

## A Very Involved Community Member

Mark Gallagher

As an extremely shy young woman, Rebecca Nelson took a circuitous route to become involved with many St. Paul and East Side organizations. When she was younger, she was shy, almost to the point of being debilitated. Nelson would get up really early in the morning and get on the earliest city bus she could take to school at St. Paul Academy to avoid people and abstain from talking and interacting with them.

Her shyness started to fade away in the seventh and eighth grade. Nelson trusted close friends she had grown up with, but it was scary being up in front of a crowd. "It affected my relationships with both males and females," she said. "Interestingly, it wasn't until I began working at Target that I started coming out of my shyness."

After high school and before she started working at Target, Nelson enrolled at the University of Minnesota, but she ran out of money for the four-year RN degree. As a single mother, Nelson switched to St. Paul College and got into an eleven-month program to become an LPN — so she could start working in that field. She went the LPN route and did home health

care after that. That was her introduction to working with seniors. Nelson did home health care for about five years, which she says was an amazing experience.

At times, Nelson would spend seven days a week caring for her senior clients, and she'd often spend more time with her clients than her family during the holidays. "The stories and wisdom that the senior clients gave to me was amazing and invaluable," Nelson said. "We would talk and laugh and enjoy each other's presence. There were times when my company would send me to the most difficult patients that they had for clients because, oddly enough, I was able to connect with them on their level."

She started out at Target at the bottom entry level as a cashier, stocked shelves at night, and moved up in a relatively quick period of time to a Guest Services Team Leader (GSTL), which meant she would run the front lanes. The GSTL would have to know how to teach everybody how to run cash registers, and problem solve on their feet.

"Target in the Midway is a pretty rough Target," Nelson said. "So my ability to connect with all kinds of people was developed there; I learned a lot and give credit to Target because those experiences really helped develop my leadership skills. I think that in my late 20s and early 30s, I was able to talk and converse normally with people."

*Community continued on page 3*



Rebecca Nelson

Rebecca Nelson, an East Sider who has been involved with many East Side and St. Paul organizations.

## Maplewood Still Needs Reading, Math Tutors to Serve in Area Schools

*Overall, 500 tutors needed to help Minnesota students succeed.*

Gary Young

In response to the unprecedented educational challenges posed by the COVID-19 pandemic, five reading tutors and one math tutor are still being sought to serve in Maplewood schools this school year. Overall, Reading Corps, Math Corps, and Early Learning Corps are recruiting 500 tutors throughout Minnesota.

Reading Corps, Math Corps, and Early Learning Corps Managing Director Sadie O'Connor said, "After approximately two years of disruptions, more students than ever need a proven solution like Reading Corps, Math Corps and Early Learning Corps to help get back on track."

O'Connor said no teaching experience is needed. Reading Corps, Math Corps, and Early Learning Corps tutors are fully trained and serve on-site at the school 35, 25 or 18 hours a week. All tutors receive a stipend every two weeks, plus up to \$3,200 to pay for college tuition or student loans. Those who are 55 or older may choose to gift their education award to their child, grandchild, stepchild or foster child. Many tutors also qualify for additional benefits like free individual health insurance and childcare assistance.

Candidates are encouraged to apply now to begin helping students in October or January. Visit [join.readingandmath.org](http://join.readingandmath.org) to learn more or apply.

**About Reading Corps, Math Corps, and Early Learning Corps:** Reading Corps, Math Corps and Early Learning Corps are evidence-based AmeriCorps programs dedicated to helping all children become strong learners. Tutors placed in local schools, work one-on-one or in small groups with students to help improve their skills. Rigorous third-party evaluation has consistently shown that students who have Reading Corps, Math Corps, and Early Learning Corps make greater gains and faster progress. Building on success in Minnesota, the programs are replicated nationally in 13 states and the District of Columbia. Reading Corps, Math Corps, and Early Learning Corps are administrated through a national nonprofit, Ampact (formerly Reading & Math, Inc.). For more information, please visit [readingandmath.org](http://readingandmath.org).



## 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.



Allison Lund-Zalewski

After the Dari-ette was sold last spring and remained empty for the summer, it appears there is finally some movement with converting the restaurant. The Dari-ette sign has been scraped, awaiting its new name.

## Halloween Events Happening in St. Paul and the Rec Centers

**October 7, 6-7:30 p.m., Free; Hayden Heights Rec Center — Neighborhood Fall Fest and Bonfire.** Join us for some fun activities. Play flag football, soccer or try the Giant Blow Up, make smores, play fun games, keep warm by the fire, and get a cup of chili for \$1.

**October 8, 11 a.m.-1 p.m., Free; Battle Creek Rec Center — Pumpkin Festival:** Pumpkin Races, Bingo, Arts and Crafts, Light snack and drinks will be provided! Come celebrate Fall!

**October 22, 4 p.m.-midnight — Fifth Annual Halloween Bar Crawl:** Get your tickets at [crawlwith.us/stpaul/halloween](http://crawlwith.us/stpaul/halloween). There will be cash prizes, contests, and more. Explore downtown bars throughout the night. The crawl starts at New Bohemia in downtown St. Paul.

**October 25, 6-7:30 p.m., Free; Hazel Park Rec Center — Halloween Drive Thru:** Families will drive up in their vehicles and stop at every table to receive treat bag or other special items that will be handed to them. Note: The vehicle line starts at the south side of Case Ave. and wraps around the east side of Van Dyke Street

**October 27, 6-7:30 p.m., Free; McDonough Rec Center — Halloween Party:** Halloween games, crafts, and fun! Wear your costume!

**October 28, 6-8 p.m., Free; Northwest Como Rec Center — Halloween Bonfire:** Come join us for our spooky event of the year; all are welcome and registration is not required! We will have a bonfire, games, a craft project, and more! Dress to impress in your Halloween best to clinch the title for Best Costume of the 2022 spooky season.

**October 28, 6-8 p.m., Free; Battle Creek Rec Center — Halloween Drive Thru Event:** Families will be able to drive up to tables/organizations and receive candy, prizes, or information. All participants must stay in the vehicle.

**October 31, 4:30-9 p.m., Free — Fourth Annual Halloween Street:** Von Minden Street Productions invites you, family, friends, neighbors, and pets to our 4th Annual Halloween Street event. Unfortunately, Halloween falls on a school/work night, but we intend to adhere to our all-in approach of providing a spectacular evening of live music, entertainment, and tasty treats in a setting that would appease the Great Pumpkin. Located at 329 Michigan St, St Paul, MN 55102-3105.

Visit [stpaul.gov/facilities/battle-creek-recreation-center](http://stpaul.gov/facilities/battle-creek-recreation-center) for the full list of events. You can also choose Dayton's Bluff Rec Center or other rec centers when searching.

## Friends of Swede Hollow

Friends of Swede Hollow watch over, restore, and celebrate the history of Swede Hollow Park. Join the Swede Hollow community at their monthly meetings.

Our next meeting will be on **October 18** starting at **6:30 p.m.** at 668 Greenbrier Street. Anyone interested in Swede Hollow is welcome to attend. Discussion will include National Night Out, Pickup Truck Opera, and other upcoming events.

For more information, email [karindupaul@comcast.net](mailto:karindupaul@comcast.net) or call 651-776-0550 for more information and the meeting's location.

## 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, October 7 at 11 a.m.**

If you'd like to attend, call 651-776-0550 or email [daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@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 Prevention Lifeline. Text or Dial. 988 launched



Photo provided by Rachel Horstman

It's back-to-school season, and that means we're forming lots of new Girl Scout troops in our area! Now is a great time to become part of our community of leaders, explorers, entrepreneurs, and engineers. Girl Scouts can join anytime from kindergarten through 12th grade, and all adult volunteers are welcome! Visit [girlscoutsvr.org/Join](http://girlscoutsvr.org/Join) for more information.

## Save the Dates

**Bird Up**  
Swede Hollow Park  
Saturday October 8th - 09:00 - 11:00  
Meet at the Swede Henge  
This is a FREE event.  
All are Welcome!  
contact Brad Griffith



**Friends of Swede Hollow Monthly Meeting**  
Tuesday October 18th  
Gather 6:15 pm  
Convene 6:30pm  
Adjourn: 7:45 pm  
668 Greenbrier Street  
All are Welcome!

*the Friends of Swede Hollow*



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



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, or 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, October 17, from 6 to 7:30 pm 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 651-683-2326, and someone will assist you with your application.

Help the Metropolitan Area Agency on Aging provide one-on-one counseling to Medicare beneficiaries at community partner sites.

Make a difference in your community by becoming a State Health Insurance Assistance Program Certified Medicare Counselor. Help people understand their Medicare options.

Visit [Metroaging.org/volunteer](http://Metroaging.org/volunteer) to learn more.



**THE HISTORIC MOUNDS THEATRE**

**October 7 & 8, 14 & 15, 21 & 22, 28 & 29:** Real Haunted Tours. Check website for details as they are released.

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; [historic-moundstheatre@gmail.com](mailto:historic-moundstheatre@gmail.com)

# Community

Continued from Page 1

"Everything just didn't change because of Target; it was more of what I have become; I grew even more — exponentially more. It wasn't necessarily that the big change occurred right there; it had occurred prior to that. But at Target, I learned to deal specifically with the public; you know, not to panic and it improved my people skills.

"Housewives shopping at Target in the Midway were the most obnoxious. They thought they were entitled; they were very demanding, and they thought their way was the only way a problem could be solved. I wasn't necessarily talked down to — I was able to problem solve for them. They would demand something, and I'd calmly say to myself, 'I will diffuse that attitude.' Then I said to them, 'I can't do that, but I can do this for you, so you don't have to get all upset.'"

In October 2016, Nelson joined the East Side Elders team as a Client Support Manager. In that position, her upbeat personality and extensive knowledge of St. Paul's East Side served Nelson well. It is more of a client support services position, and there are only three people in the office: the Executive Director, and two people supporting the mission. She provides support to our seniors. When the seniors call in, she finds them resources or sets them up with the programs they have.

In the pre-COVID years, East Side Elders would provide 160 to 170 rides per month. Nelson didn't give the seniors rides herself, but she managed a fleet of volunteer drivers. She was in charge of about 25 drivers, but after COVID, she usually had only two. "When COVID hit," Nelson said, "I had to shut down the whole transportation program and pivot to do something else, so now we are doing food distribution and other similar things."

Nelson is no longer employed at East Side Elders, but she hasn't let that slow her down. She is the Board Chair of the Payne-Phalen Community Council. Nelson used to be its secretary but has been the Board Chair for two years.

Being the Board Chair of the American Indian Family Center is one of Rebecca Nelson's favorite places to work. She said it has been in the Indian community for 30 years. "It was really small, but we have grown exponentially. We are busting at the seams in that little building," Nelson said. "We work with the Belwin Conservancy near the St. Croix River. The American Indian Family Center has a ceremonial (a ceremony, stressing careful attention to form and detail) out there, and it is south of Interstate 94. There are lots and lots of programs."

Being a big proponent of St. Paul and especially the East Side, Nelson just joined the Board of Sustain St. Paul. "It is not specific to the East Side," Nelson said. "Most everything else I do is specific to the East Side because that is where my heart is. I love this community; I fight

for it, and I want to make it more economically feasible for people to be here.

"So, a lot of the things I do here are geared toward that, and Sustain St. Paul has a mission that is involved in affordable housing and clean transportation. I'm fighting for those issues, being aware of them, and lending support. It is a good fit, and Sustain St. Paul is working for all of St. Paul, not just the East Side. Sustain St. Paul has been around for a while, and they are an amazing group of people."

A volunteer mentor is one of the many undertakings Nelson prides herself in doing for the Midway community. "Hope for Tomorrow" is a group that helps middle school-aged girls, not necessarily ones who are on the verge of dropping out, but those that need just a little help. The mentors are all females: women who are professional, who have jobs in the workplace, and who are able to mentor and show these girls that women of color are out there and doing amazing things.

Nelson and the other mentors go once a month to be with these girls to do character building things, have one-on-one sessions with the girls, do field trips, and all kinds of activities. Hope for Tomorrow provides the guidelines, has a personal guide there, and she walks you through the programs. The girls are in middle school, so that would be sixth, seventh, or eighth grade. They just need a push because they are on the verge of going the wrong way

"In Murry Middle School, which is in the Midway, there are about seven or eight of us mentors. We can see a big dif-

ference from when we started working with the girls to where they are when we finish with them at the end of the school year," Nelson said.

"I'm the Board Chair of the Payne-Phalen Community Council," Nelson said. "I used to be the secretary, but I have been the Board Chair for two years. There is no conflict of interest. I live in District 5 and I work in District 4. I came on as a board member because a lot of the things that I've learned from District 5 Community Council I can apply here at District 4. Obviously, it's a different board makeup and different issues, but my experience with District 5 only helps with District 4."

Nelson also is the Board Chair of the St. Paul Lions Club, which provides volunteers, food, eyeglasses, and other items for the St. Paul and East Side communities.

"I went to Arlington Hills Lutheran Church where I grew up in that church," Nelson said. "I got married in that church; I was confirmed there; my kids were baptized in that church; my sister was married there; my mom was married there; and my grandma was married there. Interestingly enough, they all wore the same wedding dress, so I have deep roots at that church and on the East Side of St. Paul."

— Mark Gallagher

Mark Gallagher is the associate editor of the Dayton's Bluff Forum and a graduate of Metropolitan State University. Mark can be reached at [refineEditorial@gmail.com](mailto:refineEditorial@gmail.com)

# VOTE YING VANG-PAO

## RAMSEY COUNTY COMMISSIONER

### by November 8th, 2020

**BACKGROUND**

- Principle and Integrity
- Financial Analyst
- Former Refugee
- Mother of Disabled Child

**VISION**

- Economic Growth
- Public Safety
- Youth Programs
- Affordable Housing
- Better County Services

[votevangpao.com](http://votevangpao.com) 651-703-0818



## LABOR AND SHERIFF ENDORSED

**SUPPORTERS:** Ramsey County Commissioner Jim McDonough, Sen. Fong Hawj, Sen. Karla Bigham, Sheriff Bob Fletcher, Rep. Leon Lillie, School Board Jim Vue, Rep. Sheldon Johnson, Rep. Tim Mahoney, Rep. Steve Trimble, Council Member Dan Bostrom, Ian Oundo, Uncle Charles Vu, Bonnie Peace Watkins, Teshite Wako, Mohammed Amin, Principal Be Vang, Greg Hansen, Gary Unger, Rev. Roger Grussing, Marjorie Ebensteiner, Virgie Bundy, Jerry Dearly, Dr. Kou Vang, Malia Xiong, Peter Yang, Principal Delores Henderson, Nancy Haas, the family of General Vang Pao and more ...



Prepared and paid for by Ying Vang-Pao Cares Committee

# Dayton's Bluff at the State Fair

Amerigo Vespucci

The Minnesota State Fair was back to normal this year with a total attendance of over 1.84 million people. That doesn't count children under five years of age who didn't need tickets. From what I observed, they would have added at least another half million to the total.

I spent two days searching high and low for any trace of Dayton's Bluff at the Fair. I may have spent part of that time eating some of my favorite foods such as Peter's hot dogs, corn dogs, a Dairy Building chocolate malt, and too many other items to mention. And, of course, I had to check out the giant pumpkins. The winner set a State Fair record of 1,677 lbs. and outweighed the giant boar by 600 lbs. Obviously no trip to the Fair would be complete without a visit to the Minnesota

Newspaper Museum where newspapers are still printed with ink on actual newsprint paper.

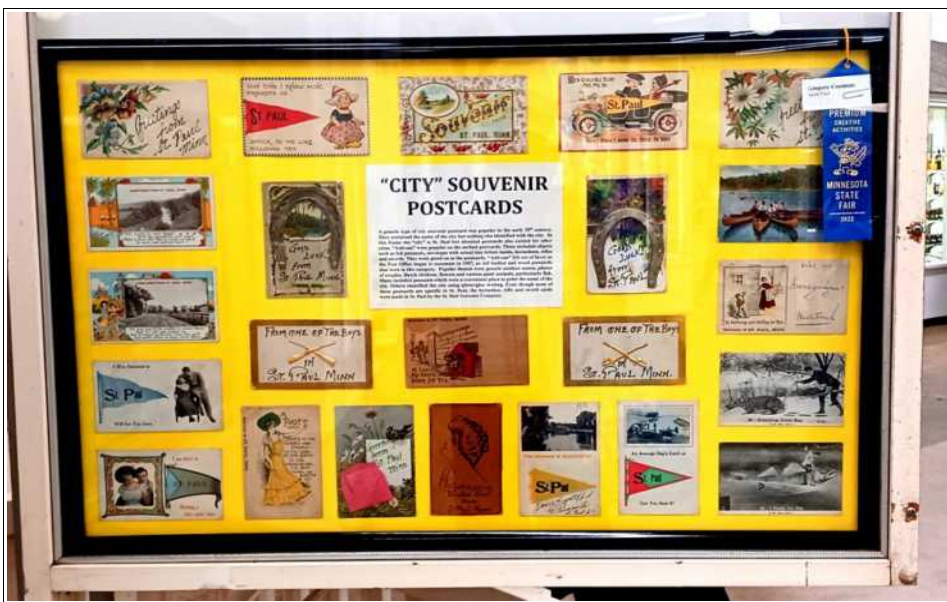
Be that as it may, my search was finally successful when I visited the Creative Activities building and found a postcard display created by Dayton's Bluff resident Greg Cosimini. It won a blue ribbon (1st place) in the novelty postcard category. Titled "City" Souvenir Postcards, it featured postcards that all said they were from Saint Paul even though none of them had anything to do with the city itself.

Identical postcards were also created with other city's names on them. Most of the postcards dated from 1905 to 1915. They showed generic photos of people and places, Dutch children, giant fish and rabbits, a Yankee Girl on a leather postcard, or had various items glued to them such as plastic horseshoes and crossed rifles and swords. Besides the blue ribbon, Cosimini also received a check for \$8, which doesn't cover even half of the Fair's admission cost.



Brad Griffith

A large crowd gathered on September 10 on a beautiful day at the Swede Henge in Swede Hollow Park to watch Mixed Precipitation's performance of the Pickup Truck Opera Volume 2 - The Magic Flute.



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

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

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

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

**Deadline for the November issue of the Forum is October 10, 2022.**

**DELLWOOD GARDENS**  
Assisted Living and Memory Care

753 East 7th Street  
Saint Paul, MN 55106  
(651.444.5716)

Accepting seniors seeking care via Elderly Waiver or CADI

At Dellwood Gardens we offer a wide range of care options to help you age well.

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SCHEDULE YOUR TOUR TODAY  
[DELLWOODGARDENS.COM](http://DELLWOODGARDENS.COM)

**VOTE**  
November 8

**DFL/LABOR ENDORSED**

**Rafael ORTEGA**  
Your County Commissioner

- ✓ IMPROVING PUBLIC SAFETY
- ✓ ADDRESSING HOMELESSNESS
- ✓ EXPANDING TRANSIT OPTIONS

PAID FOR BY FRIENDS FOR ORTEGA

### Happening at the Dayton's Bluff Library

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 open all the time. To find out more visit [sppl.org/locations/DB/](http://sppl.org/locations/DB/) or call 651-793-1699.

**Celebrate Hispanic Heritage Month** at Dayton's Bluff library on **Saturday, October 22** with Honrando Nuestrros Antepasados (Honoring Our Ancestors) from **10:30 a.m.-noon** and **Fun Lab** activities for elementary kids from **2-4 p.m.** Hispanic Heritage Month is celebrated from **September 15 through October 15** as a way to promote the history, culture, and contributions of Hispanic-Americans — specifically, those whose ancestors came from Mexico, the Caribbean, and Central and South America. SPPL is marking the achievements of Hispanic and Latino Americans with various programs through the end of October. To find more information about more events go to: [sppl.org](http://sppl.org).

**STORYTIME** is every **Wednesday** afternoon from **2:30-3 p.m.** "Long before I wrote stories, I listened for stories. Listening for them is something more acute than listening to them. I suppose it's an early form of participation in what goes on. Listening children know stories are there. When their elders sit and begin, children are just waiting and hoping for one to come out, like a mouse from its hole." — Eudora Welty, short story writer

**GAME NIGHT** is on **October 19**

from **5:30-7:30 p.m.** and is open to all ages. Play a variety of video games on Nintendo Switch or PlayStation 4, or try one of our board games! This program is offered in partnership with Metro State University. Game Night is every third Wednesday of the month.

**TEEN TUESDAYS** offers a space for teens to meet and hangout from **6:30-8 p.m.** every week. Join a Dungeons and Dragons campaign on **October 4 and 18**, read books before they are even published and talk about them in Teens Know Best on **October 11**, and nurture your craft with other teen writers in the Teen Writers' Guild on **October 25**.

**READING TOGETHER** has started. Students and trained mentors meet weekly at a regular time, one-to-one, to work on grade-level reading skills. To participate in the program, students must be in grades 1-5, read below grade level, and live or attend school in Saint Paul. The application deadline is **October 31**; find it at [sppl.org/reading-together/](http://sppl.org/reading-together/) or stop by to fill out a paper application. Once an application is received, library staff will work to partner a student with a mentor. Tutors are wanted as well.

**CAREER LAB** provides access to computers, Wi-Fi, printers, and more to help you find a job, boost skills, and polish your resume. Walk-ins are welcome but if you need one-to-one computer assistance, please call 651-793-1699 to set up an appointment. Visit [sppl.org/career-labs/](http://sppl.org/career-labs/) for more information.

**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.

*All Saint Paul Public Library locations will be closed Friday, November 11 in observance of Veteran's Day and Thursday, November 24 in observance of Thanksgiving Day.*



Help! Rex the Library Dragon has gone missing! Come to the Children's Area of the Dayton's Bluff Library to help us look for Rex. Please let a Librarian at the desk know if you find him.

### Contest: Where in Dayton's Bluff?

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 November edition of the *Forum*.



Steve Trimble

The newest East Side mural on the side of Caydence Records.

## FOUNG HAWJ State Senator

District 67 | East Side

Minnesota Senate Building 95 University Ave. Suite 2201  
Saint Paul, MN 55155 sen.foung.hawj@senate.mn  
651-296-5285 www.founghawj.com

Prepared and paid for by Foung Senate 67 Committee

Dear Friends and Neighbors,

The last 3 years have been difficult for our East Side communities, and together, we are working through those challenges and building for the future.

In the 2022 session, I championed legislation to support minority farmers and Pig's Eye landfill Taskforce to begin cleaning the site. We also passed ALS (Lou Gehrig's Disease) Research and Frontline Worker Bonus Pay.

As one of the three Assistant Minority Leaders, I'll continue to work for you throughout the year. I've gone door-to-door meeting residents, traveled the state to help DFL senate candidates, attended events, and I've organized summer bike rides. I've heard loud and clear that people want safer neighborhoods, fully fund education, affordable housing, and job opportunities. I will continue to work on these issues. Please stay tuned on Facebook for my cookout in October.

While I'll do my part in the Minnesota Senate, I want to encourage people to be more active in voting as well as in supporting our locally-owned businesses.

Furthermore, I am supporting **Ying Vang-Pao** for Ramsey County Commissioner, District 6 and ask for your vote by **November 8th, 2022**. Thank you.

Sincerely,

facebook.com/TeamFoung



### Read Past Issues of the Forum Online!

Did you know that you can find our past issues online at [daytonsbluffdistrictforum.org](http://daytonsbluffdistrictforum.org)? We have our issues available to you, going back as far as 2000! Visit our website to take a look at what was happening years ago — have fun! All our online issues are also available to read at the Minnesota Historical Society, as well.

## Church of St. Mary

261 E. 8th St. Saint Paul, MN 55101



# BOOYA!

SUNDAY OCTOBER 2, 2022

BOOYA SALES OUTSIDE

8 a.m. until gone

Bowl \$6 or Quart \$17

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11:30 a.m. to 3 p.m.

BOOYA \* GAMES \* PRIZES \* BAKE SALE  
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St. Mary's is a Roman Catholic Church located in Lowertown Saint Paul only minutes from Dayton's Bluff via Third St. or Seventh St.

Ample off-street free parking - Easily accessible by bus

Co-Pastors: Fr. Byron Hagan, Fr. Bryce Evans

Weekend Mass Schedule: Saturday 4:30 pm; Sunday 7:30 & 10:30 am

Phone: 651-222-2619; Email: [office@stmarystpaul.org](mailto:office@stmarystpaul.org)

Website: <https://stmarystpaul.org>

# How Do You Make Honey?

*Kathleen Hoffer  
Bees on the Bluff*

I've been asked this a few times, usually by little kids. The answer, of course, is, "We don't make the honey; the bees do." Worker bees, called foragers, leave the hive to find the pollen and nectar the colony needs to survive. They carry the pollen in special hairy baskets on their legs. They carry the nectar in one of their two stomachs, called a crop, or honey sac. The crop is separate from the stomach they use for eating. It contains an enzyme that converts the sugar in the nectar so it's more easily digestible. When the foragers return to the hive they pass the pollen and nectar to house bees that carry the nectar in their own crops as they move around the hive feeding the larvae and other bees.

At certain times of the year, there's so much nectar that bees can start storing it as honey. They put the converted nectar into empty wax cells in the hive and then dry it by fanning their wings. When the bees decide the honey is dry enough they cap the cell with wax, keeping the honey for later use.

During these times, called honey flows, beekeepers add boxes to the hive so the bees have more storage space. These boxes are called "supers" because they go on top of the existing hive. That's our only part of "making the honey" until we decide to harvest some of it.

During our weekly hive inspections we look at each frame in the supers to see if the bees are filling them up. When there are several frames that are filled and capped we carefully brush the bees off each frame and move the frames to a box with a screen cover. It's not easy to get more frames in the box while keeping bees out. They don't like us taking their honey!

Moving the boxes is a lot of work. A box full of honey can weigh 50 pounds, and we carry those boxes from the bee balcony on the third floor to the temporary honey room on the first floor.

Harvesting honey requires some specialized equipment. We have an uncapping tank, which is a big plastic bin with a spigot near the bottom and

steel tank with a hand crank on the top and a spigot at the bottom.

First we cut off the wax cappings. With the frame balanced on a small piece of wood over the uncapping tank, we slide the hot blade of the electric knife down the wood sides of the frame so that the wax cappings fall onto the stainless steel grate. We have to work fast, because as soon as the cappings are removed the honey starts to drip out.

We put the uncapped frames into the extractor. Wire brackets hold them so that one side of the frame faces the outside of the tank. We start turning the crank, fast enough that centrifugal force pushes the honey out of the wax cells, onto the inner walls of the extractor. After a few minutes, we flip the frames around and spin again, forcing honey out of the opposite side of the frame. We flip the frames again and briefly spin the first side one more time.

We move the extracted frames to an empty hive box. Eventually, boxes of empty frames will get put back on the hive so the bees can clean any remaining honey from the cells. The wax cappings in the uncapping tank get stirred around several times until most of the honey has drained out. We filter that honey and add it to a bottling bucket, then we put the wax in the yard where our bees, and other bees and wasps, can clean out the rest of the honey.

We uncap more frames and continue the process. When the level of the honey in the bottom of the extractor gets too deep, we open the spigot near the bottom of the



The wax cappings being stirred around the tank.

extractor and let the honey flow out into a food-grade five-gallon bucket lined with a mesh bag. When the bag is removed, it filters out large pieces of wax and pollen but leaves the microscopic bits of pollen that make local honey so helpful to people with allergies.

Next we use a device called a refractometer to check the moisture content of the honey. We put a drop of honey on a glass slide and look through the eyepiece. The device measures



Honey that's ready to be bottled and sold.

how the water in the honey bends (refracts) the light and the result appears on a graph. Our honey must have a moisture content of 18.6% or less, or we can't sell it, because honey with

too much water in it can ferment. It's possible to remove excess moisture from honey, but it's a long, complicated process, so we mostly use the unsellable honey for cooking. Honey caramels are delicious!

Once we've filtered and tested the extracted honey, it's time to bottle it. Honey is sold by weight, so we put it in 12-oz or 1-lb bottles. It's nice to see the rows of beautiful amber bottles, and even nicer to fill a few bottles for my own personal use.



The electric hot knife cutting wax cappings off the frames of honey.

the frames of honey, and a metal scratching tool for opening up any cells the hot knife doesn't reach. We also have a four-frame manual extractor. It's a stainless

## Kids Corner

*Suggested Titles by Dayton's Bluff Library Staff*

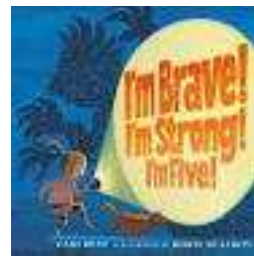
Fall is here and spooky feelings are in the air. Here are some picture books that are perfect for you and your little gremlins to read together to enjoy the season. Stop by the library on Halloween and we'll have some fun activities and treats.

**The Powwow Dog by Joseph Bruchac:** Jamie and Marie Longbow think there



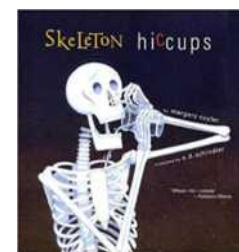
might be something haunting a spooky old house. Then they find out a mysterious ghost dog is hanging around the Powwow. Is there a connection? Jamie and Marie are go-

ing to find out.



**I'm Brave! I'm Strong! I'm Five!** By Cari Best: It's bedtime and Sasha can't fall asleep because of the scary things in her room. But she's

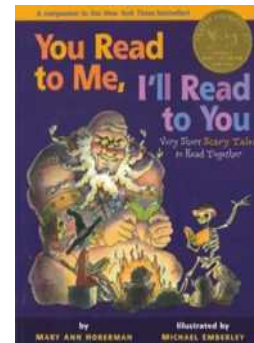
brave! She's strong! She's five! This energetic, beautifully-illustrated book is for young readers who are learning to conquer bedtime fears.



**Skeleton Hiccups** by Margery Cuyler: Skeleton has a bad case of the hiccups. How does a skeleton get rid of them?

**You Read to Me, I'll Read to You: Very Short Scary Tales to Read Together** by Mary Ann Hoberman:

Spooky tales, color-coded type, and clever illustrations make learning to read a scary lot of fun. This book is part of a series that is a perfect way for kids and their adults to sit down together and enjoy a story.



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 phone: 651-776-0550 E-mail:  
 daytonsbluffdistrictforum@gmail.com

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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, Clare Howard  
 Next issue: November 2022. **Deadline for material: October 10, 2022.**



@Dayton's  
 Bluff District  
 Forum

# Kari Camp

*Kari Soeffker*

Kari Camp (aka "Dog Camp") is a camp hosted by one of our own Dayton's Bluff residents for kids she knows from her work at the SPPS run Discovery Club - a before and after school program. Kari invites a select group of kids to join her for a week at her home as they walk dogs, meet incredible neighbors, eat at local restaurants and explore every nook and cranny of this wonderful St Paul neighborhood!

Curious about what a week is like at Kari Camp? We interviewed Thora Schwalm to get a sense of what goes down at one of the coolest summer camps in town!

**Q.** How many years have you been going to Kari Camp?

**A.** 3 years but I've been to Kari camp 6 times!

**Q.** How long is Kari camp?

**A.** 1 week

**Q.** How many kids are at Kari camp?

**A.** It depends on the week, but the most is seven and it's usually between five and seven.

**Q.** What's the best part of a day at Kari camp?

**A.** I can't answer that because there's so many things!

**Q.** Can you share examples of some things you do at Kari camp.

**A.** Walking to white mountain; watching the Brady Bunch; playing cards with Miss Kari; going in the treehouse; play-

ing with Wink and Levi (her dogs); getting Dairy Queen; going to the library; going to the beauty shop to get things for Diamond (the mannequin); making a beauty shop inside the treehouse; walking in Swede Hollow Park.

**Q.** Wow that sounds like a lot of amazing activities what is "White mountain"?

**A.** White mountain is in the Bruce Veneto nature area and is actually called the "Sandy Mountain", but when we return from exploring it we are covered in white dust so we just call it that.

**Q.** It sounds like you do a lot of walking! Are you tired at the end of a day at Kari Camp?

**A.** Yes, very tired but it is also very fun! I love exploring Dayton's Bluff, we live in such a wonderful neighborhood.

**Q.** This is indeed a great neighborhood. I understand you also got the chance to meet some of Kari's neighbors?

**A.** Yes! We met a man who made an incredible light show in his garage and another neighbor who has over 800 flowers in their garden.

**Q.** Tell me about this picture of the park?

**A.** It's a park near Swede Hollow Park and it's going to close soon because they're building a condo.

**Q.** Tell me about this picture of mannequin legs in the September Forum?

**A.** Well, there are lots of people in the neighborhood who don't respect STOP signs or speed limits, so someone had a little fun trying to slow drivers down. Rumor has it a picture of these legs went viral all over city hall! I really wish people would SLOW DOWN. There are so many kids and pets walking around it is very dangerous when they speed. And unnecessary.



Kari Soeffker

Kari Camp (aka "Dog Camp") is a camp hosted by one of our own Dayton's Bluff residents for kids she knows from her work at the SPPS run Discovery Club - a before and after school program.



Jane Prince

Forum staff member, Sage Holben, hosted a Music on the Porch Concert at Bates & East 4th, Dayton's Bluff in September.

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## Spooky Word Search

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P	Q	L	W	M	S	M	H	N	X	Y	F	S	Y	A
I	H	O	K	D	O	E	C	I	U	I	M	H	R	C
D	H	T	N	Q	T	O	A	T	V	P	G	Y	E	K
E	E	V	O	A	B	R	N	S	M	E	B	P	T	L
R	G	G	T	W	U	N	J	L	K	A	R	E	E	E
C	N	Y	E	A	Q	J	O	R	I	Z	E	E	M	M
R	I	B	L	S	H	A	D	O	W	G	E	R	E	U
Y	L	Y	E	O	K	G	C	H	M	R	H	C	C	T
P	L	C	K	R	E	T	S	N	O	M	J	T	E	S
T	I	U	S	E	O	N	I	K	P	M	U	P	E	O
I	H	F	T	B	Y	K	O	O	P	S	V	B	R	C
D	C	N	E	D	I	S	G	U	I	S	E	Q	I	A
K	Z	R	E	N	O	T	S	B	M	O	T	T	E	O
O	M	I	N	O	U	S	H	L	A	N	T	E	R	N

aura	cackle	cemetery
chilling	cobweb	costume
creepy	cryptid	disguise
eerie	howl	lantern
monster	monster	moon
moonlight	October	ominous
pumpkin	R L Stine	scream
shadow	shiver	skeleton
spider	spooky	tombstone

## 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 [daytonsbluffdistrictforum.org](http://daytonsbluffdistrictforum.org): click on "East Side Eating" at the top of the home page. Steve Trimble can be reached at [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com).

### Saigon Express

962 Arcade Street  
St. Paul, MN 55106  
Phone: 651-771-5698  
Hours: 11 a.m. to 8 p.m.  
Open every day except Wednesdays  
Facebook: @SaigonExpress

I had been seeing a "coming soon" card in a restaurant window for many months and I was afraid it would never open. But recently there was an "OPEN" sign shining. I remembered that there used to be a

Saigon Express that was located farther up on Arcade Street. I parked on the street and went in and saw Chi Nguyen, the same owner as the original Saigon Express who came to St. Paul from Da Nang in Vietnam. This restaurant now features Vietnamese and Chinese food. She bought the building, so she no longer has to pay rent, but because of COVID and major remodeling and inspections it took almost two years to open the doors.

Its new location is at least twice the size of the former spot. There are four tables that seat four or five, and six chairs along a long central table facing a large TV. Eight more chairs face a wall. Another eight high stools are at a long high table. There are two large Vietnamese artworks on the north and south walls. There were lots of windows facing Arcade Street helping the light fixtures illuminate the indoors with its very high ceilings.

While the menu is not huge, there are a lot of diverse offerings. Here are some of the types of food. For starters, there are appetizers: egg rolls spring rolls, cream cheese wontons, and chicken wings.

Next are Banh Mi that, to me, are similar to sandwiches. A few of them are grilled marinated pork in a French baguette, grilled beef or grilled chicken and tofu Banh Mi.

Com Chien a.k.a fried rice with Chicken Fried Rice, Pork Fried Rice, or the House

Fried Rice with a combo of meat and shrimp. There is also a vegetarian fried rice available. The soups include Pho Tai — rice noodle and beef, Pho Dac Biet is beef brisket tripe and meatballs.

Bun or noodle salad features Bun Cha Gio Vat Thit Nuong — a noodle salad with several different noodle dishes. Bun Bo Go Hue is a spicy thick rice noodle that is stewed in pork broth and topped with onions, scallions, and cilantro. There is a group called Rice Entrees/Com Tam Some of them are Broken rice with grilled marinated pork, Ga Nuong, a chicken based and a beef style. Another grouping is Lo Mei using chicken, pork and shrimp, and a House Lo Mein with pork, chicken and shrimp, as well as Vegetable Lo Mein. There is no liquor, but the drinks are a few pops, Vietnamese iced coffee with condensed milk, and bubble tea.

I decided to have beef Lo Mein and unlike most versions this one had a thick sauce. I added a Coca Cola. There was a generous portion of food that I took home for dinner. My server was East Side resident Shanique who came from Jamacia to be with family in St. Paul.

She said they had been open for about two months and she likes working there. The restaurant does not currently deliver but is looking to have delivery soon. They take cash or cards at this time.



Steve Trimble



Steve Trimble

After moving to a new building, the Saigon Express's new building is twice the size of its old one. Some of the artwork displayed in the restaurant.

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

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

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