



# the Alley

## NEWSPAPER

NEWS & VIEWS OF PHILLIPS SINCE 1976  
NOVEMBER 2013 • VOLUME 38, NUMBER 11

The Alley Online!

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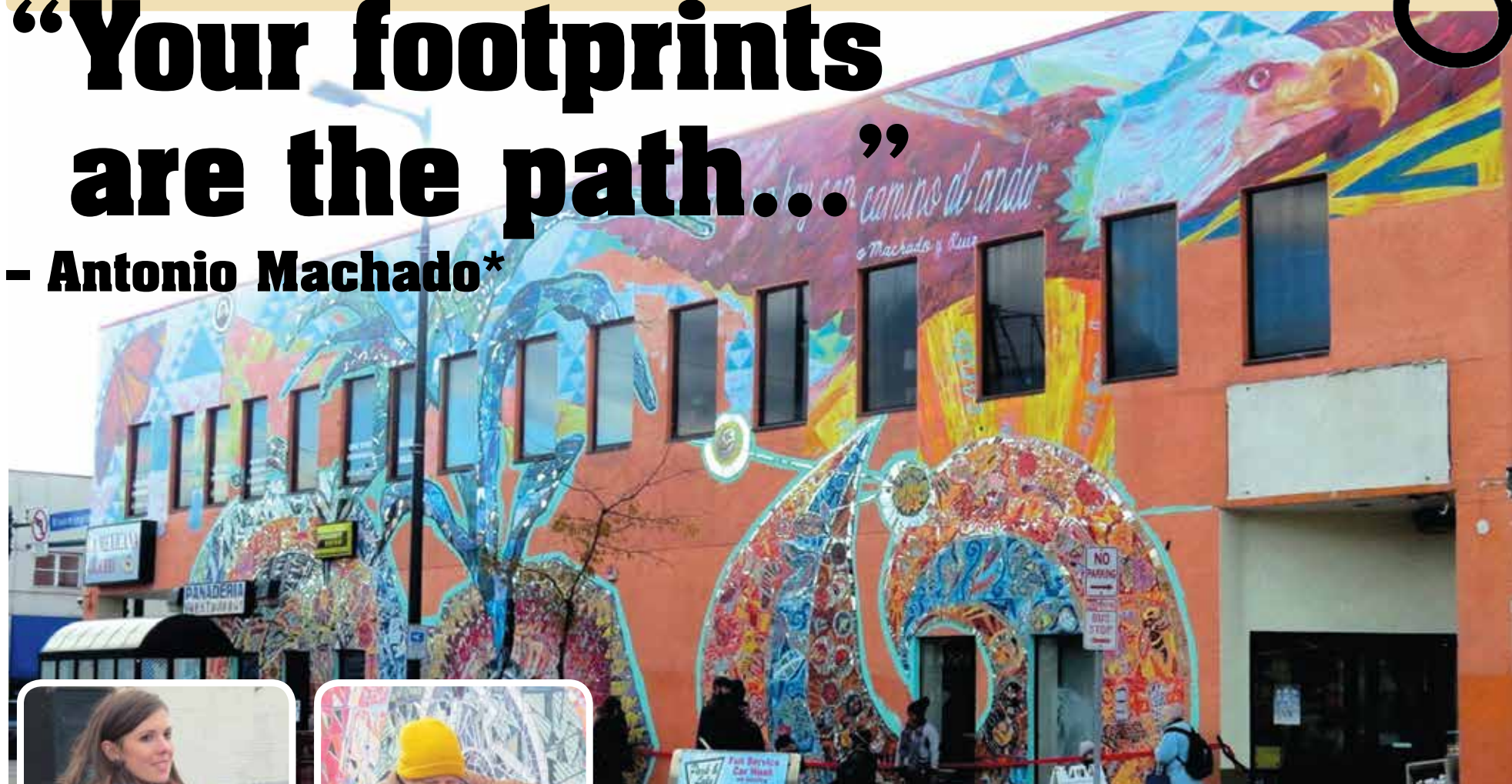


@alleynewspaper



# “Your footprints are the path...”

– Antonio Machado\*



## “Together We Grow” Mural enhances Bloom-Lake

### ALLEY COLLABORATED NEWS

“Together We Grow” is a vibrant view and a soulful experience made of ceramic and glass mosaic enhanced with painted interludes on an oft graffiti-“marked” but nondescript stucco wall at Bloomington Avenue and Lake Street’s northwest corner.

In any language—“Together We Grow” (Eng.), “Ensemble Nous Grandissons” (Fr.), “Wir Gemeinsam Wachsen” (Ger.), “Sammen Vi Vokser” (Nor.); “Wadajir Baan Ku Kornaa” (So.), “Juntos Crecemos” (Sp.)—it encompasses the creative energy of 300 people making their “mark”—each knowing “your footprints are the path and nothing else,” and creating a new reality for the most neighborhood in the state while clearly stating to all others the that dynamic power of art emboldens the steps of individuals and to unifies the steps of a community.

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

The mural was dedicated Saturday, October 26th, heralding the work of many school children—including from the Autism Spectrum Program at Andersen

Community School—senior citizens, families and block clubs who learned mosaic techniques and created the 1400 square foot mural on the La Mexicana building.

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

Semilla Project has completed 19 murals—from garage murals done with neighbors to combat graffiti, to two large scale mosaic murals on Andersen School and placed over 30 mosaic flower planters throughout the commu-

nity.

The project has partnered with Waite House, In the Heart of the Beast Puppet and Mask Theatre, All My Relations Gallery, The Division of Indian Works and Community Emergency Services to bring quality arts to people where they live, with a special focus on reaching those who don’t have access to such experiences, including those with physical challenges. To date, over 1800 people have participated in mosaic workshops and classes. Greta McLain, the project’s lead artist and mentor, has done murals in Philadelphia, Memphis, Boston, Buenos Aires, **Phillips Ave. of the Arts** see page 4

## AIM & ACLU ask for equality and respect

### ALLEY COLLABORATED NEWS

The Minnesota NFL football team opposes the Washington D.C. football team on November 7th..

The American Indian Movement says the term “Redskins” should not be used in connection with that game being played in a public facility, said movement national director Clyde Bellecourt. “We’re saying that the ‘r’ word is no different than the ‘n’ word,” he

said. Seeing derogatory logos and hearing vicious taunts from fans “has a tremendous psychological effect on our children,” Bellecourt said. “Would they have a mascot here called Little Black Sambo? Oh, no.”

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

**AIM and Washington Redskins**  
see page 3



Greta McLain, Mural Lead  
Artist/Mentor



Pastor Patrick Cabello Hansel  
with children cutting the  
Dedication ribbon

## YOU Can Send “The Alley” into Its 39th Year!



**ALLEY MEDIA SOCIAL, Friday, Nov. 15, 2013, 6 to 8:30 pm, St. Paul’s Assembly Hall, 2742 15th Ave. S. – Enjoy the Spoken Word and Drumming of Nomadic Expressions (above) and Phillips youth, Soukousize with Siam Matuzungidi, hear Dave Moore relate to Wendell Phillips, poetry by Patrick Cabello Hansel and more!**

**Words can be powerful.** Journalist Cole C. Campbell said, “News is usually restricted to people with ‘power over’ others rather than people who have ‘power with’ others to get things done.” Traditional and/or larger corporate media sources often describe only the negative occurrences in Phillips or the other core communities of South Minneapolis. Those negative stereotypes effect not only what people outside of the community think about us, it effects how we think about ourselves. By

**Alley Media Social** see page 5



# the Alley NEWSPAPER

The Alley  
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"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 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 37 "Staff.":** Aeon, Robert Albee, Banyan Community, Patrick Cabello Hansel, Jim Cook, Joani Essenburg, Leslie Grauman, Linnea Hadaway, Joy Hwang, Hennepin County Franklin Library, Holy Rosary Church, Ingebretsens, Dallas Johnson, Joanne Kosciolk, Divya Maiya, Howard McQuitter II, Jana Metge, Midtown Greenway Coalition, Catherine Mamer, Jana Metge, Jonathan Miller, Peter Molenaar, Dave Moore, John Moore, Connie Norman, Brad Pass, Phillips Neighborhood Clinic, PWNO, Portico HealthNet, Running Wolf Fitness Center, Claudia Slovacek, Carstens Smith, St. Paul's Luth. Church, Erin Thomasson, Crystal Trautnau Winschitl.

**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.

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**Member Lake Street Council & Member East Phillips Park Cultural Community Center Partners**

**November Alley  
Deadline:  
October 15**

BY ERIN THOMASSON

## Children & Family Programs

### K-12 Homework Help

Tues & Thurs, 3:30–7:30 pm & Wed. & Sat, 3:30–5:30 pm. Free in-person tutoring. No sign-up.

### Family Storytime

Wed, 10:30 am. Age 2 & up. Share books, stories, rhymes, music, & movement with children.

### ECFE: Reading Fun

Wed, Oct. 2 & 16, 11

am - noon. Families with infants & preschoolers! Early Childhood Family Education sessions; fun, interactive activities for at home with child to build literacy skills.

### Global Folk: Celtic Harp

Wed, Oct. 16, 10:30–11:30 am

Reg.req. Sep 18. Register online or 612-543-6925. All ages. Enjoy the music of Cláirseach, a duo who will play Celtic ballads in Gaelic & English on a wire-strung harp from Ireland & the Scottish Highlands.

### Teen Programs

#### One Minneapolis One Read:

#### Photography Workshop

Tues, Oct. 1, 5–7 pm. 2013

One Minneapolis One Read book selection is "A Choice of Weapons" by Gordon Parks; forward by Mpls. artist Wing Young Huie. Workshop on photography, community & social change.

#### 4-H Mentoring Club

Tues, 5–7 pm. Learn about

urban ecology, health and nutrition, sustainable agriculture & related careers in food science from adults and peer mentors. Maintain a community garden & visit local food enterprises.

#### O.P.E.N. Time

Tues, 7–8 pm. Options for Play

& Enrichment Now Time Choose from computers, magazines, board games, video games, brain teasers, conversation with friends & more!

#### Game Time!

Wed, Oct. 2, 16 & 30, 4:30–

6 pm. New or retro gaming system for some teen tournament action. See how you compare with peers when you're playing 8-bit style!

#### Teen Anime Club

Thurs, Oct. 3 & 17 at 6 pm.

Watch anime, discuss manga & share artwork. Something different every time!

#### Teen Read Month: Let's Make

#### Some Sounds

Wed, Oct. 9, 4–6 pm. Reg.

Online or 612-543-6925. Grades 6-12. Make beautiful or unusual new noises with sound art duo Beatrix\*JAR. You'll use self-made circuit bent instruments & your own unique musical voice to participate in a jam session. Live recordings posted on the duo's website.

#### ArtVentures

Thurs, Oct. 10 & 24,

6–7:15 pm. Explore your creativity while learning about the vibrant arts scene right in our community! Sessions will include projects based out of the Franklin Teen Center along with visits from local artists and trips to see working artists in action.

#### Teen Tech Workshop

Wed, Oct. 23, Nov. 13 & 27,

4:30 pm. Reg. Online or 612-543-6925. Grades 6-12. Get creative and make music, videos,

## Programs at the Franklin Library

**Franklin  
Community Library  
1314 E. Franklin Avenue  
New: 612-543-6925  
www.mplib.org  
Tues & Thurs: 12 - 8 pm  
Wed, Fri & Sat:  
10 am – 6 pm  
Complete program  
calendar, visit, call, or  
www.hclib.org and news  
at www.hclib.org/pub/  
info/newsroom/**

animation and other projects using both high- and low-tech tools, everything from iPads to LEGOS® to wooden dowels. Led by Teen Tech Squad.

#### Young Achievers

Thurs, 4–5:30 pm. Want involvement in community? Concerned about health and lifestyle? Come for poetry, arts, games & more!

#### Movies for Teens

Fri, 4–6 pm. Movie titles are chosen by teens.

#### Adult Programs

#### 55+ Nonfiction Book Club

Fri, Oct. 11, 1–3 pm. Discussion of new & interesting nonfiction titles. Bring recommendations. Info: 612-543-6925.

#### Memoir Writing Group

Thurs, Oct. 17, 1–3 pm. Want record of your personal history? Bring what you have written & willing to read for helpful comments.

**Phillips Technology Center  
Register online for these classes  
and more at [www.hclib.org](http://www.hclib.org) or  
call 612.543.6925**

#### Microsoft Excel: Basics

Sat, Oct. 12, 10–11:30 am

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

#### Computer Skills Workshop

Fri, Oct. 11, 10–11:30 am

Work on projects & practice skills from using the mouse & keyboarding to using email & Microsoft Office.

#### Microsoft Word: Basics

Fri, Oct. 11, noon–1:30 pm

Learn to use ribbon, enter & delete text, basic formatting, cut, copy & paste; 'save'/'save as.'

#### Microsoft Excel: Simple Budgets

Sat, Oct. 12, noon–1:30 p.m.

Download & adapt a budget template from the Microsoft Office website. Learn to identify & alter the formulas to suit your own needs. Prerequisite: Microsoft Excel: Basics or familiarity with spreadsheets is highly recommended.

**Franklin Learning Center  
612-543-6934**

Free, one-to-one adult tutoring learning Eng. & math, prep for GED and citizenship exams, & gaining life skills. Community volunteers needed! Training & materials given.

## Boost Your Immune System for Fall

BY SARA JEAN BARRETT, ND

*As the manager of Running Wolf Fitness Center I always want the Alley readers to get to know the wonderful people who come and volunteer their time and talent with our clients at Running Wolf. So this month I asked Dr Sara Jean Barrett, N.D to share her wisdom with you all. Dr Barrett is Naturopathic Physician and a regular presenter on health topics at Running Wolf Fitness Center and anyone who attends her sessions always wants to come again!- Connie Norman-Running Wolf Fitness Center Manager*

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

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

• **Exercise:** Once cold weather hits it can be tempting to hibernate on the couch. Make sure to keep up your exercise routine. Even doing a little yoga every morning alters your gene expression and helps keep you healthy!

• **Avoid sugar and refined carbohydrates:** With cooler weather often comes carbohydrate cravings. Try to avoid consuming refined sugar and carbohydrates as much as possible. Sugar slows the action of your immune system. Instead when you need some carbohydrate comfort look to winter squash and whole grains which give you necessary nutrients to keep your body strong.

• **Probiotics/fermented foods:** One of our best defenses against getting sick is having a thriving flora living in our GI. If you enjoy fermented foods like kombucha, miso, tempeh, sauerkraut etc. eat up! If you aren't into fermented foods make sure you are taking a probiotic supplement.

• **Medicinal mushrooms:** Maitake, shiitake, reishi, cordy-



ceps the list goes on. All of these mushrooms are great at boosting your immune system. You can buy them dried at co-ops and add them to almost any dish. Sometimes I even find them fresh at farmer's markets.

• **Vitamin D3:** Here in MN we must take vitamin D throughout the winter because with such little sunlight exposure we won't make much on our own. A good source is cod liver oil. If you would rather not relive those childhood memories then pick up a supplement but make sure it contains all the fat soluble vitamins (A, D, E & K).

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

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

Sara Jean Barrett, N.D.

Alternative Solutions for Health

P: 612.598.8627

F: 612-677-3773

[www.alternativesolutionsmn.com](http://www.alternativesolutionsmn.com)

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

## Play Reading Group

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

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

The next play for November 8 and December 13 is "Nathan, The Wise," by Gotthold Ephraim Lessing. Written in 1779 it presents a plea for religious tolerance. Far ahead of its time, the performance was forbidden by the

church during Lessing's lifetime.

Set in Jerusalem during the Third Crusade, it describes how the wise Jewish merchant, Nathan; the enlightened sultan, Saladin; and the Christian Templar knight bridge the gaps between Judaism, Islam, and Christianity. Its major themes are friendship, tolerance, and a need for communication. Although not expressly a Christmas theme, it is appropriate now because its message is so clearly "Peace on Earth."

For further information, contact Elizabeth Young at [liz11238@gmail.com](mailto:liz11238@gmail.com) or 612-545-5059 or James Hart at [hartx017@umn.edu](mailto:hartx017@umn.edu) or 612-729-5704.

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# War and Peace shape state, national and family history: Minnesota, U.S. and Seymour Fillmore

## Tales from Pioneers & Soldiers Cemetery

SUE HUNTER WEIR  
106<sup>TH</sup> IN A SERIES

Seymour Fillmore has a marker in Minneapolis Pioneers and Soldiers Memorial Cemetery even though he is not buried there. Mr. Fillmore was a private, a wagoner, in Company B of the 9th Minnesota Volunteer Infantry. He enlisted on August 21, 1862, three days after the Dakota Conflict began. His company spent the next several months in Minnesota, engaging in battles with the Dakota at Acton and Hutchinson.

In the fall of 1863, soldiers in the 9th were furloughed for ten days and had the opportunity to spend some time with their families. For Seymour Fillmore, it was likely the last time that he saw them.

He had been married less than a year when he enlisted. He and Annie Sully were married on 4 November 1861; the following year their only child, also named Annie, was born. She was four months old when her father enlisted and less than a year and a-half old when his regiment went South.



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

On October 8, 1863, Company B boarded the steamer Chippewa Falls and headed to Winona. At Winona, they boarded a train for Missouri. That winter the conditions were deplorable. The men were wet and sick much of the time. In May 1864, they left for Guntown, Tennessee, where in June they experienced a disastrous defeat. Eight officers and 355 enlisted men were killed, wounded or lost.

Later that year, in November 1864, Colonel J. F. Marsh, in a report to Minnesota's Adjutant General, described the con-

ditions that the 9th Minnesota had endured the previous year: "During the past year the regiment has traveled about 4,000 miles, over 1,500 of which have been marched, the balance by boat and rail." Conditions following their defeat at Guntown were so difficult that many of those who had survived were declared unfit for service and sent to military hospitals.

Seymour Fillmore died from disease in the military hospital in Memphis on September 29, 1864. He was buried in what was to become Memphis National



Tim McCall Tim McCall

Cemetery with approximately 14,500 other Union soldiers. Of those, 7,500 are "unknowns." One hundred eighty nine of those who were identified were from Minnesota.

In 1916, the State of Minnesota erected a monument in the cemetery to honor them. Minnesota was the first, and one of only two states, the other being Illinois, to have erected such a monument. Mr. Fillmore has an individual upright marble military marker, as well.

His family wanted a memo-

rial to him closer to home. They purchased and placed a memorial stone in remembrance of him. When his widow, Annie Sully Fillmore died in 1905, she was buried next to his marker in Lot 17, Block O. Their daughter Annie married Dr. Peter Holl. They were founding members of the Minneapolis Cemetery Protective Association and deserve most of the credit for preserving Minneapolis Pioneers and Soldiers Cemetery in the 1920s.

## "The rest of the stories"... from October "Tales": Edith Eaton and "Dracula"

BY SUE HUNTER WEIR

Last month's story was about a mystery marker that city staff found in one of the city landfills. They brought it to the cemetery thinking that's where it belongs. It turns out that it did not belong to anyone who is (or was) buried in Pioneers and Soldiers Cemetery. The name on the stone was Mrs. F. Eaton. An unnamed baby was also listed on the marker. Two readers solved the mystery. Mrs. Eaton was Edith Dafeo Eaton, born in Canada around 1866. Her husband, Frederick F. Eaton was born in Maine in 1865. Edith and Frederick were married in Minneapolis in 1892. The baby's birthdate (he was a boy) and death date are the same, March 12, 1893. Edith died one week later. She and the baby are buried in Crystal Lake Cemetery. Frederick remarried in 1895. He and his second wife had two daughters—their oldest daughter was named Edith. Thanks, and congratulations, to Lu and Phil for having solved our mystery. Our next step is to contact Crystal Lake to see whether Edith's grave is marked.

Our other follow-up story is about the first screening of a film in the cemetery. The Spanish-language version of Dracula was originally scheduled to begin around 7:30 on October 2, 2013. Around 7:15, halfway through the cartoons and trailers, it began to rain lightly. Around 7:30 the wind came up and lightning and thunder

rolled in. Since sitting under a flagpole and tall trees during a lightning storm is never a good idea, we postponed the feature film until the following week. Somewhere between 200 and 230 people attended the second showing. We had perfect weather and a great time. Think about it as going to a drive-in movie without the fuss and bother of a car. Taco Taxi, one of our great local businesses, was on hand with one of their food trucks. Keep an eye out for announcements about future screenings when the cemetery reopens in the spring.

**YOUR PUBLIC MARKET**

**MIDTOWN GLOBAL MARKET**

Lake Street & 10th Avenue S  
MIDTOWNGLOBALMARKET.ORG

## Phillips West Neighborhood Upcoming Events [www.phillipswest.info](http://www.phillipswest.info)



**November 7th (Thursday)  
6:00 to 7:30 p.m.**

**Phillips West Monthly Community Meeting!** Join your neighbors and other Community Partners for updates from City Council Vice President Robert Lillgren, Minneapolis Police, Business Partners, and Residents. We will also have a special presentation from Metro Transit on the Midtown Greenway Transportation Alternatives Study! 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 Pizza & 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](mailto:pwno2005@yahoo.com)

**Once a year or once a month—contribute to Alley Communications.**

## AIM and Washington Redskins from page 1

team whose name is an unequivocal racial slur. After all, how would we react if the team was named the Washington Negroes? Or the Washington Jews? It is more than just a racial reference, it is a racial epithet."

The Metropolitan Sports Authority has heard concerns about the team's name in the past, and the Minnesota chapter of the American Civil Liberties Union issued a statement calling for the Vikings, the media and the authority to refer to the team as "Washington."

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

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

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

Native American leaders say they expect "hundreds" of protesters in front of the game when the Redskins and Vikings play.

"The name, logo and mascot are racist imagery that does not honor anyone, but instead perpetuate stereotypes that are particularly hurtful and offensive given the history of forced assimilation and brutality that Native Americans were forced to endure in Minnesota and throughout the country," ACLU-MN executive director Charles Samuelson said in a statement.



**VENTURA VILLAGE NEIGHBORHOOD**  
VENTURA MEANS HAPPINESS & GOOD LUCK TO YOU! BUENA VENTURA!

**2nd Wednesdays: BOARD OF DIRECTORS MEETINGS: 6:00 PM**  
**2nd Wednesdays: GENERAL MEMBERSHIP MEETINGS: 7:00 PM**  
**1st Tuesdays: COMMUNITY ENGAGEMENT COMMITTEE MEETINGS: 5:30 PM**  
**1st Tuesdays: WELLNESS, GREENING & GARDENING COMMITTEE MEETINGS: 6:30 PM**  
**3rd Thursdays: 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**



SOMALI MUSEUM

Now Right on Lake Street



SARAH LARSSON, SACM, OUTREACH DIRECTOR

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

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

On the block between 15th Avenue and Bloomington Avenue on East Lake St, in a basement office suite, a group of Minnesotans has been working for

**Phillips Ave. of the Arts**  
from page 1

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

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

Right on Lake Street



months to fill rooms with camel bells, goatskin water jugs, and ancient wooden writing tablets. It is the first time a collection of Somali cultural artifacts has been assembled outside of Somalia, and it is a new gem of the Twin Cities’ cultural landscape.

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

Construction.”

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

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board and the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund; and by a grant from the National



Maryam Mohamed, volunteers at the Somali Museum to give tours and introduce other young people to Somali cultural heritage.”

change happening in Somalia.

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

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

Ali envisions a Somali Artifact and Culture Museum to which parents and teachers can bring



Jesse Urban working on the wall within scaffold

Endowment for the Arts; and from a City of Minneapolis Innovative Graffiti Prevention Micro-Grant.

Traveler,  
there is no  
path

BY ANTONIO MACHADO (26 JULY 1875 – 22 FEBRUARY 1939)

Everything goes and everything stays

but our fate is to pass  
to pass making a path as  
we go,

paths over the sea,  
I never pursued glory,  
or to leave on the memory  
of the men, this my song:  
I love the subtle worlds,  
weightless and gentle  
like soap bubbles.

I like to see them paint  
themselves on sun and  
crimson,  
fly under a blue sky  
shudder suddenly, and  
break...

I never pursued glory.

Traveler , your footprints  
are the path, and nothing  
else.

Traveler, there is no path. A  
path is made by walking.

A path is made by walking,  
and in looking back one  
sees

the trodden road that never  
will be set foot on again.  
Traveler, there is no path,

but wakes on the sea...

Some time ago on that  
place  
where today the woods  
dress in brambles  
the voice of a poet was  
heard shouting  
“Traveler, there is no path.  
A path is made by walking”.

Blow by blow, verse by  
verse...  
The poet died far from  
home  
and is covered by the dust  
of a neighboring country.  
As he went away, he could  
be heard crying,  
“Traveler, there is no path.  
A path is made by walking”.

Blow by blow, verse by  
verse...  
When the robin can no longer  
sing,  
when the poet is a pilgrim,  
when praying is no more  
of use.  
Traveler, there is no path. A  
path is made by walking.

Blow by blow, verse by  
verse (Bis, x3)

Read more at [http://  
lyricstranslate.com/en/  
caminante-no-hay-camino-  
wanderer-there-not-path.  
html](http://lyricstranslate.com/en/caminante-no-hay-camino-wanderer-there-not-path.html)

THE ARTISTS

of the “Together We Grow” Mural.  
Read by the author at the Mural  
Dedication Saturday Oct. 26

By Patrick Cabello Hansel

Jesse’s hat is near as old as the  
street itself,  
and Greta’s pants have more  
paint than pant to them.  
Claudia’s had her daily dose of  
mate,  
and Vicky has on every piece of  
clothing she owns.  
They’re all on the wall today, and  
tomorrow  
will be joined, maybe by Lizete,  
or Sandy,  
or Blanca or Leon or Ron or  
Kestrel or  
Fatima or Rafael or Marcela  
or any one of a cast of thousands,  
seen and unseen.

They are making a wall shine.  
They are making a street sing

Behind each tile is a story, broken  
and cemented one to another: a  
journey  
across the desert, a land stolen  
and chopped  
into squares, a child who cannot  
speak  
but can touch the sky with her  
dream.

Behind each stone, a fingertip.  
Behind each fingertip, a prayer.

Walls hold people in and weather  
out.  
Walls divide us from them, good  
from evil, home from journey,  
life from a life lived fully.

Go ahead. Touch a piece of  
broken blue. See yourself  
in the cracked mirror. Underline  
your tongue with a word of “ah!”

This wall is your wall.  
This wall is my wall.  
This wall was made for you and  
me.

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Spirit on Lake Grand Opening



ALLEY COLLABORATED NEWS

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

Spirit on Lake began due to the inspiration of GLBT Generations and the United Church of Christ congregation Spirit of the Lakes Church which had purchased and remodeled the Grossman Chevrolet auto body shop for a

worship sanctuary, education center and meeting place.

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

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

Poverty and instability can

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

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

Alley Media Social

from page 1

writing from our own perspectives, we begin to infuse ourselves and each other with some of the positive spirit and influences of our community as we also build our own organizations and work for systemic changes.

**Words by community members are powerful.** Come and celebrate **38 years** of The Alley Newspaper through the “**POWER of WORDS**” on **Friday, November 15, 6 to 8:30 pm.** The event will feature a *Used Book Sale, food, Spoken Word, Poetry, Readings and Song.* The event will be held at St. Paul’s Assembly Hall, 2742 15th Ave. S.

Alley Communications is the publisher of **The Alley Newspaper.** The mission of this nonprofit, community-governed organization is to “**inform and engage**” by having community people write in their own voices, with their own words about the issues and activities important to themselves. The Alley echoes the words of Antonio Machado, “your footprints are the path.” You needn’t look to others to set your path. Make your own. Say your words; they are powerful.

Month after month, The Alley

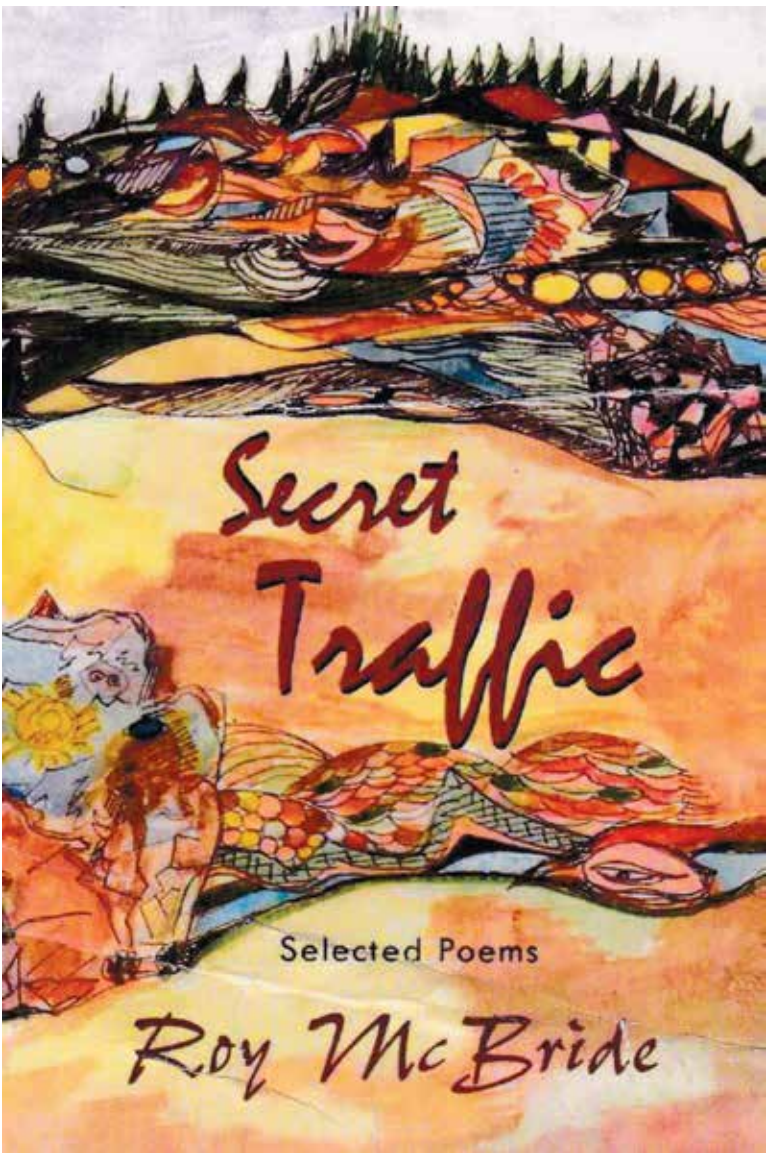
Newspaper is on your doorstep or at your favorite newsstand. How does that keep happening with only a few advertising dollars and a small but important contribution from Community Shares MN? It happens because of the tremendous efforts through our volunteer writers and board members, dedicated monthly advertisers, and our involvement with the Backyard Initiative through the Communications CHAT. But, each year at this time, we count on YOU to show up at our Annual Gathering and Fundraiser, tell us where we are doing well, where we can improve, and make a financial contribution if you can. **Every voice counts! Every dollar counts!**

If you cannot attend the event:

- DONATE used books
- CONTRIBUTE on Nov. 14 through GiveMN
- SEND A CHECK to Alley Communications, PO Box 7006, Mpls., MN 55407

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

If you are a resident or a worker in Phillips Community, you are an owner of this valuable media source. Help it to thrive. Contribute your time or dollars.



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



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## Gravity



**Gravity**  
★★★★★

**Warner Bros. \*\*\*\*\* Science Fiction/Adventure/Thriller**

**Cast: Sandra Bullock (Ryan Stone), George Clooney (Matt Kowalski), Ed Harris (Voice from Houston). Running time: 91 minutes. Director: Alfonso Cuaron**

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

Before the incident, Ryan, Matt and Phaldut Shariff (Paul Sharma)



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are sharing idle conversation, then, all hell breaks loose. Cuaron's cinematographer Emmanuel Lubezki making and awe catching cinematography works superbly in what is one of the finest pieces of science fiction ever made. Steven Price's music is wonderful for the cliffhanger in progress.

Life hangs in the balance for

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

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

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

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

## Dickens Fellowship Meets in Phillips

**"Procrastination is the thief of time. Collar him!" ... Charles Dickens**

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

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

The *Old Curiosity Shop* was one of two novels published in his weekly serial *Master Humphrey's Clock*, from 1840 to 1841. It was so popular that New York readers stormed the wharf when the ship bearing the final installment arrived. The *Old Curiosity Shop* was printed as a separate book in 1841. The plot follows the life of Nell Trent and her grandfather, both residents of The *Old Curiosity Shop* in London. This



early novel is filled with activities of all kinds—eating and drinking, meeting and talking, washing and dressing. In addition, scenes reveal sleeping and travelling, visiting theaters, resting at inns, and attending shows. For many people this is essential Dickens – a masterful story of sentiment, beauty, and tenderness. *Queen Victoria* read the novel in 1841, finding it "very interesting and cleverly written."

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

hand bookstore.

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

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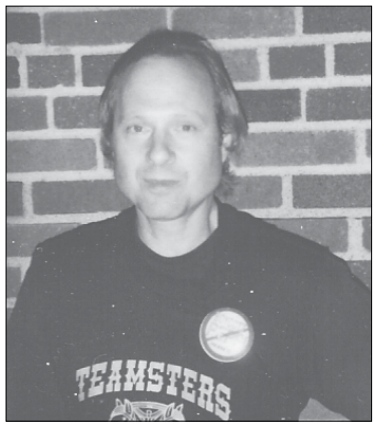


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# Who Should We Vote For? | Phillips, Mpls, America Awake!!!



PETER MOLENAAR  
*Raise Your Voice*

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

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

However, in my view: 1.) 'Matter' is all that exists independent of and outside of consciousness 2.) Matter is primary, i.e., consciousness is a product of the evolution of matter 3.) Matter is 'dialectical', i.e., matter exists in motion as a unity of

opposing forces. 4.) The content of consciousness is a more or less “approximate reflection” of objective reality. Oh my, well okay. What I really like about Spinoza is his ‘determinism’, i.e., his understanding that all phenomena emerge in the multifaceted context of a never ending sequence of cause and effect. After all, Jesus once uttered: “Forgive them Father, for they know not what they do.”

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

So who should we vote for?

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

Why? Because the ordering of political principles must reflect objective reality – as opposed to the agitated “revolutionary” consciousness of this or that individual. Alondra is altogether competent to advance the interests of her people in the present context. The revolution is a ways off yet.

Moreover, not so long ago, I was a passionate advocate for peace and friendship with the Soviet Union. Whereas, the Trotskyists, many years ago having thrown

**BY JIM GRAHAM, VENTURA VILLAGE**

Discrimination against Native Americans really is an issue for Phillips, as well as a Minneapolis as a whole. Minneapolis, and in particular the Phillips Community of Minneapolis is home to the largest coherent Urban Indian Community in the Nation. It is the birth place of AIM and the Indian Civil Rights Movement. The City of Minneapolis even has been forced to formally acknowledge the historical institutional discrimination of Minneapolis against Native people in a formal document. And in a formal MOU with the Indian community promised to stop doing so and redress the past institutional discrimination.

That institutional and individual bias in Minneapolis unfortunately continues. It continues even in what is supposed to be E-Democracy. This is particularly true with the Minneapolis Issues List where the discrimination con-

in the towel on the question of “building socialism in a single country, were of a different mind (Ty Moore is a Troyskyst). So it seems, Ty and his followers are “fallen angels” of sorts. All things considered, he must then be ranked as my second choice vote.

Now, back to Spinoza (how fun is this?). Karl Marx had this to say (approximately)... You philosophers have merely interpreted the world, however, the point is to change it.

tinues.

The “powers” at the Minneapolis Issues List of E-Democracy have continued this institutional bias by arbitrarily and without basis issuing a ruling that the issue of racial slurs against Native People IN MINNEAPOLIS is not an issue that is allowed to be discussed on that forum. And more over dropped from membership anyone who dared take issue and think it was a real Minneapolis specific issue.

The term “Redskin” when applied to Native people is a racial slur that would be unconscionable if a similar one was applied to Black people. Even something as mild as changing the name of the Vikings to something like the “Minnesota Dumb Swedes” would cause a furor and would definitely be a Minneapolis Issue! Yet “Redskins” seems to be accepted by some when applied to Native People even here in Minneapolis.

A demonstration and march to protest this racial slur is planned for the game between the Minnesota Vikings and the Washington Redskins. This Phillips and Minneapolis demonstration has received national coverage on pretty much every national televised news service (even those covering football). Of course such a demonstration originating in Phillips and ending six or seven blocks later in the heart of Minneapolis is both a

Minneapolis Issue and a Phillips Issue. To think otherwise is both silly and clearly demonstrates at minimum a bias against Indian issues in Minneapolis.

One wonders if the powers that be would have thought the Civil Rights marches in Selma Alabama would have been viewed by them as a “Selma Issue”?

By ruling that it is not a Minneapolis Issue, and discontinuing the membership of any who might want to discuss the issue, the Moderator of the Minneapolis Issues Form has clearly proven that Institutional Discrimination is alive and well in Minneapolis. And this arbitrary ruling has in and of itself become a “Minneapolis Issue” and should be a “Phillips Issue” as well. This institutional discrimination and bias against Indian people not only from the NFL, but in our own Minneapolis should NOT be allowed, and certainly should not stand.

# South Hennepin County DFL Senior Caucus Meeting

Come join us for a new group, the South Hennepin County DFL Senior Caucus, meeting on the second Wednesday of the month from 12-1:30 p.m. in a private room at Maria's Café, 1113 East Franklin Avenue, Minneapolis. Lunch is on your own. Pick from the menu.

Our speaker for November 13th is State Representative Karen Clark, who will discuss legislation passed in Minnesota this year. Introducing the speaker will be local resident, Elizabeth Young, chair of the South Hennepin County DFL and board member of the DFL Senior Caucus.

Transportation is available via metro buses #2 and #9; transfer from the #5 bus on Chicago Avenue. For further information, contact Elizabeth Young [liz11238@gmail.com](mailto:liz11238@gmail.com) at 612-545-5059

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# BACK YARD INITIATIVE BACK PAGE



BYI AREA

## Circle of Healing: A BYI Community Health Action Team



photos by Harry Ford

### The Vision

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

munity care-giving system that currently operate/are available in the Backyard. One way the CHAT plans to accomplish this task is by holding a series of dialogues about the Integral Framework and its relation to all healing systems. The Integral Framework will serve as a starting point for conversation about how people can practice what they know in a way that is complementary to what other people know. This series of discussions will eventually become part of an official training and certification process for practitioners from various healing modal-

### Who is The Circle of Healing?

BY HARRY FORD, CIRCLE OF HEALING CHAT

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



ties and professions who want to adopt a more holistic and community-based approach to their practice and so become a part of the care giving system facilitated by this CHAT. The project's vision is not based in creating a static system but focuses on building a process-oriented model that will continue to evolve and grow. *The network will create a model of partnering between health care and community care practitioners.*

### Connecting the Healer to the Backyard

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

Despite having access to medical care right in their "backyard", many residents in the area experience poor health outcomes. The Circle of Healing is built on the belief that it takes many ways of knowing, to achieve health. We have to study ourselves to have better health. Every culture

in the Backyard holds the power of knowing and healing. It is in our ability to create whereby we can know true health. Each person should study themselves as way of improving the health of their neighbor.

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

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

- Ways of knowing represent a form of study and knowledge integral to creating health and managing the complexity and unpredictability of health
- A paradigm shift is required to be better able to care for communities
- Practitioners of healing ways have a role in informing the design of health delivery models
- Cultural ways of knowing facilitate a deeper process through which the body may achieve health and healing

*\*Community Health Action Teams (CHATs) which consist of study groups and cultural community circles who research and organize to work on a particular topic of importance to the whole community's health and well-being.*



### What's next for the Circle of Healing CHAT?

The next stages for the Circle of Healing include more self-study and understanding as healers. This work will be centered on developing a personal language and deeper understanding around what it means to be a healer. Each member will participate in self-study, to develop and learn ways of healing in the communities each member is connected to. As each member of the circle understands becoming a healer,

we hope to learn how the cultural self directs the ways of knowing, learning and accepting healing. At the finish of the first phase of self-study, the members of the Circle of Healing will present their findings to the Backyard Initiative All CHAT community.

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



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

#### Back Yard Initiative Back Page

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