theatre, Linnea Hadaway, Raymond Jackson, Hennepin County Franklin Library, HN Cty History Museum, Tim McCall, Howard McQuitter II, Midtown Greenway Coalition, Jonathan Miller, Peter Molenaar, Dave Moore, Loren Niemi, Connie Norman, Laney Ohmans, PWNO, Running Wolf Fitness Center, EDGAR UNIVERSAL EL BAY, Crystal Trautnau Winschitl. Matt Davies Remapping Debate.org

Door to Door Delivery: Youth group from Calvary Church, Donna Neste, Bob, Brad, Brad, Carol, Patrick, Cathy, Dave, East Phillips Improvement Coalition, Jacy, Jana, Heidi, Howard, Joyce, Marjorie, Midtown Phillips, Paul, Phillips West N Org., Simmons Family, Raymond, Stephanie, Tara, Ventura Village, Will you deliver a block or two or your apartment? Call Harvey 612-990-4022

Bulk Delivery: Lyle James
Delivery. 250 Apartments,
Businesses, Places of Worship, and
Organizations; this issue is having
volunteers delivering many blocks
of these neighborhoods Ventura
Village, Phillips West, Midtown
Phillips, East Phillips, Central,
Powderhorn Park, and Corcoran;
and the usual spots in Longfellow,
Cooper, Cedar-Riverside, Elliott
Park, Whittier, and Lyndale.

Board of Directors: Cathy Strobel, President; Leon Oman, Treasurer; Sue Hunter Weir; Joan Hautman. **Senior Editor:** Harvey Winje, editor@alleynews.org;

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> July Alley Deadline: June 15

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BY ERIN THOMASSON

Children & Family Programs

Open Eye Figure Theatre
Presents Puppets for families!
Wed June 12, 10:30 a.m. A
magical interactive show outdoors.

Stop Motion Stories

Tues. June 18 1–3 p.m. Reg. req. online or 612-543-6925. Fall gr. 4-6. Make animated video with help. Bring stories to life using toys, drawings & the library's iPads

<u>Camp Bookawocky: Reading & Learning Tues.</u> thru Fri June 13,

1-3 p.m. Fall grades 1-4. Keep up with your reading at Camp Bookawocky. Sign up for one-on-one reading tutoring.

Camp Bookawocky: Kids Book
Club Tues. thru Thurs June 13, 3

 −4 p.m. Fall gr 1-4. Keep up with your reading in summer at Camp Bookawocky. Join a book club.

Camp Bookawocky: Games & Projects. Tues thru Thurs June 13, 4 –5 p.m. For families. Fall gr. 1-4. Keep up with your reading in summer at Camp Bookawocky.

Family Storytime Wed at 10:30 a.m. Age 2 and up. Share books, stories, rhymes, music, & movement with your children.

<u>Puzzlemania!</u> Thurs 2 – 3 p.m. For families. Enjoy a variety of educational & fun puzzles and games!

Teen Programs

O.P.E.N. Time Tues 3–5 p.m. Options for Play & Enrichment Now Time: computers, magazines, board games, video games, brain teasers, & conversation with friends.

Read, Write, Blog Wed. June 5 & 19, 4–6 p.m. Fall gr. 7-12. Read with friends. Interested in creative writing? Learn to run a blog & use your words in fun & creative ways?

Teen Anime Club Thurs June 6 & 20, 3:30-5 p.m. Watch anime, discuss manga, share artwork, &

4-H Mentoring Club Thurs 5
-7 p.m. Learn urban ecology,
health & nutrition, sustainable
agriculture and related careers in
food science from adults and pee

work on cosplay.

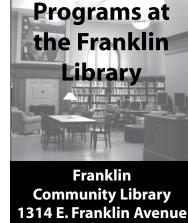
food science from adults and peer mentors; maintain a community garden and visit local food shops. **MVStudio: Music and Video Production Wed. June 12 & 26, 4–6 p.m.** Reg. Online or 612-543-6925. Get hands-on experience

mixing your own music & creating original videos.

Sculpture Art Thurs June 13,
4–6 p.m. Reg. req online or
612-543-6925 begins May 16.
Fall 7-12. Learn basic sculpture techniques & experiment with

612-543-6925 begins May 16.
Fall 7-12. Learn basic sculpture techniques & experiment with various materials including wire, wood, air-dry modeling clay, foam core, fabric & "found" materials to create small sculptures. Materials provided

Young Achievers Thursdays at 5 p.m. Community involvement? Concerned about health and



Community Library
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calendar, visit, call, or
www.hclib.org and news
at www.hclib.org/pub/
info/newsroom/

lifestyle? Come for poetry, arts, games.

ArtVentures Thurs. June 13 & 27, 3:30-5 p.m. Explore your creativity while learning about the vibrant arts scene here, at Teen Center along with visits from local artists and trips to see working artists in action.

Movies for Teens

Fri 3–6 p.m. Movie titles by teens on big screen.

Adult Programs
55+ Nonfiction Book Club
Fri. June 14, 1–3 p.m. Discussion

of new nonfiction titles.

Memoir Writing Group Thurs
June 20, noon-2 p.m. Create a
record of your personal history.

Phillips Technology Center

Register online for these classes

Register online for these classes and more at www.hclib.org or call 612.543.6925 Microsoft Excel: Basics Thurs June 13, noon–1:30 p.m.

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

Microsoft PowerPoint: Basics

Fri June 14, 10–11:30 a.m. Learn to create presentations & use the ribbon to create a slide show.

Computer Skills Workshop Fri June 14, noon–1:30 p.m. Work on projects & practice skills from using the mouse & keyboarding to using email &

Microsoft Office.

Microsoft Word: Basics
Saturday, June 15, noon—
1:30 p.m. Learn the ribbon, enter & delete text, basic formatting, cut, copy and paste; & when to use

'save' and 'save as.'
Franklin Learning Center
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Free tutoring for adults learning English & math, preparing for the GED & citizenship exams, & gaining life skills. We are always looking for community volunteers! No experience necessary; we provide training and materials



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Success By Leaps and Bounds "Look if I can do it anyone can..."

an .

BY CONNIE NORMAN

Hello from Running Wolf Fitness Center. Wow its June already! I wanted to share another special Running Wolf fitness Center success story with you. This is for all of us who struggle to develop a regular routine of exercise and wellness activities so you can live a healthier life.

Late last November Mr. Jackson came into Running Wolf after being dropped off by Metro Mobility. Mr. Jackson used a rolling walker and had serious one sided weakness and balance issues since a diagnosis of severe spinal stenosis and muscle atrophy a year before. His goal was to get stronger, develop better balance and be able to increase his endurance in walking and standing. He worked out 3-4 times a week and worked with our trainer to develop a good progressive workout routine. He also was able to use the large Park Board gym in the Phillips Community Center building to focus on walking endurance with our trainer.

One day while he was at Running Wolf- he asked about the other programs he saw in the building. I gave him a tour and he met with the Waite House Chef Austin Bartold — who instructs the 6 week Adult Culinary arts program as well as cooks and serves food daily at the center. He also met with John Richards -Coordinator of the Waite House Urban opportunities-Self Sufficiency programs like the employment services and computer education classes.

Since Mr. Jackson had previ-

ously managed several restaurants he was interested in the Waite House Culinary arts program. So he worked with the Waite House Chef and they wanted to make sure he could stand long enough to be in the program. Because of his workout routine at Running Wolf he was able to meet all the physical requirements to be in that program! Then he was directed to the computer classes offered through Waite House and attends them every Thursday. He told me last week because of the computer program they taught him how to use his first smartphone! Mr. Jackson said that he is very grateful for all of the offerings under one roof and the way that all the different programs have worked together to provide health and wellness opportunities with other learning and employment opportunities.

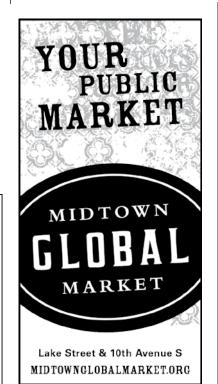
Mr. Jackson said he was happy to have us share his success story with all of you. He says, "Look if I can do it anyone can, you just gotta' do it on a regular schedule and work hard, it's worth it!"

We want to encourage you to try some of Running Wolf's fitness classes, like Yoga, Zumba and Cardio-Kickboxing and others! Meet with a dietician to set better nutrition goals for a lifetime! See the calendar for schedule of classes to live well!

Also, Come and tour all of the Phillips Community Center programs! For more information please call Connie @ Running Wolf- (612)872-2388. Happy Summer!

Running Wolf Endangered!!!

Running Wolf needs funding to be able to stay open for the community. Donations of all sizes are welcomed and appreciated. Please tell us ideas or comments for funding assistance, too. Please call Connie Norman-Running Wolf manager @ 612-872-2388. THANK YOU.





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Museum in the Streets

5 reasons to explore

BY HOLLY HARRISON

Lake Street is never short on shopping, dining, and festivals., There's one activity available 24/7. The Museum in the Streets—over 70 plaques spread along 5 miles that picture and describe places of historical interest.

- 1. You can become a Lake Street history buff in one day. Lake Street has seen it all. After a little walking and reading, you'll have had a fascinating glimpse about the individuals, stories, and events that made Lake Street what it is today. A bonus is that you can use this knowledge to impress (or annoy) your less Lake Street-savvy friends.
- 2. Become a Lake Street 2013 buff in one day. Lake Street is bustling and it's easy to miss its treasures while driving. While walking you'll probably spot murals and other public art you didn't notice before and enjoy a great meal in a restaurant you'd overlooked.
- 3. The tours are self-guided. Busy schedule? Luckily you can take in the Museum in the Streets on your own with a handy brochure available at stores.
- **4. Visits needn't be alone.** Preserve Minneapolis will give tours this summer.



Museum Plaque at Midtown Global Market sidewalk near Lake Street and Elliot Ave.

5. There's a free Spanish/
English lesson in it for you. All
three, area tours are featured in
side-by-side English and Spanish,
which is both convenient and a sort
of time capsule of Lake Street in
2013. Brochures and info available. www.lakestreetcouncil.org
Museum in the Street Receives
Heritage Preservation Award

The Lake Street Council
was awarded the Minneapolis
Heritage Preservation Award
for Community Education and
Advocacy for its Museum in the
Streets. Donations still needed for
costs and ongoing repairs.
jwisdom@lakestreetcouncil.org

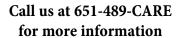


Looking for Affordable Health Care Coverage?

Portico Healthnet Can Help!

Thanks to support from the Allina Backyard Initiative, Portico Healthnet can:

- Help you apply for Medical Assistance or MinnesotaCare
- · Enroll you in Portico's Primary and Preventive Health Care Program if eligible





Running Wolf Fitness Center from page 1

diabetes who regularly participate in activities therein, most clinics would envy that kind of transformation for their patients! I take joy in those numbers because some of my program participants are regulars at Running Wolf and are included in those statistics.

Having participated a decade ago in one of the world's finest fitness and recovery programs: Pritikin Longevity Center just north of Miami, Florida, I got a glimpse of what people with unlimited personal finances can buy in terms of access to health recovery. I still thank Famous Dave (Anderson) for that opportunity! Coming home from that experience, I dreamed of a way in which people of extremely low incomes could have the same opportunity that I had at Pritikin, but right here in our own community. Running Wolf is one key to that dream being fulfilled—access to a program to help regain lost health with assistance from fitness specialists or from free group sessions each week in the studio space. All for ten bucks a month

Although the new healthcare legislation we call "Obamacare" falls far short from what many of us would like to see, one thing they did get right was the idea of not paying clinics for procedures, but rather paying them for results. Thus healthcare organizations gain greater revenues once their patients begin having better health outcomes. Clinics cannot usually make their patients more healthy through increased dosages of medications, visits and tests. Nor can they make them healthier through free water bottles and pedometers and other giveaway "bling". Instead they must embrace the very real programs like nutrition and cooking classes



Phillips West Neighborhood Upcoming Events: Check out the Phillips West Website @ www.phillipswest.info

June 6th (Thursday) 6:00 to 7:30 p.m. – Phillips West Annual Community Meeting!

Join your neighbors and other Community Partners for updates from Local City Government, Minneapolis Police, Business Partners, and Residents. This meeting will take place at the Center for Changing Lives in the Centrum Room (2400 Park Avenue). Free parking is available in the rear of building off Oakland Avenue. Free Dinner & Beverages will be provided! If you would like more information or would like to get involved with the neighborhood please contact Crystal at 612-879-5383 or email her at pwno2005@yahoo.com

or physical fitness programs that help patients take greater responsibility and begin to manage their own lives. Instead of this, they want to dump Running Wolf.

Not too long ago, I contacted an old friend from one of the wealthier Minnesota tribes and asked him if his tribe or a group of them might take over Running Wolf on behalf of all the urban Native people who have benefitted from this remarkable asset for Indian Country. They are in the process of giving that idea some consideration. Perhaps in a month of two, we'll have an answer for Running Wolf.

In order for the Phillips Community to improve the wellness for all residents, we need to have all of the clinics and health-care programs working cooperatively together. A continued pattern of competition rather than collaboration does little more than increase health disparities and

service gaps that do not help us become stronger neighborhoods. We need a collective impact that comes when community organizations' staff start meeting and working together, extending a network of service so that all residents can be beneficiaries of our efforts to erase the current disparities resulting from uncoordinated care strategies. This means recruiting our student programs and public health organizations to become full participants.

Running Wolf Fitness Center is not the only element in a strategy for wellness in Phillips. But losing an affordable asset is no way to achieve wellness for Phillips either. I want to see more smiles from my window every day, but also want to see all of us step up and continue working toward developing and maintaining those ways to help us become healthy, be it a clinic, a pool, a gym, an exercise studio or an urban farm!



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On a Cool 145th Memorial Day Thoughts and Emotions Gathered and "Warmed" by Music, a Call to Youth, and Challenge for Peace "without a Shot-Fired



It was hard to tell whether summer has passed us by or is just late in coming. Memorial Day was a gray, somewhat chilly day this year. The crowd wasn't as big as it has been on sunnier, warmer days but that didn't dampen their enthusiasm. People have turned out at Pioneers and Soldiers Memorial Cemetery for 145 years to honor those who have died during wars. Given that purpose, it is for the most part a solemn event--except for the music. There is nothing quite like a John Phillips Sousa march to get a crowd tapping their toes. The Seward Concert Band

VETERANS BURIED AT PIONEERS AND SOLDIERS **CEMETERY**

There are approximately 200 veterans buried in the Cemetery.

- War of 1812~Four
- Civil and Indian Wars~164
- Spanish American War~16
- World War I~1

helps set the mood for the day with marches and patriotic songs. When the band plays a medley of service songs veterans of the Army, Coast Guard, Marines, Air Force and Navy rise in turn, salute the flag and are applauded by an appreciative audience.

This year's observance was a blend of old and new. The words and the music were all familiar. There were several new faces leading different parts of the ceremony. Commander Dick Ward of American Legion Post One was the emcee. Pastor Dan Elifson, formerly of Salem Evangelical Free Church offered the invocation and the benediction. Mary and Kelby Grovender provided some much needed guidance to us in our singing.

The emphasis of this year's keynote speech by Brigadier General Dennis W. Schulstad (ret'd) was on young people. He paid special tribute to the students





from the Colin Powell Leadership Academy who participated in this year's ceremony: Cadet Toriano Jones who read General Logan's Orders, Cadet Harry Rainville who read the Gettysburg address and an Honor Guard provided by Chris Poposil, Devon Linnihan, Alex Benavidez, Tyler Morgan and Steve Storm.

It is the young people, he said, "bright, well-educated and trained to use the best equipment in the world" who guarantee the survival of American civilization because of their willingness to make sac-



rifices on our behalf. He paid tribute to his own father, who was not a professional soldier but a student at the University studying accounting, who left school to fly B52s over Germany during World War II.

Out of all the wars in which the United States has been involved, he believes that the "best" was the Cold War because, despite a supply of nuclear weapons that could "blow up half the world," the war ended without a shot being firedthere was no loss of life.

It's okay, Schulstad said, for some people to spend Memorial Day at ball parks and big Memorial Days sales because "men and women who served gave their lives for our freedom: Freedom to work, freedom to live, and freedom to worship-or not worship" as they choose. Once a year, for a brief time, we stop to remember

145th Memorial Day Celebration Service at Pioneers and Soldiers Cemetery

Prelude Music by Seward Concert Band John Stewart, Conductor Post the Flags by JROTC Color Guard Star Spangled Banner Sung by Audience Pledge of Allegiance by Audience Opening Remarks by Richard Ward Veteran MC Invocation by Reverend Dan Elifson, Salem Church General Logan's Orders by Cadet Toriano Jones, MTS Memorial Day Address by Brigadier General Dennis Shulstad, U.S. Air Force (ret) God Bless America sung by Audience Gettysburg Address by Cadet Harry Rainville Music Selection by Seward Concert Band America the Beautiful sung by Audience Benediction by Reverend Dan Elifson Everyone processes to the Grand Army of the Republic Cemetery Plot for the placing of Wreaths and to Render Honors

Taps by Seward Concert Band

Allée Definition and Pronunciation allée: a formal planting, usually of evenly planted trees, lining both sides of a passageway, path, walk, or driveway. allée in French is equivalent to alley, avenue, drive, path, and similar passage ways in English. allée rhymes with all-day and ballet.

Allée Dream Coming True from page 4

Paul to Hopkins to Austin. Youth and adult participants are trained to see their neighborhood in a new way, and then create works of art that helps other see a new, transformed community.

This spring and summer, Semilla workshops will take place at a number of places, including Waite House, Division of Indian Work, Shalom Garden and St. Paul's Home, a 53-unit lowincome apartment building for

seniors, as well as in its youth programs and at neighborhood festivals. Throughout the year, there is a free open mosaic workshop every Wednesday night from 6:30 to 8:00 pm.

St. Paul's has a full schedule of programs for the community this summer, including:

Day camp for children 3-11: June 10-14, 10 am to 2pm.

Arts camp for youth 11-17, June 20-24 (times to be announced)

Block party July 27, 11 to 3

Thursday, July 18: Open Eye

Figure Theatre, on the grass at St. Paul's, 7 pm.

In addition to the Wednesday open studio nights, youth may apply to one of two summer programs: Young Leaders, for youth 11-15, and Young Explorers for children 6-10. Young Leaders prepare for the job market and community leadership through a program that combines handson work experience, life skill classes and career visits to different employers in the city. Career Teams this summer are: Community Arts, Gardening and Greening and Community Organizing. Young Explorers will learn photography, painting and mosaic and explore the neighbor-

For more information about any of these efforts, call 612-724-2862 or e-mail stpaulscreate@gmail.com. And "like" us at "Semilla Project" on Face Book!

These activities are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund; and by a grant from the National Endowment for the Arts, and the City of Minneapolis Innovative Anti-Graffiti Program.

Spears and Commodore, at the **Dakota and in the Community**



BY RAYMOND JACKSON

Dennis Spears and Ginger Commodore performed at The Dakota Jazz Club and Restaurant May 18th. They sang many popular melodies, including a stirring rendition of, "Unchanged Melody". .

After receiving a personal backstage greeting representing The Alley Newspaper, I asked

about their hometowns. Spears said, "I was born in Toledo, Ohio, but I grew up in Mangham, Louisiana. It's near the more familiar Monroe, Louisiana, so I say I'm from Monroe."

They performed Louisiana style rhythms and scatting dedicated to Sue McClain who had

Spears and Commodore see page 5



2nd Wednesdays: BOARD OF DIRECTORS MEETINGS: 6:00 PM 1st Tuesdays: 1st Tuesdays: 3rd Thursdays:

2nd Wednesdays: GENERAL MEMBERSHIP MEETINGS: 7:00 PM COMMUNITY ENGAGEMENT COMMITTEE MEETINGS: 5:30 PM WELLNESS, GREENING & GARDENING COMMITTEE MEETINGS: 6:30 PM BI-MONTHLY BUSINESS COMMITTEE MEETINGS: 6:00 PM Last Thursdays: HOUSING & LAND USE COMMITTEE MEETINGS: 5:30 PM Last Thursdays: CRIME & SAFETY COMMITTEE MEETINGS: 6:30 PM PARKS COMMITTEE MEETINGS: Call for next meeting time.

EXECUTIVE COMMITTEE MEETINGS: Call for next meeting time.

2323 Eleventh Avenue South • Minneapolis, MN 55404

P.O. Box 580757 - Minneapolis, MN 55458 • 612.874.9070

In The Heart Of The Beast Puppet And Mask Theatre SUMMER CAMPS & CLASSES

JUNE 8 Fairy Flower Parade HOBT & naturalists in fun exploration of the E. Butler Wildflower Garden. 9:30am-12pm \$20 ea, family \$15/ person (no fairy turned away for lack of funds)

JUNE 10-14 Los Viejitos y Los Diablos (The Old Men and the Devils):Traditional Dance Masks from Latin America Dance, theater & mask making. Learn & dance in Latin.. At HOBT 10:30am-12:30pm Ages 8-12\$100 T/Artist: Gustavo Boada

JUNE 10-26 **Puppet** Projectionistas Digital magic with Mpls. Art on Wheels-- lo-fi hand animation. Mobile and guerrilla; reclaim space with light. Groups to develop site-specific performance. Computer literacy req. See themaw.org. At HOBT Mon. & We., 7:-10:pm Adults, high school Jrs.& Srs. \$180 T/Artist: Eben Kowler

JUNE 17-19 Los Pollitos Chicks):Pre-School Spanish and Puppets Masks and Puppets. A puppet and story hour & hands-on puppet project by parent & child. At HOBT Mon-Weds, 9:00-10:30am Parents & age 3-5Cost: \$75 T/Artist: Anne Sawyer-Aitch

JUNE 17-21 Solstice Stiltn-Spin Summer Camp Youth & adults stilt walk & fire-spin



(w/o fire!) in a safely with supportive environment. Celebrate the Summer Solstice at end. Powderhorn Park 7:-9:pm: Ages 9 & up Cost: \$100 T/Artist: Bart

JUNE 24-28 Fabric Funhouse Mind, hands, & body play with movement, shadows, & fabric . No sewing skills req. Ends in performance for family & friends. At HOBT 10:-11:30am Ages 5-8: \$75 T/Artist: Angie Courchaine

JULY 8-12 Shadow Puppet Cinema: At HOBT 9am-12pm Ages 9-12 \$150 T/Artist: Eben

JULY 8-12 I Love a Love

Parade: At HOBT 9am-12pm: Ages 4-8: \$150 T/Artist: Esther Ouray

JULY 15-19 The Day Laughter Changed the World At HOBT 9am-12pm: Ages 8-12: \$150 T/Artist: Esther Ouray

JULY 15-19 Wild Powderhorn At Park 1- 4 pm Ages 9-12: \$150 T/Artist: Esther

JULY 16-19 The Hero's Hand HOBT Tu, W, F 9am-12pm, Thurs 9am-4pm: Ages 14-17 \$160 (sliding scale fee available) T/Artist: Stacy Lee King

Register www.hobt.org/ education/summer-camps/

THANK YOU FOR SUPPORTING MAYDAY!

Thank you, thank you, thank you to the community for our 39th Annual MayDay Parade & Festival! One of the best ever, attended by 50-70,000 on glorious May 5, 2013.

Here's the results of our lowered budget this year and our appeal for increased community sustaining support.

- \$80,850 Individual donations (including Seward Co-op's "round up" and MayDay Makers giving)
- 9,300 ad sales
- \$7,500 join in and info tables
- \$18,350 Food vendors
- \$116,000 income
- \$93,500 personnel
- \$7,400 print/postage/promo-
- \$8,100 rental equipment/ vehicles
- \$2,300 supplies
- \$4,100 permits
- \$8,600 all else
- \$124,000 expenses

So an additional \$8,000 will

make it all good.

To ensure many MayDays to come as we enter our 40th year,

- Donate through our web site.
- · Use the MayDay appeal envelope you might have received and/or mail us a check.
- Share the magic of MayDay with others: post your pictures and MayDay stories on our Facebook page and see/share the many recent posts there

2nd Annual Greenway Glow Lights the Greenway June 22



Art, music, bikes, and a giant catapult top the evening's events. BY JACKIE BLAIR, MIDTOWN GREENWAY COALITION

Looking for a fun event where you can be outside on a warm summer night, ride a bike, watch and participate in art, and munch on some great food? Look no further!

Spears and Commodore from page 4

died the day before. McClain had many remarkable and exciting accomplishments over the many years as a musical promoter for entertainers and audiences here in the Twin Cities.

Spears said, "I was raised by my grandparents in Louisiana, but I have been here for 33 years, making me a Minnesnowtan, or whatever you call those foolish enough to stay here and survive the winters."

When asked "what is it that keeps you here", he replied, "I am so into family and community. Ginger and I have a great family base here, through "Moore by Four", and other work. This is such a strong artist community--very artist friendly. That's why I stay here. I do, however, want to make enough money, so I can retreat to somewhere warmer in

Join us for the second annual Greenway Glow: Illuminated Art Festival and Night Bike Ride on June 22. It's two events in one: a free art festival and a fundraising bike ride. All money raised will be used to protect and enhance the Midtown Greenway.

To register for the fundraising bike ride, simply go to www.

Ginger responded, "I am actu-

ally from Des Moines, Iowa, and

my family transplanted up to

Minnesota, one by one, so most

of us are here now. I stay because

this is a great place to raise our

kids, family and to do commu-

nity outreach. Dennis and I have

a large, similarly connected, com-

munity that we perform for. We

live in the community and Dennis

does a lot of work in the commu-

nity, making this a place that you

work in the Phillips Community,

and is currently the Artistic Youth

Director at The Capri Theater in

part of "Moore by Four" has given

us great opportunities. We've trav-

eled the world, shows in Europe,

Italy, Finland, Portugal and Spain,

Ginger continued, "Being a

Dennis Spears, has done a lot of

just don't want to leave."

North Minneapolis.

to name a few."

my elder hood."

greenwayglow.kintera.org. Riders will enjoy free food from Bar Louie, drinks from New Belgium Brewing, glow-in-the-dark t-shirts and much more! Biking or no biking please join

us for the free art festival on the Greenway, starting at 6 p.m. & lasting 'til midnight. There will be something for everyone – live music, 3-minute plays, mobile karaoke, and even a giant catapult that launches magnetic LED lights onto a metal target.

Bike Ride Registration is \$25 by June 3rd (\$30 after/at the event), and adult riders must also raise at least \$75 in pledges for the Greenway (youth under 18 are not required to raise funds).

The art festival is free, with no registration required. A full schedule and more information will be posted to midtowngreenway. org in June.

Spears said, "I am now doing some of the same type of work as Mother, who was a social worker, working with young girls who are at risk and displaced. As artists we are changing the lives of kids, who people have been told, they have no hope, they have no dreams and it is not only coming from the streets but also the homes; where these kids feel like they have no voice. We are teaching them that through theater, music and the arts, that yes, they do have a voice, and tell the world that they are somebody special, they are a child of God. Follow your dream, and find out what that richness is inside each and every one of you that is given to all of us."

Wow! What great and inspirational words.

At The Dakota Jazz Nightclub on June 9th: John Sebastian, and on June 19th and 20th, is, Ramsey Lewis & Dee Dee Bridgewater.

With Joy! *Intensive Training Workshop*

A laboratory of the low-tech/high-imagination methods of HOBT, led by Sandy Spieler, HOBT's Artistic Director Registration Deadline



Avenue of the Arts from page 1

In the Heart of the Beast Puppet and Mask Theatre. In the spirit of Johnny Appleseed the children wore pots and pans on their heads and carried large spoons and ladles. They stopped at each new tree, watered it and offered the following blessing:

"In this quiet place,

Here amidst memory and dreams

We ask the sun and the rain to nourish

Through the spring, summer, fall and winter.

May you grow well,

And thank you for the home you will provide for the animals

And the oxygen for us to breathe."

This planting fulfilled the dream nization of volunteers that in the 1920s and 30s stepped up to preserve the cemetery. It had been their dream to create an allee of elm trees along Elizabeth Avenue, the cemetery's roadway. The City Engineers Office drew up a plan but the Depression was in full sway and the trees were never planted. The plans remained in the office gathering dust until 2003.

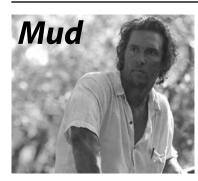
As it turned out, the delay was probably a good thing. Dutch Elm disease and Emerald Ash borers have taught us that relying too heavily on a single species is not a good thing. Instead of a single variety of trees, we planted dozens. There were large shade trees, such as Autumn Blaze and Green Mountain Sugar Maples. There were medium-sized trees like Ohio Buckeyes, Amur Chokecherries and Showy Mountain Ash.

Twenty-seven specimen and evergreen trees were planted throughout the cemetery to provide species diversity and to create habitat for wildlife. Trees were provided by the U.S. Forest Service Inner City Grant Program and by Foster Wheeler Twin Cities, Inc.

The planting was a partnership the included numerous city and neighborhood organizations including the Minneapolis Park and Recreation Board, the Committee of Urban Environment, Tree Trust, Green Space Partners, City of Minneapolis Division of Public Works, the Corcoran Neighborhood, the Phillips Community and Friends of the Cemetery. Local businesses were generous sponsors.

The tenth anniversary of the planting means that the cemetery of the Minneapolis Cemetery has reached another important Protection Association, an orga- milestone in its continuing story. It has now been 160 years since tenmonth-old Carlton Keith Cressey was the first burial in what was known as Layman's Cemetery and which today is preserved as Minneapolis Pioneers and Soldiers Memorial Cemetery, the oldest existing cemetery in Minneapolis.







Howard McQuitter II *Movie Corner*Howardsmoviecorner.com

HowardMcQuitterii@yahoo.com

Mud (2013) ★★★★

Lionsgate/Roadside
Attractions. Cast: Matthew
McConaughey (Mud), Tye
Sheridan (Ellis), Jacob Lofland
(Neckbone), Michael Shannon
(Galen), Sam Shepard
(Tom Blankenship) Reese
Witherspoon (Jupiter), Joe Don
Baker (King), Bonnie Sturdivant
(May Pearl). Running time: 130
minutes. (PG-13) Director: Jeff
Nichols.

Jeff Nichols ("Take Shelter") carefully and skillfully forms the story of two boys Ellis (Tye Sheridan) and Neckbone (Jacob Lofland) and their discovery of a fugitive Mud (Matthew McConaughey) who may have murdered a man. The movie takes place in the southern backcountry of Arkansas where the boys live similar to David Gordon Green's movie "Undertow" (2004).

Mud has an undying love for a woman, Jupiter (Reese Witherspoon), who is a cheater as well as being victimized by a bad boyfriend. He has to see her risking his capture by authorities. To avoid being seen, he sends a handwritten letter by way of Ellis and Neckbone to Jupiter. Even here there's danger in the air.

For Ellis is unhappy because his mom (Sarah Paulson) leaves his tough but warmhearted dad (Ray McKinnon). This fourteen year old boy feels the pain of abandonment in turn finding a buddy, Neckbone, as they wander in the woods and along the river like Huckleberry Finn

Ellis meets the man Tom Blankenship (Sam Shepard) who raised Mud. Tom is a river dweller like Ellis and his parents. Tom doesn't exactly say all nice things about Mud and not to be believed. According to Tom, Jupiter has cheated on Mud for years in spite of him chasing her across the country.

One can argue the shootout is for another movie and not for "Mud". I'm not so sure. The shootout may be a blemish on what is one of the best movies since the Oscars; But, consider this: law enforcement is after Mud and trouble is likely to happen.

In sum, the cast is first-rate with Matthew McConaughey, Tye Sheridan ("Tree of Life") and Jacob Lofland outstanding in particular.

Arts on Chicago CELEBRATION! June 8, 2013

June 8th 9 am-4 pm

32nd to 42nd on Chicago Ave. 40 local artists ~ 20 projects.

Powderhorn Park, Bancroft, Bryant, and Central Neighborhoods join on Chic. Ave. 'tween 32nd and 42nd with diversity & creativity.

Powderhorn Park
Neighborhood Assoc. & artists:
Paint the Pavement at 34th near
Powderhorn Park from 9 am to
1 pm.

<u>StevenBe's Fiber Arts</u> Fiber Sprawl project in the courtyard.

PHAT Mobile Screen printing 35th & Chicago by MCAD Prof. Natasha Pestich.

<u>Poetry Mobile</u> write poetry on Molly Van Avery's bicycle-powered, rolling writing studio.

What Grows Here, a "Story Walk" 32nd to 38th St., at 2 pm Actors & storytellers Dylan Fresco &Michelle Barnes perform story-collecting project. Urban/Environment Project photographer Stephanie Rogers leads an urban nature walk at 10 am.

Wing Young Huie, Stephanie Rogers, HOTTEA, Forest Wozniack, TAWU (The Art Within Us) artists collective, Michael Hoyt, and Upstream Arts Visual art & photography displayed between 32nd to 42nd on Chic. Ave. 9 pm to 4 pm.

38th & Chicago Business
Assoc. Annual BBO & Music
Festival 11 am to 2 pm 3700
block of Chic. Ave. Music, food,
children's activities, & free snow
cones at the CLOSED for-the-day
corner.

AOC is a "creative place-making" initiative by Pillsbury House + Theatre, Powderhorn Park Neigh. Assoc., MCAD Prof. Natasha Pestich, Upstream Arts, & support of Ward 8 Councilmember Elizabeth Glidden. AOC; one of 47 organizations to receive funding from Artplace, a collaboration of 12 of the nation's leading foundations, eight government agencies including the National Endowment for the Arts, and 6 U.S. financial institutions.

WHAT IS CREATIVE PLACEMAKING?

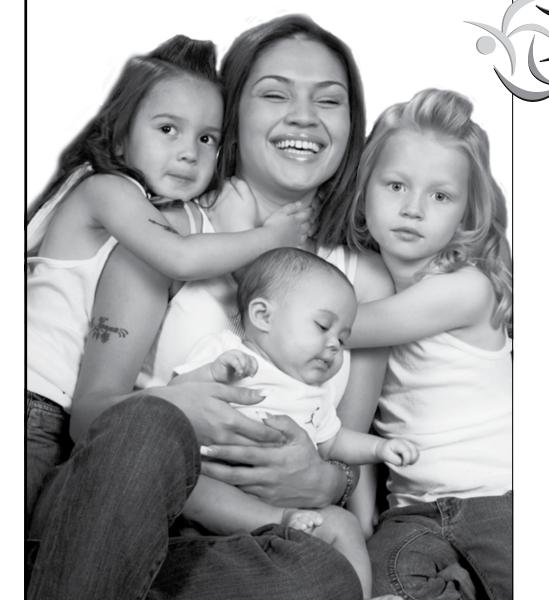
It furthers arts in neighborhoods to encourage social interaction, support the growth of local businesses & safer streets, and promotes a sense of neighborhood identity and ownership.

Pull, Twist, Blow Opening and ASI Midsommar Celebration



Saturday June 15th. 10 a.m.—5 p.m.

The exhibition opening coincides with ASI's annual family-friendly Midsommar Celebration. FOCI – The Minnesota Center for Glass Arts will offer on-site glass blowing demonstrations for adults and children alike. Artist Ingalena Klenell will present "Landscape & Memory," a talk on *Homeland*, her glass forest installation in the exhibition.



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CUHCC offers services in medical, dental, and mental health.

We provide low-cost family planning services, including contraceptive methods.

We accept patients of all ages, serve people in their language, and do not turn people away based on their ability to pay.

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www.cuhcc.umn.edu

University of Minnesota

Community-University Health Care Center



Call for an appointment today! 612-638-0700

Hip Replacement Time



Peter Molenaar *Raise Your Voice*

Ever have trouble engaging the medical system in this country? Try growing up in a medical family as I did. It was my father who examined all the private parts... mine as well as those of all my classmates. It followed that for years I returned to Cannon Falls for the free service, but did so only when the course of household remedy proved to be inadequate.

It was just within the past year that I entered one of the local clinics to find a primary physician outside my family. Although it was a painful left hip which demanded attention, I would submit to a gamut of tests and probes. Cholesterol "somewhat elevated", thyroid "needs help", prostate "no problem".

As for the hip, x-rays revealed lost cartilage, the left hip being bone on bone. They call it arthritis. Turns out you get only so much cartilage to begin with. Wear it out and the deal is done.

Moving on...

One must submit to a second set of x-rays to appease the orthopedic surgeon...only to be told that hip replacement surgery does not proceed without a clear path to insurance. So, I hired an attorney to learn that this particular surgeon makes between \$500,000 and \$1,000,000 per year testifying against workmen's comp claims. My condition is work related. I will not commit fraud by stating otherwise.

"Burn Job" coming...

Via the office of Teamsters Local 970, the legal obligation to turn over the record of my work was conveyed to my employer. I was to receive instead a record of all reprimands issued. My actual work record remains "stored across the street."

Go here, go there...

I heard about a surgeon whose technique cuts the recovery time in half. After another set of x-rays I was told, in essence, that this surgeon would not perform upon a worker who had acquired his condition over a lifetime of arduous labor. However, an associate might take a comp case.

Frank Reflections

BY FRANK ERICKSON

"Commander, thank you for giving us another interview. The readers of The Alley Newspaper are very appreciative."

"You're welcome, nice to be here."

"Commander, let me start by commenting on the bombs that blew up during the Bostom Marathon...if the Tsarnaev brothers had attacked Boston with a military, and hit 'military targets', they would have been free to maim and kill as many civilians as they wanted to, for as long as they

So, after yet another set of x-rays, I was told again that surgery would not commence until the matter of insurance was resolved. But Doctor, I cannot resolve the matter until a physician attests to the causal connection. The response: How do you know you didn't wear out your hip after work?! Oh my God, you mean while watching TV, that sort of thing?

Once upon a time, in a far-away socialist land, all workers received thorough health examinations on a regular basis, free of charge. Should a serious problem develop, a lengthy retreat to a Black Sea health resort would follow... free of charge and free of humiliation.

My case is still pending. There is hope.

wanted to, say, up to 8 years with over 100,000 killed, like the U.S. did in Iraq...Commander, who's guilty of the largest crimes?"

It is not that simple, you're making an unfair comparison. The terrorists in Boston were deliberately targeting civilians"

"But they didn't get close to 100,000 of them. I'm just trying to find out how one gets the ticket 'in', how you get yourself in."

"The ticket into what?"

"Into a realm where you are free to kill civilians, a ticket that the Tsarnaev brothers obviously did not have. Maybe this will give us some insight---Leonard Peltier syas he never shot anyone at Wounded Knee, but for the sake of argument, let's say he did engage the FBI in armed conflict and did kill an agent, why is he in prison for life?"

"Because he murdered an FBI agent!"

"Yet it was armed conflict, and 'war' is defined as armed conflict. Why do some people after killing and destroying during armed conflict get to go home to their families, and others like Peltier go to prison."

"Well, the 'War Powers Resolution' is the procedure to legally declare 'war' that the U.S. government uses ."

"Well, maybe the Native Americans had their own 'War

Powers Resolution' to legally declare 'war' on the U.S., and besides this resolution to legally declare 'war' was not around when whites had the freedom to kill the British in the 'Revolutionary War' during armed conflict, and they all got to go home. 'War' is conveniently and opportunistically used to define only certain armed conflict situations that benefit the powers that be, wouldn't you agree?..."

"No, I will not agree. We can't just let every armed conflict situation be a 'war', and then the participants get to go home after it is over."

"Alright then, that is what we need to figure out, who decides when it is a 'war', certainly not Leonard Peltier, he is not on the deciding committee. Well, Commander, I know you are a busy man, so I will let you run. But before you go, I just want to touch on what we will discuss the next time we meet...a local high school student from South High School, who is an avid history buff and student of 'war', wants to ask you, how all the past conflicts that are defined as 'wars' could be categorized as the same thing...she presents an interesting question."

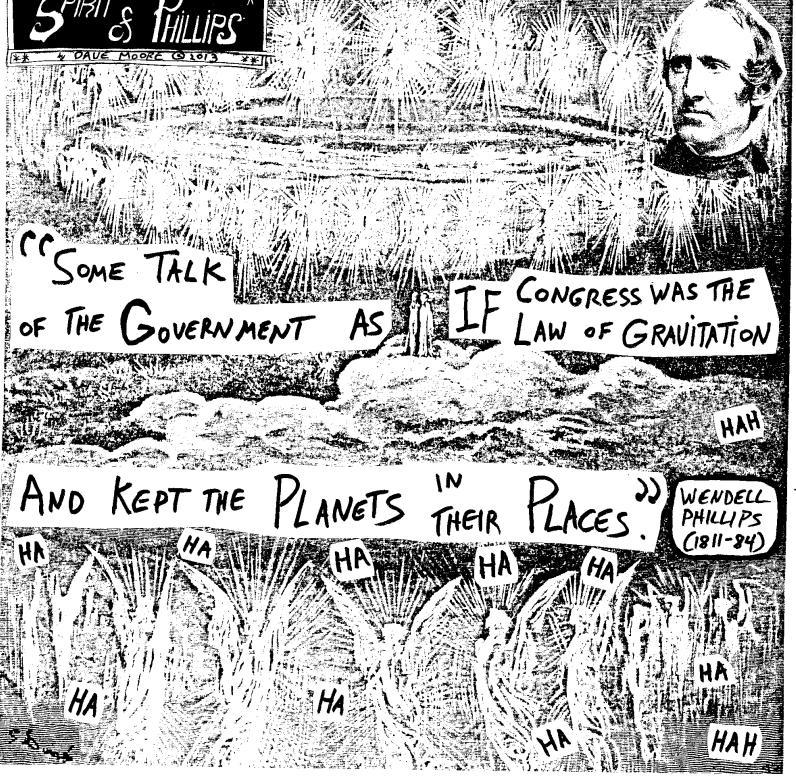
"Yes, I will have to think about that one."

"Thank you, Commander."

Allee effect definition

Although the concept of Allee effect had no title at the time, it was first described in the 1930s by its namesake, Warder Clyde Allee. Through experimental studies, Allee was able to demonstrate that goldfish grow more rapidly when there are more individuals within the tank. This led him to conclude that aggregation can improve the survival rate of individuals, and that cooperation may be crucial in the overall evolution of social structure. The introduction to the term "Allee principle" took place in the 1950s, a time when the field of ecology was heavily focused on the role of competition among and within

The classical view of population dynamics stated that due to competition for resources, a population will experience a reduced overall growth rate at higher density and increased growth rate at lower density. In other words, we would be better off when there are fewer of us around due to a limited amount of resources. However, the Allee effect concept introduced the idea that the reverse holds true when the population density is low. Individuals within a species generally require the assistance of another for more than simple reproductive reasons in order to persist. Examples of these can easily be seen in animals that hunt for prey or defend against predators as a group.



COMMUNITIES OF LUGHT

Frequently Asked Questions (FAQ's)

1. What is Communities of Light (COL)?

Communities of Light represents THE EFFORTS OF RESIDENTS in SEVERAL INNER CITY COMMUNITIES IN MINNEAPOLIS to use the co-op business model to help residents attain family and personal solvency and self-sufficiency and sustainable energy independence as a gateway to improving their health.

The Co-op is part of the Rebirthing Community Citizen Health Action Team (CHAT). The teams are funded by the Allina Hospitals and Clinic's Backyard Initiative (BYI) for the purpose of improving the physical, mental and spiritual health of residents in five communities in the BYI. The BYI is administered by the Cultural Wellness Center in South Minneapolis.

Families participate in workshops that discuss community and individual and family changes that need to be made to make the community physically, mentally and spiritually healthier.

2. Our main reasons for starting COL?

The reason we formed Communities of Light in 2010 was that there were very few jobs available in the community. Most jobs were construction jobs and these jobs were held by people outside our community. The statistics pointed to a revolving door of dependency, serial incarceration with long prison times resulting in unstable households. Few families had the means to get a foothold to live the American Dream of prosperity and physical and spiritual well-being.

3. What does COL offer?

What we have created is A COMMUNITY-BASED INFRASTRUCTURE for designing, manufacturing, selling and installing solar lanterns and portable solar electric generators. COL uses two existing technologies—solar panels and electric storage batteries—to produce a third, new technology—portable solar electric generators and solar lanterns.

In solar generator workshops, each co-op member assembles and installs a courtesy generator in their own home or apartment after producing, selling and installing at least one generator in the community at large. These solar powered electric generators are 5,000 watts and can drive most household appliances and lights. They are similar to their cousins offered at the big national hardware and lumber stores but use no gasoline and are virtually noiseless. The generators are modular which means that you can start with a small generator starter set and add more components for more electric power.

Electricity is stored in batteries that are recharged during the day by solar panels and will power a house, apartment, garage, cabin or camper for several days even without sun.

In addition to learning sales techniques, co-op members learn how to perform a solar energy assessment of potential customer's needs and how to configure the right solar generator. Members also learn how to install and service the generators.

4. Why the co-op model?

Our co-op model empowers members with tools for energy conservation and independence. The co-op also provides the means for employment, financial solvency, self-sufficiency and spiritual and physical well-being.

What is really important is that the co-op becomes the economic engine to design, assemble, sell and install new products. This entire process facilitates the rebirth of our community by empowering the people.

- 5. Who benefits immediately from the solution?
- There are 5 major benefits of our co-op model:
- 1 New capacity for the community to produce and sell solar and renewable energy products.
- 2 We have created a sustainable infrastructure for co-op member self-sufficiency.
- 3 Increased member financial solvency (pay bills from co-op earnings).
- 4 Members have developed a consensus and a methodology to act on issues important to them in the community.
- 5 There is increased family cohesion and stability. Families are now talking to and problem solving with each other.

How we measure our success?

We measure our success in terms of the number of workshops, the number of families, the number of solar lanterns and generators produced.

Our initial capacity will be 20 solar generators and 9 solar lanterns per week. This is equivalent to 5 people working 40 hours per week. Our first year's capacity will grow to 40 generators per week, meaning 10 people working 40 hours per week. However, many of our members will work part time, meaning 20 people working 20 hours per week.

We have conducted over 80 workshops. More than 145 families have attended our workshops. Over 1000 people in our community have been exposed to our message of personal financial solvency, self-sufficiency and the need to develop independent energy strategies. We have created large inventories of solar lanterns and personal portable solar electric generators for sale within our store display room.



Rebirthing a community is not easy work. Communities of Light says, "We shall not be self-centered." But we all tend to be self-centered. So, as we are trying to rebirth our communities, we have a hard time giving up of ourselves and becoming more flowing, more open, more loving, more sharing and more caring.

Since it is not easy to rebirth a community, it is very important to develop a model in our community here in the five communities of the Allina Backyard Initiative so we can have an example and people can come here to see how things work.

Putting two people together is hard. Putting three together is harder. Putting four and five and twelve together is even harder. This is why we have developed meditation tools so that people can consider and gain agreement on what our community should be like. Our Communities of Light workshops, where we produce solar energy products – solar lanterns and portable solar electric generators, serve that purpose.

Communities of Light are for people who have reached a point where they want to sacrifice a little bit for something greater.

These people do not say, "Me, me, me only." If they do say this, they are not going to last very long in the Communities of Light because to be a full participant in Communities of Light, they have to at least give equal of what they take. Otherwise, the communities will not last very long.

You see, if there is so much water in a glass, and I keep drinking it up, what happens to this water? It is going to be used up. But, if I replace the water I used plus a little more, what happens? After a while, the glass is overflowing because we are adding more water to the glass.

We tend not to like to sacrifice. We say, "What's in it for me? I want to get something out of this. Am I going to get more out of this or am I going to have to give more than I get?"

As long as we have this "me" attitude we are not ready for full participation in Communities of Light.

But if we reach a point to know "I want to be a part of this community and I want to give more than I receive," we can live together, help one another and we will be willing to take on some responsibility that makes other people more free, comfortable and secure. It is hard to find such people. But, we at Communities of Light know you are out there. Join us in our quest for personal solvency and self-sufficiency.

Please call 612-239-4336 to participate in our workshops or visit our Solar Store to purchase our products at the Midtown Global Market 920 E. Lake Street, Minneapolis MN 55407. – Lake Street Entrance –