

# Dayton's Bluff District Forum

Volume 36, No. 11

December 2022

"The Voice of the Community"

## Blue Hummingbird Woman Heart Medicine Shop

Mandy Okonek

All the necessary adjectives needed to describe our eastside neighbor Tara Perron (English) Tanaǵidaŋ To Wiŋ (Dakota) exist in the attributes of a hummingbird. Her creative output is an optical illusion tempered with grace and a joyful spirit. In addition to opening her new gift shop featuring hand-crafted natural medicines, Tara is looking forward to the release of several more books. For someone who never stops creating she doesn't seem rushed or even stressed out and filled with gratitude for doing what she loves, Tara is the perfect example of what could happen if each of us were brave enough to follow our passion. Blue Hummingbird Woman Heart Medicine gift shop is located at 30 7th St. #285 in Saint Paul MN 55101, in the US Bank building. The shop is open **Monday-Thursday from 10:30 a.m. to 2:30 p.m.**

**Why did you decide on the Saint Paul Skyway to open your business?** A lot of family members have been trying to get me to open something on the East Side so that might be my next venture, I'm not sure. I was approached to open a business in the Skyway as a part of the initiative to bring Saint Paul back.

**Do you make all your traditional medicines yourself? What plants do you like to use?**

I do. I create with cottonwood buds and bear-root which is a root medicine that's very good for inflammation — it's anti-viral, so I love creating with that. Rosehips, rose petals, and I love roses. Everything about the rose, I'm fascinated by that plant. Also, stinging nettle, and burdock, root which is so good for your skin. I love everything about the birch tree.

**What are some of the medicinal elixirs we can find in your shop?**

Elderberry syrup. Fire Cider, which is like a Minnesota staple we use that all the time. I also have a Hanwi oxymel. Hanwi means moon. [In Dakota] It's an-

ti-inflammatory, anti-viral, really good for the lungs, and it can help with allergies. It can help stabilize your blood pressure, lower cholesterol, and balance your blood sugar.

**Can you talk about your harvesting process?**

I follow traditional protocol which is praying over all my medicines and offering my tobacco. I don't over harvest. This is one thing I need to teach people, that there's only so much medicine. We only have the spring to collect it and it has to dry, so there is a process. Once the medicines are gone for the season then that's the end. Medicine has a spirit, so we can't just deplete it. One of my grandmothers tells the story about a woman that got greedy and dug for a whole bunch of medicine, and she dug so deep that a snake came up and bit her.

**Do you have any favorite medicines to make?**

My mato salve. It's a warming salve for sore muscles. That's a family favorite. When we brought this to the public it became a public favorite. Everyone comes back for that. I also have a huha salve, huha means limbs in Dakota and it is an anti-inflammatory for nerves and joints. And then maka salve; maka means earth in Dakota.

**How long have you been on the East Side?**

I've been on the East Side my whole life. I went to Monroe school on West 7th Street for grade school and then I went to Arlington High School when it just opened up. I've lived off of Maryland on Burr Street. I've lived on Lawson Street, and now I live on Maria Avenue.

**Why do you stay on the East Side? What inspires you?**

I grew up praying on Wakan Tipi with my dad. I go to the mounds with my boys to drum. I participate in water ceremony down by the Mississippi river. All of it [life] is over here. That's why we bought our house over here. My son works at I-Roots [Indigenous Roots] and I'm on the steering committee for Wakan Tipi. My boys love it over here. They love the diversity of the neighborhood. And I know it can get chaotic and scary, but there is a lot to learn in these neighborhoods. There's so many good neighbors; we watch out for each other, and I love that about the East Side.

*Hummingbird continued on Page 3*



Tara Perron

Tara Perron (English) Tanaǵidaŋ To Wiŋ (Dakota), an East Sider, has opened up her own medicine shop, Blue Hummingbird Woman Heart Medicine Shop. The shop is located at 30 7th Street #285 in downtown St. Paul.

## Get A Shave and A Haircut At Moler Barber School

Greg Cosimini

A barber school serves two purposes. First, of course, it is a school that trains people to become barbers. Second, and probably of most interest to those who aren't planning to become barbers, it is a barbershop that provides high-quality but low-cost haircuts for customers.

Moler Barber School of St. Paul is one of these barber schools. It is located on the East Side of Saint Paul at 858 Arcade St. at the south end of the strip mall off Neid Lane, between AutoZone Auto Parts and and DaVita Kidney Care. It had been in Plaza del Sol on Payne Ave. until moving here in January 2022.

The original Moler Barber School was established in 1893. It was located in Minneapolis for many years and was one of several barber schools in the Twin Cities. Moler Barber Shop of Saint Paul is an independently owned franchise school and not affiliated with any other Moler institutions.

Its owner Alex, who runs the school with his wife and daughter, gave me a tour of the school. It is very impressive and much bigger on the inside than it appears on the outside. There are three large fully equipped rooms inside with about six chairs each, plus offices, classrooms, and a waiting room. They are all very clean and bright. The staff and stu-

dents are friendly and full of energy. There are instructors who are available to answer any questions the student barbers may have and to make sure they the do a good job. I was very pleased with my haircut.

A standard haircut is \$9.00. There is also a senior haircut (\$6.00), haircuts for people of service, firefighters and police, (\$5.00, I.D. Required) and a variety of specialty haircuts with prices from \$11 to \$14. You can also get razor head and facial shaves, beard trims, facials and other services. The barbershop is open Tuesday – Friday 10 a.m. to 4:20 p.m. and Saturdays 9:30 a.m. to 3:50 p.m. No appointments are necessary. The last haircuts of the day are taken 40 minutes prior to closing.

If you want to become a barber, Moler Barber School of Saint Paul offers a full-time program of 40 hours per week for a minimum of nine months. Students will receive 6 ½ hours of practical training and 1 ½ hours of classroom training per day. This provides the students with the 1500 hour course required by the Minnesota State Board of Barber Examiners to take the Minnesota State Barber exam. Classes start in January, April, July and October. Maximum class size is 30 students.

For more information about getting a haircut or an education at Moler Barber School of Saint Paul, visit [molerbarberschoolofstpaul.com](http://molerbarberschoolofstpaul.com), [facebook.com/MB-SStPaul](https://www.facebook.com/MB-SStPaul) or call (651) 200-4691.



Tara Perron

Products that Tara Perron sells at Blue Hummingbird Woman Heart Medicine Shop.



Greg Cosimini

Moler Barber School of Saint Paul is located at 858 Arcade St.



Greg Cosimini

Top photo: All these retired jack-o'-lanterns wanted to do was to rot in peace in the backyard and become compost and squirrel food but look what happened to them instead. Above: Our warm weather in early November lured these Spooky Halloween Mingos into a false sense of security. They should have headed south when they had the chance.

## Dayton's Bluff District Forum Hiring

### Forum Staff

The *Dayton's Bluff District Forum* is Now Hiring! We are looking to add an integral member to our team as we expand and grow our community news source through advertising sales.

This is the perfect opportunity for students with a graphic design, business, or marketing background or degree.

Hours are flexible and training will be provided. Compensation is a generous 25% commission per ad, per month. Experience creating ads is a bonus, but not necessary.

If you are looking for gaining experience in advertising or community engagement, please send a short email with your qualifications to [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com), for consideration in this exciting opportunity.



## Friends of Swede Hollow

The Mission of the Friends of Swede Hollow is to protect the natural beauty of Swede Hollow Park and remember its past.

The next Friends of Swede Hollow meeting will be held on **January 20, 2023**.

Preliminary plans for 2023 events in the Park will be discussed. Stay tuned for details. Plans are underway for a Holiday Party at Yarusso's in December or January. The Friends of Swede Hollow Facebook Group is an excellent resource for Park updates and neighborhood events.

For more information, email [karindupaul@comcast.net](mailto:karindupaul@comcast.net) or call 651-776-0550.

## Dayton's Bluff District Forum Board Meeting

The *Forum* is seeking writers and help with online content, idea generation, and ad sales — join us at our next meeting on **Friday, January 6 at 11 a.m.** There will not be a December meeting.

If you'd like to attend, call 651-776-0550 or email [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com) for more information. We are currently meeting at the Dayton's Bluff Library.

## Twin Cities Mobile Market

The Twin Cities Mobile Market is a grocery store on wheels that brings affordable, healthy food directly into neighborhoods.

The Mobile Market stops at Parkway Gardens Apartments, located at 1145 Hudson Road, on **Wednesdays, from 2 to 3 p.m.**

## Police Community Meetings

The Eastern District Saint Paul Police hosts their monthly meetings for community members at the Eastern District Police Office at 722 Payne Avenue, on the corner of Payne and Minnehaha Avenues.

The meetings are intended as a time to learn, listen, and address people's concerns about crime and other issues on the East Side. Policing meetings are held at **9:30 a.m. and 6:30 p.m.** on the third Tuesday of each month. Bring your neighbors!

Call or email Robyn at 651-266-5580 or [robyn.brewin@ci.stpaul.mn.us](mailto:robyn.brewin@ci.stpaul.mn.us) to ensure the meetings have not been canceled.

## Family Homeless Prevention Assistance Program

Family Homeless Prevention Assistance Program (FHPAP) funds can help single folks, too.

Here is a list of agencies that help with deposit and/or rent assistance through FHPAP:

Neighborhood House: 651-789-2500  
MN Community Care: 651-266-1290  
American Indian Family Center: 651-793-3803, CLUES: 612-746-3550,  
YMCA: 763-493-3052, Face-to-Face: 651-224-9644

## New National Suicide Prevention Hotline Number

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Preven-

tion Lifeline. Text or Dial. 988 just launched as an alternative to calling 911.

## Xcel Phone Numbers

Gas Leak: 800-895-2999. Power Outage: 800-895-1999.

Call 811 before you dig: Before starting that roto-tiller or heaving that shovel into the ground for *anything*, call 811. At no charge, Xcel will have a trained technician check the area on your property or on the boulevard to be sure there are no wires, pipes, other hidden surprises in the designated digging area. Usually, someone checks within a day, marking the 'no-dig' area with painted lines...and everyone is safe!

## Dayton's Bluff Community Council Board of Directors Meeting

The Dayton's Bluff Community Council is inviting everyone to attend the 2022 Annual Meeting and elections on Monday, **November 21, from 6 to 7:30 p.m.** at the Eastside Enterprise Center at 804 Margaret Street.

Come meet your neighbors, share your ideas, hear from others, and elect board members. Your voice matters!

Light refreshments will be served and a short program will start at 6:30. Welcome address from the Board President and remarks from other local officials, open discussion with your neighbors and board members. Looking forward to seeing you and serving your neighborhood needs. All are welcome.

## Free Legal Services for Low-Income People

Call Southern Minnesota Regional Legal Services at 1-888-575-2954 or go to [smrls.org](http://smrls.org) to see if you qualify for free legal assistance with: family law, government benefits, housing, education, seniors, and more. You can also call if you're behind on your bills, having problems with credit or creditors, or have other civil legal issues, etc. If an interpreter is needed, SMRLS will provide one.

Hours: **Monday through Friday, 9 to 11:45 a.m.; 1 to 3 p.m.**

## Need Groceries?

If you are 60 or older, you may be eligible to receive a box of nutritious food every month from Second Harvest.

This box is part of a program called NAPS, and we can help you apply!

Give us a call at 651-484-8241 or email [naps@2harvest.org](mailto:naps@2harvest.org) and someone will assist you with your application.



**December 2, 3, 9, 10, 11, 16, 17, 18, 22 and 23** — *"It's An Honorable Life,"* A Star Trek Fan Production. This action-packed mash up is an exciting combination of nostalgic holiday favorites and showstopping combat woven into the tapestry of the time-honored film "It's a Wonderful Life." This play is performed in both Klingon and English, with English supertitles provided so those not fluent in Klingon can easily follow along. **December 2, 3, 9, 10, 16, 17, 22 and 23 at 7:30 p.m. December 11 and 18 at 2:30 p.m.** Tickets: \$35 (Table Seat); \$25 (General Seating).

Visit [moundstheatre.org](http://moundstheatre.org) to purchase tickets and get more information on upcoming events. The Historic Mounds Theatre is located at 1029 Hudson Road, St. Paul, MN 55106; 651-772-2253; [historicmoundstheatre@gmail.com](mailto:historicmoundstheatre@gmail.com)

## Hummingbird

Continued from Page 1

### Are you still finding time to write?

Yes, there is a native indigenous writers cohort that I am a part of and every day we write. And when I journal which, I have done since I was young, sometimes I write to my dad who is on the other side now. Sometimes I write to my sons so one day they'll read it. Sometimes I'll write to myself or to the moon. I just focus on not so much the writing, but it's like medicine for me or prayer for me. And I do that in writing form. I have so many books that are about to be released that I haven't written a full book in three or four months now. I'm sure I'll start

writing full books again soon.

Tara wanted to share with the community that at her shop she uplifts other indigenous artists by stocking their products. From elixirs and tinctures to wild rice waffle mix and more, you can support these women creators at The Blue Hummingbird Woman Heart Medicine shop: Nicky Buck-Prairie Island Medicine Creator, Simone Rendon- (Edible Arts) Medicine Creator, ReeMix Beadwork by Hannah, Rayshele Kamke-Artist, Marlena Myles-Artist, Courtney Cochran-Artist and Heidi Inman-Artist. As we approach gift giving season, I can't think of a better place to start shopping. Tara has given us all a reason to head downtown again. For more information visit Tara's website [Bluehummingbirdwoman.com](http://Bluehummingbirdwoman.com).

## Santa Claus is Coming to the Twin Cities!

Family Fun Twin Cities

Santa Claus has headed full speed into his busy public appearance time of year. That jolly old guy sure can get around! This is a sampling of some of the best places to run into the guy. We'll keep adding to it all season, so let us know if you have any additions.



**Santa & Albert's Holiday Play: *Be Your Best (S)Elf*:** Bachman's on Lyndale | 6010 Lyndale Ave S, Minneapolis. Bachman's annual Holiday Play is perfect for all ages. Showtimes throughout the day weekends and goes through December 18. Photo Only Nights (Recommended especially for babies and toddlers) – December 5. Visit Santa's Reindeers on December 3.

**Holly Trolley:** Como-Harriet Streetcar Line, 2330 W 42nd St, Minneapolis. Take a trolley ride with Santa and toast marshmallows on a fire. \$5/rider. December 3-4.

**Visit with Santa at Keg & Case:** Keg & Case Market, 928 7th St W, St Paul. Santa will be at Keg & Case on Sunday December 11 from 1-5 p.m. Visit the Holiday Market and Christmas Tree Lot while you are there. **FREE**.

**Santa Sleigh Experience at The Hitching Company:** The Hitching Company, 925 N. 5th Street. Visit includes crafts, a carriage ride, and photos with Santa. \$19.95/rider (Under 3 free on lap). Book for December 4 or 11.

**Vinternatt:** Como-Harriet Streetcar Line, 2330 W 42nd St. An evening trolley ride with Santa through hundreds of luminaries. Then roast marshmallows on a fire. December 3 from 6-8:30 p.m. \$6/rider.

**Santa Visits the North Pole Express:**

Union Depot, 214 4th Street East, Saint Paul. Guests travel in vintage railcars with Santa through hundreds of luminaries. Then roast marshmallows on a fire. December 2-4 & 8-11. \$36-\$61/rider.

**Santa's Train Shop:** Minnesota Transportation Museum | 193 Pennsylvania Ave E, St Paul. The museum is transformed into Santa's Train Shop with live musicians, activities, train rides, pictures with Santa and Mrs. Claus, and lots of museum fun. Weekends Dec. 3-18. Tickets \$9-\$18 or \$50/family of 4-6.

**Santa Night at Night Trains:** Twin City Model Railroad Museum | 668 Transfer Rd Ste. 8, St Paul. Trains runs every Saturday night through February, but on these two nights only, visitors can meet with Santa. December 10 & 17.

**Santa's Workshop:** Landmark Center's Musser Cortile, 75 5th St. W., Saint Paul. Snap a free pic with Santa and then enjoy games, story time with J.B. Eckert and gift-making. December 11; 1-3pm, **FREE**.

**Santa Sid at the Patty Wagon:** Patty Wagon, 6042 Nicollet Ave, Minneapolis. Includes dinner and a visit with Santa on December 17 from 5-9 p.m. \$10. Call for reservations 612-861-5500.

**Holidazzle:** Loring Park, 1382 Willow St., Minneapolis. We're so excited to welcome Santa back to visit the annual Holidazzle festival on December 18 from 5-9 p.m. \$10.

**St. Nikolaustag On the Farm:** Bruentrup Heritage Farm, 2170 County Rd D E, Maplewood. Visit with St. Nikolaus while your family learns about the history of German holiday traditions with hayrides, games, music, tours as well a Christmas Market, food trucks, sweets, and a Christmas Tree forest. Dec 10 from noon-4 p.m. **FREE**.

More information available at [familyfuntwincities.com/santa-claus/](http://familyfuntwincities.com/santa-claus/).

## Winter Fun in Ramsey County

Ramsey County

Ramsey County Parks & Recreation offers a wide variety of outdoor activities for all ages all year round! Head to the park and embrace the fun of winter – go sledding, skiing, snowshoeing, and more. Here's what you can expect to find during the upcoming season.

**General information:** Ramsey County is home to nine county parks, six regional parks and five regional trail corridors. Find a park or explore our trails. All parks offer plowed parking or easy street parking, and as always, entry and parking is free. Portable toilets are available at select locations.

**Trails:** Take to the trails by foot, snowshoes or fat bike. All regional trails will be plowed and accessible throughout the winter, and each park has opportunities to use plowed, multiuse, or natural snow trails. Explore the winding trails that offer a spectacular look at Ramsey County's diverse landscape.

**Sledding & tubing:** Fly down the snowy slopes of our designated sledding areas at Battle Creek Regional Park, Rice Creek Regional Trail, Tamarack Nature Center, and Vadnais-Snail Lakes Regional Park.

**Cross-country skiing:** We've partnered with the city of Saint Paul to offer more ski trails this winter. Enjoy 32 miles of marked and groomed natural snow ski trails at Battle Creek Regional Park, Rice Creek Regional Trail, Vadnais-Snail Lakes Regional Park, Tamarack Nature Center, Como Park Golf Course, Highland 9 Golf Course, and Phalen Golf Course. Battle Creek Regional Park West now offers 4 km of machine-made snow trails that are lighted for skiing from sunset until 10 p.m. A Ramsey County and Saint Paul ski pass is required to ski on all trails for skiers age 16 and above.

**Snowshoeing:** New this season, Goodrich Golf Course in Maplewood will be open for snowshoeing. Snowshoeing is also permitted in all parks except on designated and groomed cross-country ski trails or areas plowed for pedestrians. Visit the designated snowshoe trail at Tamarack Nature Center, or see why the multi-use groomed trail at Vadnais-Snail Lakes Regional Park is a local favorite.

**Ski and snowshoe rentals:** No skis or snowshoes? No problem. Cross-country ski rentals are available at the Battle Creek Recreation Center again this year. Call 651-501-6347 for more information. Tamarack Nature Center also offers on-site cross-country ski and snow-

shoe rental. The Winter Recreation Rental Shack will outfit you with everything you need for a scenic winter trek through the snow-covered prairie and woodland. The rental shack is anticipated to reopen in December, weather permitting. Hours throughout the season may be dependent on snow and trail conditions.

**Dog parks:** Don't forget about your canine friends! Visit one of our four off-leash dog parks to give your dog a chance to romp, pounce, and play in the snow too.

**Ice Castles:** Make plans to visit Ice Castles at Long Lake Regional Park this year. The frozen attraction features tunnels, caverns, towers, fountains, slides, and crawl spaces built entirely from icicles that are grown on site, harvested, and hand-placed by professional ice artisans. The winter playground will also include an ice sculpture garden and a winter light



grove this season. The attraction is anticipated to open January 2023, and tickets can be purchased online through the Ice Castles website.

**Other winter fun:** County park boat launches will be open and plowed for ice fishing and other lake activities. Winter can be an excellent time to bird watch, and the parks are a great setting for this activity, with about 35 species to look out for this time of year.

**Programs:** Join in on exciting programming taking place over the winter season. Tamarack Nature Center provides a variety of ski and snowshoe classes and lessons for kids and adults, among other program offerings this year.

Sharpen your skating skills or join others for an easy-going pickup game of hockey this season. Dates are set for Open Skate and Open Hockey! Admission is free and open to the public, and all skill levels are welcome. Skate rental is available for just \$10 per person at Highland Arena and TCO Sports Garden.

Avoid the snow and ice and come into the TCO Fieldhouse this winter for Open Walking. Enjoy walking on the artificial turf from 7-8 a.m. on Tuesdays and Thursdays starting Nov. 1. Admission is free and open to the public.

Have a little one that's full of energy? Starting Nov. 1, they can enjoy indoor fun at the TCO Fieldhouse (field 2) on Thursdays from 9:30-11:30 a.m. We'll have activities such as a bouncy house, kicking around soccer balls and open field time with room to run. Admission is free and open to the public.

Please note that the TCO Fieldhouse is kept at 55 degrees throughout the fall, winter and spring so dress accordingly. Only water in bottles with lids are permitted.

## Friends of Swede Hollow Updates

Brad Griffith

The Mission of the Friends of Swede Hollow is to protect the natural beauty of Swede Hollow Park and remember its past.

The next Friends of Swede Hollow Meeting will be held on **January 20,**


**2023.**

Preliminary plans for 2023 events in the Park will be discussed. Stay tuned for details.

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The Friends of Swede Hollow Facebook Group is an excellent resource for Park updates and neighborhood events.

For more information, email [karindupaul@comcast.net](mailto:karindupaul@comcast.net) or call 651-776-0550.



Happy Holidays!

**Brad Griffith, Realtor - Edina Realty**  
(651) 263-2830 call or text

## Letter to the Editor

### *The True Spirit of Wakan Tipi*

Wakan Tipi Cave seems to have become a bathhouse for homeless people.

I've been visiting the Wakan Tipi Cave since 1988, having published articles and booklets on it in the past. I remember this place before it became the Bruce Vento Nature Sanctuary, back when it was a rail-yard. I've collected periodic photos of the cave entrance to document physical changes over the years, and have an extensive album of such photos.

I went down to the sacred cave on October 31st, only to find heaps of discarded clothing around the entrance, including bras and underwear. It appears that the cave entrance has been hollowed out by homeless people for use as a secluded bathing spot, with a nice soft "seat" on the sandbank just inside the entrance. Nor is this something new. Several summers

ago, during one of my semi-annual visits, I was the involuntary witness of a nude male bathing in the pond outside the cave, splashing happily in the sunlight, oblivious to a passersby.

There's so much trash in Bruce Vento Nature Sanctuary, especially around the cave. Spray painted graffiti is steadily creeping over the bluff face between North Star Cave and Wakan Tipi Cave, where none had been before (as of my last visit in April of this year). Given the nature of this sandstone, it should be comparatively easy to remove, yet there it remains, attracting more of the same. The rusted steel doors outside the cave have become minutely stenciled over.

From now on, whenever I go down there, I plan to bring a trash bag to pick up all the clothing and garbage at this sacred site. I find it ironic that ground has been broken for a multimillion-dollar Wakan Tipi Center, yet little regard is shown for the namesake Wakan Tipi. It's a strange perversion of priorities.

Greg Brick, PhD  
Author, *Wakan Tipi Cave* (2014)



Brad Griffith

On November 12 in 29°F weather, the Friends of Swede Hollow Cleanup Crew covered an area from the Seventh Street Improvement Arches to the Swede Hollow — Bruce Vento Trailhead at East 7th Street and Payne Avenue for the final cleanup of the season in Swede Hollow Park.

### *You got somethin' to say? Say it here!*

The *Dayton's Bluff District Forum* welcomes all opinions and neighborhood anecdotes – send yours to:

[daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com)

Opinions expressed in contributed articles may not represent the views of the *Forum*.

**Deadline for the February issue of the *Forum* is January 10, 2022.**

## Fun Holiday Events Happening in the Area

**December 1, 2, 3; 5 or 7 p.m., \$5 — Old Fashioned Holiday Bazaar:** Guests can find beautiful and unique handcrafted gift items by the area's finest artists. The Bazaar features quality handcrafted items including, jewelry, woodwork, paintings, décor, woven and wearable art, handmade lotions, soaps and more! **Located at the Landmark Center**

**December 1, 2, 3, 4, 8, 9, 10, 11, 15, 16, 17, 18, 19; Various times — *A Servant's Christmas*:** A stocking stuffer filled with humor, song & dance, and a joy-filled musical! A perfect tonic for our times! **Located at the History Theatre, 30 East 10th Street Saint Paul.**

**December 1-18; 2 – 7 p.m. — European Christmas Market:** The European Christmas Market in St. Paul is the most authentic, traditional holiday market of its kind in Minnesota. Offering a unique shopping experience, family-friendly entertainment & intercultural activities, be sure to spend a day with family and friends here. It is a free public event based on the festive open-air Christkindl Markets that are in Germany, Austria, and other European countries during the Advent season.

**Located at Union Depot, 214 4th St. E. Saint Paul.**

**December 1-22 — Seasonal Sweets, 6-7:30 p.m.:** Youth will bake and take home a different sweet for the holiday

season each session, every Thursday. **Located at the Dayton's Bluff Rec Center.**

**December 1-23; 1-9 p.m. \$89-\$125 — *It's a Wonderful Life*:** It's A Wonderful Life: A Live Radio Play. Celebrating our 16th season, It's A Wonderful Life: A Live Radio Play returns this December! It's A Wonderful Life: A Live Radio Play, performed at The Saint Paul Hotel, presents playwright Joe Landry's acclaimed take on the classic 1946 Frank Capra film, *It's a Wonderful Life*. The shows are accompanied by a three-course luncheon for afternoon performances and a three-course dinner for evening performances. **Located at The Saint Paul Hotel, 350 Market Street St. Paul**

**December 1-24; 11 a.m.-2p.m. and 4-7 p.m. Free — Photos with Santa:** Santa Claus is back at Rosedale Center through December 24th! Reserve your space today and create special holiday memories with your family. Photos with your Fur Baby is also a great option and available Mondays 4-7 p.m..

**December 1-31; 3:30 p.m. \$18 — Holidays on the Hill:** Experience Christmas, 1910—both upstairs and downstairs—in the sumptuous Gilded Age mansion of railroad titan James J. Hill. Admission includes self-guided access to holiday-themed exhibits and a 60-minute guided tour highlighting holiday stories and memories from both the Hill family and their staff.

**December 1-January 31 — GLOW Holiday Festival:** We look forward to seeing you at GLOW this holiday season! Stroll through over a million lights, Elfie Plaza, Enchanted Forest, Bright Bikes, Tremendous Tree, and so much more! Enjoy strolling through the holiday lights,

while soaking up all the amenities of our new location, CHS Field!

**December 3 — Union Depot 10<sup>th</sup> Anniversary Tree Lighting and Movie; 3-7:30 p.m.:** Join Union Depot for the exciting 10th Anniversary Celebration of the 2012 Union Depot restoration and annual Holiday Tree Lighting Celebration & Movie Night

**December 10 — Dinner with Santa, 5:30-7 p.m.:** Families will enjoy food, crafts, and a visit from Santa. **Located at the Duluth and Case Rec Center**

**December 12; 5-8 p.m., Free — Canadian Pacific Holiday Train:** The Canadian Pacific Holiday Train will stop at Union Depot for a musical performance. Canadian Pacific is committed to raising awareness about filling community food shelves with heart-healthy foods.

**December 16 — Santa's Workshop, 5:30-8 p.m.:** The kids will be able to come to Santa's Workshop and purchase gifts for their parents, siblings, or even their friends. All gifts will be under \$1.00. Limit of \$10/child, must bring cash only. The kids will then be able to wrap the gifts and take them home. No parents are allowed in the workshop, there will be a waiting area. **Located at the Battle Creek Rec Center**

**December 16 — Tot Time Holiday Celebration, 10 a.m.-noon:** Join us for a morning of Holiday Themed Fun for the little ones (and their guardians)! In addition to our normal tot time activities, Holiday Themed Craft, decorate a cookie and more!! Invite your friends to this fun, free event! **Located at the Battle Creek Rec Center**

**December 16, 17, 18; 2 or 7 p.m. and 4-7 p.m. \$5-\$45 — Minnesota's Classic**

**Ballet *The Nutcracker*:** Ballet Minnesota's 34th annual *The Classic Nutcracker*, returns to the O'Shaughnessy! Come celebrate this annual family holiday tradition! **Located at The O'Shaughnessy — St. Catherine University, 2004 Randolph Ave Saint Paul.**

**December 21, 22 — Holiday Ornament Making, 6-7:30 p.m.:** Are you looking for a new holiday decoration? Youth join with us to make four ornament creations! They'll be encouraged to utilize their imagination and creativity for this winter-themed craft and will get to bring their decoration home to show off to family and friends during the holiday season. **Located at the Duluth and Case Rec Center.**

**December 28 — Holiday Outdoor Fun and Games, 6:30-7:30 p.m.:** Families will be playing some fun winter outdoor games and enjoy some hot chocolate and cookies. **Located at the Duluth and Case Rec Center..**

**December 29 — Winter Madness: Around the World in One Day, 12:30-4:30 p.m.:** Come and experiences activities from around the world, eat pizza, Chinese crafts, and international activities. You can register for all or just the ones you want. Pre-registration is required as Space is limited each day. **Located at the Battle Creek Rec Center**

**December 30 — Winter Madness: Battle Creek's Got Talent, 12:30-4:30 p.m.:** Come show off your talent! You can register for all or just the ones you want. Pre-registration is required as Space is limited each day. **Located at the Battle Creek Rec Center.**

**Visit [stpaul.gov/departments/parks-and-recreation](http://stpaul.gov/departments/parks-and-recreation) for more events and information.**

# Happening at the Dayton's Bluff Library

**Dayton's Bluff Library will be closed from December 12 - January 2** due to renovations underway in the Metro State Library building. Please visit nearby branches: Arlington Hills (1200 Payne Ave; 651-632-3870), Sun Ray (2105 Wilson Ave; 651-501-6300), and George Latimer Central Library (90 West Fourth St; 651-266-7000) while Dayton's Bluff is closed. Pick up a Winter Break activity before December 10 to enjoy.

**Winter Break Fun programs for school-age kids** will be happening at other library locations in Saint Paul on many of the days when school is out between **December 19-January 2**. Please visit [sppl.org](http://sppl.org) for dates and locations.

**Boredom Buster Books** are available in the library for school-age children and their families to bring home and use to keep busy while they are out of school this winter. The books are filled with ideas for winter fun that kids can enjoy independently, such as puzzles and games, as well as activities the whole family can enjoy together like winter hikes and tree lighting ceremonies taking place around the Twin Cities.

A generous patron has donated to Dayton's Bluff Library a new 3D Printer! Our staff is hard at work assembling the printer, learning how to use it, and brainstorming ways to share it with the public. We look forward to printing with our patrons and will have more information soon about its availability for public use.

Our children's area has a **new sensory toy** for infants and toddlers. Keep your babies close and occupied with a soft foam sensory ring featuring a chick that squeaks, a leaf-shaped rattle, and more while you browse the collection.

Thank you to everyone who voted in the Dayton's Bluff Library Mascot Election. It was a tight race until the very end, with two candidates tied in votes. We are proud to announce Rex the Dragon and The Mighty Axolotl will serve the Dayton's Bluff Library as co-mascots!



**Dayton's Bluff Library Hours**  
Mondays & Wednesdays  
noon to 8 p.m.

Tuesdays & Thursdays  
10 a.m. to 8 p.m.  
Fridays & Saturdays  
10 a.m. to 5:30 p.m.

Current hours are available online at [sppl.org/locations/DB/](http://sppl.org/locations/DB/) or call 651-793-1699.

*All Saint Paul Public Library locations will be closed Thursday, December 8 for staff training and Friday, December 23 - Monday, December 26 in observance of Christmas. Dayton's Bluff Library will also be closed Monday, December 12 - Monday, January 2 due to renovation work in the building.*

*Dayton's Bluff Library, 645 East 7th Street, is a public library branch located inside the Metro State University Library and Learning Center. We are open six days a week offering books, movies, music, internet stations, programs and services for all ages. The outdoor book drop is always open.*

## Contest: Where in Dayton's Bluff?

This birch tree is on Wilson Street. How many birch trees do we have in our area?

Send your guess to [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com) with the location of the neighborhood curiosity pictured at right.

The reader who submits the correct entry will be notified, and the winner(s) will be announced in the December edition of the *Forum*.



## Cross Country Skiing Changes

Ramsey County

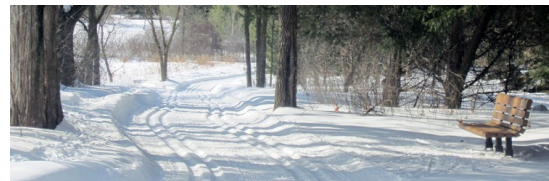
Ramsey County provides 25 miles of marked and groomed cross-country ski trails at five locations.

Trail conditions are available on [skinny.com](http://skinny.com). County staff post updates every Friday and as needed.

The Battle Creek Winter Recreation Area will be the first winter recreation area with machine made snow in the East Metro. It will provide access to recreation for the surrounding community and serve as a regional, statewide, and national draw as a premier cross-country ski facility.

Construction is on track to be completed in November. Snowmaking will begin when temperatures dip below 27-degrees for an extended period, typically in December.

Starting with the 2022-2023 ski season, Ramsey County and Saint Paul will use a mutual Ramsey County and Saint Paul ski pass. Ramsey County will no longer accept the Great Minnesota Ski Pass. Passes may be purchased online or in person at Tamarack Nature Center, Battle Creek Recreation Center



and Como Regional Park.

Costs for all-access passes are: Annual all-access pass is \$80. Additional household member on annual pass is \$40. Daily all-access pass is \$15. Youth under 12 years old are free.

The annual all-access pass allows the use of groomed natural trails throughout Ramsey County and Saint Paul. This pass does not include machine-made snow trails at Battle Creek Regional Park.

Natural snow pass costs are: annual natural snow pass is \$35. Daily natural snow pass is \$6. Youth under 12 years are free.

Ski rentals are available at Tamarack Nature Center and Battle Creek Recreation Center for \$12. Equipment rentals are also available at Como Park Ski Center through Saint Paul. Rentals can be reserved in person on a first-come-first-serve basis.

Trail access: 75 Winthrop Street S Saint Paul (next to Battle Creek Recreation Center), 2300 Lower Afton Road Maplewood, Rice Creek Regional Trail, Tamarack Nature Center, 500 Gramsie Road, Shoreview, Vadnais Lake and Sucker Lake, Como Park Ski Center/Golf Course at 1431 Lexington Parkway North, Highland 9 Golf Course at 1797 Edgumbe Road, and Phalen Golf Course at 1615 Phalen Drive.

Contact Parks and Rec for any other questions 651-266-0300.



@Dayton's Bluff District Forum



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Landscape Labor and Equipment operators for year-round employment FULL-TIME, no winter layoff, you will be doing snow removal during the winter months. Clean driving records a must. Must speak English.

Contact Jeff @ 612-325-7800.

**Snow Shovelers also Wanted!**





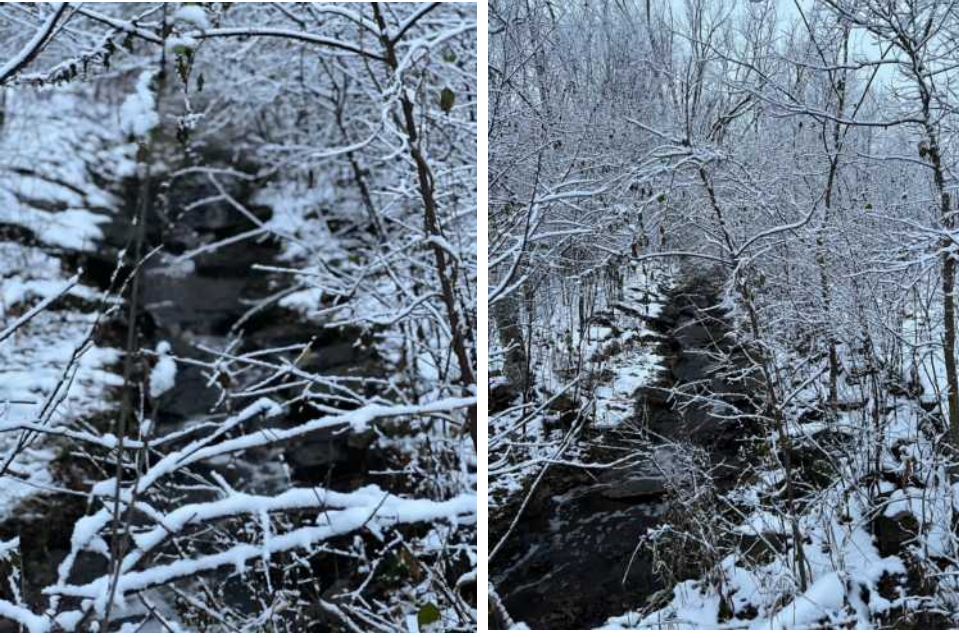
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Mandy Okonek

Some photos of Swede Hollow after the first snow fall of the season.

## Updated Boosters Now Available at Ramsey County Clinics

Ramsey County

Ramsey County Public Health is now offering updated (bivalent) booster shots to people ages 12 and older. The Centers for Disease Control and Prevention (CDC) recommends the updated COVID-19 boosters for everyone ages 12 and older who completed their primary series or received a booster dose at least 2 months ago. Stay up to date with your COVID-19 vaccines and get an updated booster now.

Why do I need an updated booster? Boosters are an important part of protecting yourself from getting seriously ill or dying from COVID-19. Updated boosters can help increase protection since your last shot and provide more protection against newer variants. Booster shots are common for many vaccines, like the flu

shot or Tdap (tetanus, diphtheria and pertussis).

The vaccine is free; no medical insurance or ID needed. These are our current vaccination sites:

**Consulate of Mexico:** 797 East 7th St. Saint Paul, MN 55106. Wednesday clinics (2:30 - 6 p.m.) on-site registration.

**Saint Paul Public School** — 360 Colborne: Thursday clinics (3 - 6 p.m.) appointment-only

In addition to these clinics, the COVID-19 vaccine is available at several sites operated by the state of Minnesota, health care clinics and pharmacies.

Check our vaccine page for the latest information and links.

Additional clinic details: People age 5-11 years should get an original booster shot (monovalent) at least 5 months after their primary series of vaccine. Even if you didn't get your first dose with Ramsey County, you can still get your second dose or booster with us.

Visit [ramseycounty.us/COVIDvaccine](https://www.ramseycounty.us/COVIDvaccine) for more details. Call Public Health's vaccine phone line at 651-266-1190 (Monday – Friday: 8 a.m. – 4:30 p.m.) with questions.



@Dayton's Bluff District Forum

## View From My Porch Rats! Part One

Sage Holben

“Rat! I’m nothing but a rat! I hate this neighborhood; nothing good in it. It hates me! I’m a rat.”: As I neared the young woman, likely in her 30s, she agitatedly rearranged her few bags and rolled her yoga mat while confirming to herself how she felt she was being treated. Seconds before, my early morning friend and I, enjoying coffee on the porch, could hear her yelling, “I’m NOT going to have sex again!”. As a car slowly passed, she yelled at the driver, “F---k you! Stop looking at me!” I’m guessing that the driver was likely checking out the woman’s stability; they drove away as I began crossing the street toward the woman.

“Carol, Carol, is that you?” I asked, offering some morning pastries. “Could I help?” I’ve found that calling out a possible name and an offer of help was often a helpful introduction in calming a stranger and introducing myself to a situation. “No, I’m NOT Carol. No, I don’t want any help.”

Many people trek between East 7th and East 3rd Streets for the two bus lines. Some carry assorted bags, push shopping carts, or bag-laden baby strollers. I remember about 15 years ago, someone carrying a parrot on his/her arm. Some carry on one-sided conversations as this woman was doing. Sometimes it’s difficult to distinguish whether they are speaking through ear buds or with someone occupying headspace. I sometimes do the headspace thing, but I try to not say it aloud.

Her comment, “I’m nothing but a rat” created an image of a human who has been treated not only as invisible, but frequently treated as garbage — as vermin to the rest of society. Words recently spoken by a friend came to mind — “Have you ever wondered if we (specifically referencing Dayton’s Bluff and Payne-Phalen areas) are all in one laboratory

being observed by city officials?” This woman’s statement, of being a rat, may be a greater truth. I’m asking you, the reader, to join me in a bit of fantasy: Perhaps we are all rats. Lab rats living in the larger districts of Dayton’s Bluff, Payne-Phalen, Summit Hill, etc. and within the smaller self-identified neighborhoods of a block or two, in Swede Hollow, Duluth-Case, etc. So many lives represented — so many dreams, expectations, personal histories, pains, and joys — real people striving to maintain lives with some substance. Imagine a laboratory where residents are watched for reactions to decisions by city and county employees. These employees neither understand the personality and lives of these “rats” nor take into account the reasoning or goals in day to day life...They observe only to collect their paychecks. Perhaps...just maybe, one employee also living in the maze...understands through experience, the futility of the rats. Who is this nameless, quiet observer?

The rat-watchers: the mayor, city council, public works, safety, DSI, parks and rec, traffic and street design, school administrators and boards, anyone receiving salary or stipend for their positions — are interested, not in how or how well patterns of traffic move, whether it’s humans or vehicles; neighborhood street safety issues or petty and minor crimes that disrupt residents’ desired quality of life; rat-watchers are not truly interested in whether certain decisions or fantasied “improvements” actually improve the quality of lives. It is their role to simply observe.

How long has this woman been treated like vermin, seen as garbage by the nameless people around her. This woman remains nameless to me. She wouldn’t face me, nor with me. It was not my right to expect any return of information and she seemed anxious to leave this phase of the rat lab labyrinth.

*[Case Note: When safety issues are not addressed, respect for laws and civility disappear and infect those in an extremely wide vicinity, spreading like smallpox.] Case Note: When a repeat offender who has harmed other persons or property and has been let free without due discipline, whether 13 years old or 30 years old, observe how other societal members respond in expectation of the same.]*

### Dayton's Bluff District Forum

1368 Minnehaha Ave. E., St. Paul, MN 55106  
 phone: 651-776-0550 E-mail:  
[daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com)

We are currently printing and distributing our newspaper quarterly. The paper is available online at [daytonsbuffdistrictforum.org](https://daytonsbuffdistrictforum.org). This publication of Hopewell Communications, Inc., a nonprofit organization, is intended to provide a forum for the ideas and opinions of its readers and to be an instrument for developing community awareness and pride. Signed articles do not necessarily represent the views of the *Forum*. Material from this paper may be republished if it is attributed to the *Dayton's Bluff District Forum* and to the author, if any. Articles and letters to the editor are welcome and may be emailed to [daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com), or mailed to the address above. The *Dayton's Bluff District Forum* is delivered to businesses in the Dayton's Bluff neighborhood when the budget permits. To find out where you can pick up a printed issue, send an email to the address above.

Board of Directors: Greg Cosimini, Karin DuPaul, Sage Holben, Jennifer Gascoigne, Steve Trimble  
 Editor/layout: Allison Lund-Zalewski; Editorial Associate: Mark Gallagher  
 Staff: Mandy Okonek

Next issue: February 2023. **Deadline for material: January 10, 2023.**

## Bird, Bee, and Beaver Neighbors

Kathy Sidles

Saint Paul is a river town, so it's fun to explore our parks and see the plants and animals that live and migrate through here. With binoculars and a camera, I learn about what I see from books and the internet. This fall I learned about Rusty Blackbirds, queen Common Eastern bumble bees, and North American beavers.



workers then males and new queens are born. The workers pack pollen on their legs and bring it back to the nest to feed the new bumble bees. In late summer the big new queens bulk up on pollen. Then they dig into soft soil for the winter. They come out next spring to find flowers for food and then a nest. After the seven weeks of surveys were over I wondered, how fast do bumblebee numbers go down in the fall? And what flowers do they get nectar and pollen from then? It has been fun to see new queen bumblebees feeding until early November at the last clumps of asters and goldenrod at Lake Phalen. Anyone can take an online class to learn about bumblebee identification and help survey them: [apps.extension.umn.edu/environment/citizen-science/bee-atlas/](https://apps.extension.umn.edu/environment/citizen-science/bee-atlas/).



In October I saw a Rusty Blackbird in mud and leaves at the edge of a shallow pond in Swede Hollow. The

Rusty Blackbird was looking for food under the leaves. It was on its way from Canada, where they raise their young, and headed back to the south east United States. I learned about Rusty Blackbirds at [allaboutbirds.org](http://allaboutbirds.org). We saw this bird while getting ready for a Saint Paul Audubon "Bird Up" walk. Everyone is welcome to come on Saint Paul Audubon bird walks: [saintpaulaudubon.org/](http://saintpaulaudubon.org/). If you would like to help count birds all or half day for the annual Audubon Christmas Bird Count on **December 17** on the East Side, contact me at [kesid@aol.com](mailto:kesid@aol.com). Beginner or expert, walking plowed path or rugged paths, everyone is welcome to help in our East Side count circle — Hwy 94 to 36, Hwy 35E to White Bear Ave.

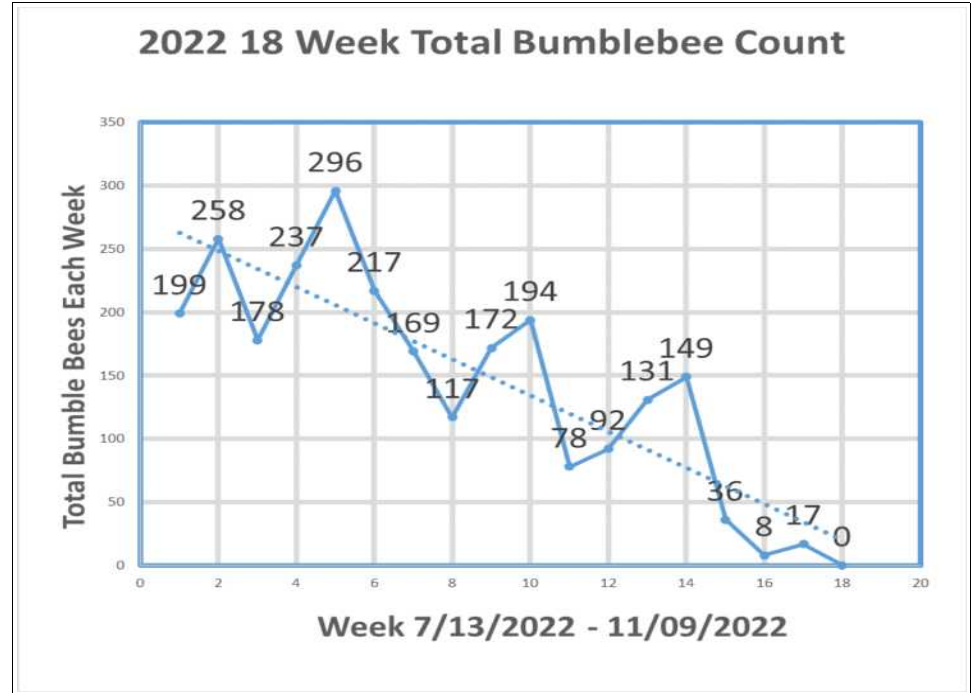


I knew American Beavers used to be widespread, their dams helped create North America's landscape, and we almost hunted them to extinction for fur. On my weekly walk at Pig's Eye Regional Park I look for their latest activity and learn more about them. In November we saw their dam, two lodges, trees they eat bark from, and a big channel they maintain. The beavers build walls of mud in the cattails, and

add a few sticks to dam up overflowing water to make a channel. One of their lodges is at the end of the channel. The water is deep enough by winter to cover the lodge entrance and to store branches to eat later. Beavers can help us reduce flooding and get rid of pollution: [fws.gov/media/beaver-restoration-guide-book](https://fws.gov/media/beaver-restoration-guide-book) Read about our walks to the highlight fix up of Pig's Eye Regional Park (our former city dump) on our Facebook page Pig's Eye Park Friends. You are welcome to join us for a walk at 9:30 on Tuesdays and Saturdays.

*Chart in the upper right provided by Kathy Sidles*

This summer I counted the different species of bumble bees I saw at the native plant restoration flowers along the west shore of Lake Phalen. I did a survey of them in 2020 for seven weeks as a volunteer for the University of Minnesota. Now I do it on my own each summer, and upload pictures and counts of the bumblebees to [bumblebee-watch.org](http://bumblebee-watch.org). Bumblebees live together in nests that a queen bumblebee makes in mouse holes or grass clumps. First



### Join us!

**Sunday Worship/10:30am**  
 Baptism Sunday 12/4  
 Christmas Carol Festival 12/18  
 Christmas Eve 4pm  
 Christmas Sunday 10:30am

**Adult Sunday School 9:15am**  
 Confirmation Class Sunday 4pm

**1049 Euclid Street St Paul, 55106**

**Mounds Park United Methodist Church**  
 Sunday worship is live-streamed, accessible anytime at: [moundsparkumc.org](http://moundsparkumc.org)

## Some December Historical Events in St. Paul

Steve Trimble

**December 3, 1892:** The Church of Saint Casimir celebrated its first mass on this day. Three years earlier, the members purchased three lots at Jessamine Avenue East at the corner of Forest. The first building that was built housed a school on the first floor that opened in September 1893 with 50 enrolled students. The upper floor of the building served as the church.

The makeup of the church at its inception was Polish but other nationalities later joined the congregation.

The Church was staffed by diocesan priests until 1916. The missionary Franciscan Sisters taught at the school from 1908 until 1987. Over the years the parish grew and expanded to meet heavy demands from the community. A new school was built in 1923, allowing up to 600 students to receive education.

In 1932 a new convent was completed on the parish land. The church building has an Eastern European flavor with an ornate barrel-vault ceiling with twin towers that originally had traditional onion domes, later replaced with the current egg-shaped domes. The church was put on the National Register of Historic Places on March 31, 1983.

**December 9, 1890 and December 9, 1968:** The University Avenue streetcar line between St. Paul to Minneapolis was launched on this day. "This car and those to follow it" a speaker said "will prove more potent factors in the future than any amount of oratory on the subject." The cars were full because not enough new ones were available yet. The first trips took 45 minutes, but it was hoped they would become faster. On Dec. 9, 1968, about three quarters of the century later to a day, the new 11-mile segment of Interstate 94 that linked the downtowns of the Twin Cities, opened. Caravans from both cities met at the Highway 280 area. Dignitaries made speeches that echoed those of 1890. "By making driving... much faster and easier" Governor

LeVander proclaimed, "The freeway may tend to melt the Twin Cities into more of a single metropolitan area."



Minnesota Historical Society Construction being done on I-94.

Journalists covering the event wrote no negative comments about the project's harsh impact on some neighborhoods. The section was dedicated on December 9th and the construction of the highway was politically charged. The highway was primarily built through many working-class neighborhoods. In St. Paul the routing of I-94 displaced the historic Rondo neighborhood that had been the largest African American community in the city.

**December 11, 1956:** Swede Hollow's remaining homes were declared uninhabitable by the St. Paul City Health Department and burned them down on this day. The area had been home to various immigrant groups, beginning with the Swedes in the 1860's. A 1886 newspaper headline described the

area as "A Foreign Settlement in the Midst of St. Paul," with a "quaint appearance" in the midst of a "still more quaint and picturesque surrounding."

The Hollow's history is one of waves of immigrants making their homes on the banks of Phalen Creek. Swedes began settling there in the 1870s and around 1910 many Italians moved in, followed by Mexican Americans in the 1940s. It was a diverse community that, at its height, had an estimated 1,000 residents.

The last 14 families were moved out when the homes were destroyed by the Fire Department. In 1973 Swede Hollow was designated a Saint Paul Park. The former immigrant community has been revitalized and is once again a local center of interest. Visitors can now walk or bike through the park on trails. There are a few reminders of the old days seen in sporadic remains of stone foundations and flowers that were planted in immigrant yards.



Minnesota Historical Society Swede Hollow 1898.

## East Side Eating Trimble's Taste Trek

Forum contributor Steve Trimble has set out to eat at every locally-owned, sit-down restaurant on the East Side. He hopes to get the word out to Dayton's Bluff about the eating options here on our side of town.

There are more restaurants than there is room for in the monthly paper, but at least 60 may now be found online at [daytonsbuffdistrictforum.org](http://daytonsbuffdistrictforum.org): click on "East Side Eating" at the top of the home page. Steve Trimble can be reached at [daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com).

Normally, I would have been writing on another restaurant. Now for the first time, I can't find very many new openings. I checked out a food group on White Bear Avenue but it turned out to be a wholesale spot and not a sit down one. I have been checking out the progress of a new group that was moving into the former Porky's at 1080 Payne Avenue, on Facebook.

It will be known as Chances Tavern. A couple of weeks ago they had a grand opening. I thought my luck had been restored. However, I visited and while they were indeed open, they did not have all the equipment and they felt their sit-down dining would probably begin early next year.

So I decided to look through my cookbook collection and find recipes from Dayton's Bluff and other East Side organizations. Here they are. Three of them reflect some of the ethnic groups in our community. Sacred Heart was initially opened for German residents. St. Ambrose was established for local Italians and the offering from the Schwietz Cookbook reflects the Polish family and their long-time Schwietz Saloon and Eatery on Payne Avenue.



## Dayton's Bluff Gingerbread Cookies

### Ingredients:

- 5 C. flour
- 1 C. shortening
- 1 teaspoon cinnamon
- 1 C. sugar
- 1 ½ teaspoon. baking soda
- 1 egg
- 1/2 tsp. Salt
- 1 C. mild flavoring molasses
- 2 teaspoon ginger
- 2 T. vinegar
- 1 teaspoon cloves

### Directions:

Preheat oven to 375 F. Combine the first 6 ingredients (all dry) in a bowl to blend.

In a SEPARATE large bowl, cream the shortening and sugar. Gradually blend in the egg, molasses and vinegar to blend. After these ingredients are well-blended, stir in the dry ingredients mixture. Chill at least 3 hours. The dough will appear crumbly, but if you divide the mixture into 10-12, each will make just a few gingerbread cookies.

Shapes and it rolls well. Place cookies one inch apart on a greased cookie sheet (or on parchment paper lined cookie sheet). The more uniform the thickness of the cookies, the more likely all will get done and none will burn. If desired, sprinkle with sugar or decorate. Bake in 375 F oven for 5-8 minutes. Makes about 8 dozen.

ECFE Teachers and Staff, *Friends of ECCE cookbook, Dayton's Bluff Early Childhood Family Education, St. Paul, MN., 2006, p. 177*

## Hot Dish With Tater Tots

### Ingredients:

- 1 pkg. frozen tater tots.
- 1 6 oz. water chestnuts, sliced
- 1/3 C. uncooked rice
- 1 can cream of chicken soup
- 1 ½ C. cooked celery.
- ¾ C. water
- 1 can peas (drained- save juice)
- 1 can mushroom soup
- 1 ½ lb. ground meat thinned out with pea juice
- 1-2 1/2 oz. bottle button

mushrooms

### Directions:

Preheat over 325 F. Mix all ingredients together (except mushroom soup and pea juice) in large 9"x13" casserole the day before you are going to serve. Before baking pour mushroom mixed with pea juice (1 cup) over mixture. Cover with tater tots and then sprinkle with grated cheese. Bake 1 hour and 15 minutes at 325 F. Serves 15.

Mrs. E. Santa, *Be Our Guest, Memorial Lutheran Church, 1212 Earl Street, St. Paul, Mn., 1979, p. 80.*

## German Potato Salad

### Ingredients:

- 5 lbs. Potatoes
- 1 C. cider vinegar
- 1 lb. bacon (diced)
- 1 C. water
- 3 medium onions (cut fine)
- 2 tablespoon flour
- 1 scant tablespoon sugar
- ½ dozen eggs (hard cooked)
- 1 scant tablespoon salt

### Directions:

Cook the potatoes in their jackets and cool. Slice. Fry the bacon and drain the fat. Set bacon aside. To the fat add 2 T. flour and onions. Cook just a little carefully not to brown. Add the vinegar, water, sugar and salt. Mix as for gravy or white sauce (thin). To this mixture add the cooled potatoes and toss. Heat and add the crisp bacon and the cut up cooked eggs. Salt and pepper to taste. Serves 8 amply.

Dorothy Rettner, *Our Favorite Recipes, Sacred Heart Church, St. Paul, MN., ca. 1976, p. 13.*

## Czarmina (Duck Soup)

### Ingredients:

- 4 ½ lb duck
- 1 C. raisins
- 6 quarts of water
- 2 Tbsp salt
- 1 small onion cut fine.
- Dash of pepper
- 1 C. prunes
- 3-5 whole allspice

### Directions:

Use large kettle. Cut meat in serving

pieces. Cook until meat is tender. Then mix ¾ c duck blood with 4 T vinegar, ¼ c flour, ½ c sugar, ½ c sugar. Add enough water to make a smooth thinning. Pour thinning into soup while boiling. Cook 10 to 15 minutes. Can use lean pork ribs, chicken, or pork chops. Put vinegar into glass or crockery bowl (not metal) and into this catch the blood when killing the duck or goose and stir to avoid coagulation. Fresh pig's blood may also be used.

David F. Schwietz, *Schwietz Cookbook, St. Paul, MN., 1994, p.13*

## Many thanks to our Friends of the *Forum* 2022 donors:

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If you'd like to see future issues printed again, please consider donating. We have three ways for you to do so:

-Donate electronically via PayPal at: [daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com)

-Make checks payable to *Dayton's Bluff District Forum* and mail to: 1368 Minnehaha Ave E, Saint Paul, MN 55106

-Donate by going to: [givemn.org/organization/Hopewell-Communications-Incorporated-](http://givemn.org/organization/Hopewell-Communications-Incorporated-).

Be sure to keep up with us online in one of three ways:

-Website at [daytonsbuffdistrictforum.org](http://daytonsbuffdistrictforum.org)

-Facebook at Dayton's Bluff District Forum

-Instagram at Dayton's Bluff District Forum

## Friends of the *Forum*

Dear Reader,

The *Dayton's Bluff District Forum* has been a volunteer-run newspaper since the 1980s and has always operated on a minimal budget. Each issue costs around \$1,000 to produce per month. We have found a new printer and have adjusted the cost to print each month.

For the past three years we have been soliciting donations through our Friends of the *Forum* program. Thanks to the donations from readers like you, we have been able to keep the paper up and running. If you value this community source of information, please consider filling out the form below. Any amount is appreciated; you may also make memorial donations, or include the *Forum* in your legacy planning. **If you have been our Friend in the past, please consider making a donation in 2022. Our goal for 2022 is \$5,000; will you help us reach our goal in 2022?**

Yes, I will become a Friend of the *Forum*. My tax-deductible check is enclosed, for:

\$100 \$50 \$25 Another amount \_\_\_\_\_

Or give online: [givemn.org/organization/Hopewell-Communications-Incorporated](http://givemn.org/organization/Hopewell-Communications-Incorporated)

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

Make checks payable to: *Dayton's Bluff District Forum* and mail to 1368 Minnehaha Ave. E., St. Paul, MN 55106. For more information, contact 651-776-0550 or [daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com).

Thank you for your support!

Read our paper online at [daytonsbuffdistrictforum.org](http://daytonsbuffdistrictforum.org)