

Dayton's Bluff District Forum

"The Voice of the Community"

Photo by Robert Johnstone

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May 2004

Honoring Our WWII Veterans



Lieutenant Catherine Brueggeman (nee Lemmer) during WWII.

By Sharone LeMieux

On May 29, 2004, there will be a dedication ceremony for the World War II Memorial in Washington DC. Catherine Arlene Brueggeman (nee Lemmer), a Marian of Saint Paul tenant and WWII veteran, will be attending that ceremony with me, her friend and neighbor, Sharone LeMieux.

I met Catherine Brueggeman (Kay) when I moved to St. Paul in 1993. Kay lived in a house around the corner from me where we shared many a cup of coffee and conversation. During many walks with one or all of my six children, Kay's house was always a welcome stop for a cookie, potty break, or a kitty petting session. Kay has moved this past year to the Marian of Saint Paul, and thank goodness is still a neighbor within walking distance! She continues to welcome my family with her warmth and good humor (and treats for the kids) anytime we stop by.

During the years that I've known Kay, I've always been mesmerized by the stories of her WWII experiences, and have grown to have a deep respect and admiration for this brave, maverick of a woman. When she would share her memories of the Army Corps of Nurses, I could only listen in awe as she recalled her war experiences. The more that I learned of her tenacity and capabilities during her service in WWII, the more of an inspiration she has become.

When visiting one afternoon last year, I noticed a calendar with a drawing of the proposed WWII Memorial. The picture started another conversation about her service during the war, and she shared with me how

Dayton's Bluff Neighborhood Home Tour

The 2004 Dayton's Bluff Home Tour will be held on Saturday, May 1st from 10:00 a.m. to 5:00 p.m. and Sunday, May 2nd from 1:00 p.m. to 5:00 p.m. It is part of the Minneapolis - St. Paul Home Tour sponsored by the Minneapolis Neighborhood Revitalization Program (NRP). The Home Tour is free of charge and open to the public.

The Dayton's Bluff homes on the tour this year are: 770 East 6th Street, 757 East 6th Street, 267 Maria, 903 Mound Street, and the Mounds Theatre at 1029 Hudson Road. Look for the Minneapolis/Saint Paul Home Tour brochure inserted in this issue of the *Dayton's Bluff District Forum*.

Second Annual Dayton's Bluff Art Show

The Second Annual Dayton's Bluff Art Show will be held during the Minneapolis-Saint Paul Home Tour in the Mounds Theatre. Home Tour visitors are encouraged to stop by. The show will feature entertainment, and local artists who work in a variety of media. This is an opportunity to do some gift shopping and also see the newly renovated Mounds Theatre.

Dayton's Bluff Take a Hike

If you would like to learn more about Dayton's Bluff join the monthly

proud she was to have been a veteran in that chapter of history. I told her how proud I was to know such a woman as she, and asked her then if she would consider letting me escort her to the actual dedication ceremony in Washington DC. Oh how her eyes lit up! And Oh how honored I feel that she agreed!

Catherine Brueggeman (nee Lemmer) served as a Lieutenant with the Army Corps of Nurses at the front lines during WWII. She enlisted in 1943 at Fort Snelling, accompanied to the registration by her proud parents. "My father served in WWI, and when I felt the call for duty in 1943, he understood and supported my decision completely. Both my father and mother were with me when I signed up at Fort Snelling."

Kay was dispatched to a Denver, Colorado hospital for five weeks before she was sent to Europe. Kay arrived in England (via boat from Scotland) and was immediately sent on detached service outside of Luxembourg City, France. For two months, Kay tended to the casualties at the front lines during the Battle of the Bulge. When the worst of the casualties lessened, her unit moved to



267 Maria Avenue



903 Mound Street



770 E. Sixth Street



757 E. Sixth Street

The 2004 Dayton's Bluff Home Tour includes the four homes pictured above as well as the newly renovated Mounds Theatre at 1029 Hudson Road.

Dayton's Bluff Take a Hike, starting at 10:30 a.m. on Saturday May 1st at Mounds Boulevard and Earl Street in Indian Mounds Park. The group will take the regular tour through historic Swede Hollow and then visit some of the home tour stops on the way back to the starting point. Take advantage of this great opportunity to learn some

history about the area and visit a few homes, too.

For more information call Karin at 651-772-2075.

Kid's Garage Sale

The Dayton's Bluff Recreation Center at 790 Conway is having a Kid's Garage Sale on May 1st from 9:30 a.m. to 2:30 p.m.

New wave of Hmong refugees

By Nachee Lee

Sometime this July there will be a number of Hmong families coming from Thailand and settling on the Eastside of St. Paul. There may be as many as a couple hundred families coming to the Eastside for resettlement because there is already a large Hmong population here. It's believed that their relatives and immediate family members will sponsor these families. Just to understand a little about the Hmong, here is some Hmong etiquette.

The handshake is a new concept to the traditional Hmong person; this is especially the case among women. Traditional Hmong usually do not shake hands with women. Many Hmong women feel embarrassed shaking the hands of a male. Traditionally, handshakes do not occur. Persons greet one another verbally only. Holding hands too tightly during a handshake will embarrass Hmong women.

When talking to a Hmong person, he or she may not look directly at you or make eye contact. The person you are speaking to may look down or away from you. Traditionally looking directly into the face of a Hmong person or making direct eye contact is

considered to be rude and inappropriate.

Displaying a smile is considered to be indicative of a warm welcome and friendship when meeting with a Hmong person. On the other hand, laughing or making rough comments in the presence of a Hmong person may be considered to be a sign of insincerity and rudeness.

It is considered inappropriate for the opposite genders to sit too close to one another when conversing. To avoid misinterpretations, a male should keep a distance between himself and a female when in conversation or in any type of encounters.

Hmong people tend to be humble. They usually do not want to show or express their true emotions in front of others. Often, they will say "maybe" instead of giving a definite positive or negative reply. Sometimes they might say "okay" or "yes" which actually means "no", when they feel pressured. When talking to less assimilated Hmong persons always repeat questions and allow them some time to think about their responses.

When a Hmong person offers you a drink you should not simply decline

National Night Out poster contest

East Side artists and would-be artists of all ages are invited to design a National Night Out poster. National Night Out (NNO), America's Night Out Against Crime, will be on August 3rd this year.

Prizes will be awarded for the best poster in each of the following categories:

- Pre-school through 3rd grade
- 4th through 6th grade
- 7th through 12th grade
- Adult

Posters will be displayed in local businesses, libraries, and community centers. The deadline for the contest is **May 14, 2004**.

Use your imagination.

Posters should be between 8 1/2" by 11" and 11" by 17" in size. (These are standard paper sizes.) You may use

NNO street permits: Apply now!

Neighborhood groups and block clubs planning to celebrate National Night Out (NNO) and wanting to have the event in the street need to apply for a permit by **June 3rd**. National Night Out is on Tuesday, August 3 this year.

The Police Department is also asking that neighborhood groups and block clubs get their requests for police to attend National Night Out events in to their community council early this year. Please call Karin at 651-772-2075 for more information.

Celebrate our new library

The new Dayton's Bluff Branch Library will hold a Kid's Kick-Off in May.

Join us on **Saturday, May 15** from 11 a.m. to 2 p.m. for free fun activities for the whole family. There will be celebrity readings, children's performers and music, community info tables, and tours.

The library is located on the campus of Metropolitan State University at 645 E. 7th St.

See the flyer included with this issue of the *Dayton's Bluff District Forum* for more information.

Free dish antenna

The Dayton's Bluff District 4 Community Council is giving away a free, used satellite dish antenna on a first come, first serve basis. Call Nachee Lee at 772-2075.

paints, magic markers, colors, colored pencils, or any other drawing or coloring tools.

Here are some themes that can be used:

The National Night Out theme this year is identity theft. You may want to use that as your theme. But you can use another theme - whatever NNO means to you: neighbors at a barbecue, kids playing games, neighbors gardening together, police officer chatting with neighbors.

How to enter:

Bring or send your poster to the Dayton's Bluff Community Council offices at 798 East 7th Street (between Margaret and Sinnen), Saint Paul MN 55106. The deadline is **May 14, 2004**. For more information call Karin DuPaul at 651-772-2075.

Saint Paul Public Schools Alumni Association

The Saint Paul Public Schools Alumni Association (SPPSAA) will hold its Annual Meeting and Dinner on **Sunday May 16, 2004** at 4:00 pm at Radisson Riverfront Hotel, located in downtown St. Paul. The Meeting and Dinner is open to anyone who attended any Saint Paul Public High School.

A founding dinner for the SPPSAA was held in November of 2002. Over 600 people attended that event. All thirteen present and former Saint Paul Public High Schools were represented. Cost for the Dinner is \$16.00. For more information regarding the event, please contact Kris Emerson at 651-767-8234.

Grocery Give-Away

A Grocery Give-Away will take place on **Saturday, May 15** from 10:30 to noon at Mounds Park United Methodist Church, Euclid and Earl. Free produce, dry goods and bread items will be given to anyone who can use them. No registration or sign-up necessary. Sponsored by United Methodist churches on the East Side.

*Advertise in the
Dayton's Bluff
District Forum
Call 772-2075*

Wizard of OZ at Trinity Catholic School

Trinity Theatre proudly presents "The Wizard of OZ" by L. Frank Baum.

When:

Saturday **May 15, 2004** at 7:00 p.m.

Sunday **May 16, 2004** at 3:00 p.m.

Where: Trinity Catholic School

835 East Fifth St.

St. Paul, MN 55106

Tickets: Available at the door.

Adults \$5.00; Students \$3.00

Chief of Police Selection Committee candidate forum

The Chief of Police Selection Committee invites residents, business owners, and civic groups of Saint Paul to attend a community meeting to listen to the top Chief of Police finalists.

The format of this meeting will be a panel style question and answer session. The top finalists will be given an opportunity to respond to questions from the community.

The next forum is **Monday, May 3** from 6:30 p.m. - 9:00 p.m. at the Harding Senior High School auditorium, 1540 E. Sixth Street; 651-793-4700.

Interpreters / Accommodations Available

Spanish-speaking, Hmong-speaking, and Sign Language interpreters will be available at these meetings For accommodations of persons with special needs, including the need for a different interpreter, please call 651-266-6479 or 651-266-6500. Questions? 651-266-6500. The City of Saint Paul is an AA / EEO / ADA Employer

Mounds Theatre Jam! for children

Students in grades 3 through 6 have an opportunity to attend workshops on their favorite theatrical topics including improv, stage combat, make-up, movement, songwriting, and more!

The Mounds Theatre Jam! will be offered at the Mounds Theatre, 1029 Hudson Road on **Saturday May 15** from 9 a.m. to 5 p.m. Bring a lunch and enjoy a day of fun-filled hands-on learning.

The Theatre Jam costs only \$35. The registration deadline is May 1.

Call the Mounds Theatre at 651-772-2253 or visit their website at www.moundstheatre.org.

Dayton's Bluff Spring Dinner Event

The Dayton's Bluff Spring Dinner Event will be held on **Sat, May 22nd**. This annual neighborhood dinner is designed so that people who live in the historic Dayton's Bluff neighborhood can socialize with very little fuss or expense. The party literally moves from place to place throughout the evening. Last year's event had over 50 participants sharing great food and superb hospitality.

In order for this event to be successful, people need to either provide a location for the group to dine (host an event) and/or participate by providing some of the food/beverages. If you are hosting a part of the evening, then it is up to you to decide how casual or how fancy you would like this part of the event to be.

We are looking for residents in the neighborhood area to become participants for this annual event. Please contact Margie Smith, the event coordinator, at 651-778-1075 to sign-up for the event or for further information.

Compost bin offered

Residents from six metro counties including Ramsey and Washington counties can purchase a compost bin at a greatly reduced price of \$30 (an \$80.00 value). The price also includes a book on backyard composting and a 2-gallon closeable bucket for temporary storage of kitchen waste for composting.

Residents must reserve their compost bin package prior to pick up. Order yours online at www.GreenGuardian.com or by calling 651-292-3933. Participants can pick up their compost bins on Friday, **May 21** from noon to 7:00 p.m. at Aldrich Arena on White Bear Avenue.

Payment is not required at this time. Residents will pay for their preordered bin when they come to pick it up (cash or check only). Limit one compost bin per household. They come disassembled, in a box that easily fits into any car.

*Write for the
Dayton's Bluff
District Forum
Call 772-2075*

Church Directory

First Lutheran Church

463 Maria Ave.
St. Paul, MN 55106
651-776-7210

Sunday Services

8 a.m. and 10:15 a.m.

N.U.T.S. (Sunday School)

10:15 a.m.

Coffee Hour: 9 a.m.



**To place your church in
the Forum directory,
call 651 772-2253**

Dayton's Bluff District Forum

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Saint Paul, MN 55106

Phone: 651-772-2075

FAX: 651-774-3510

E-mail: KarinDD@msn.com

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Board of Directors: Allen Clausen, Greg Cosimini, Robert Johnstone, Debra Vos, and Karin DuPaul. Editor: Greg Cosimini. Layout by Greg Cosimini.

Next issue: June 2004. Deadline for material: May 10, 2004.

Garden artisans needed

The Greening Dayton's Bluff committee is looking for crafters and artists to display their wares at the Greening Dayton's Bluff Plant Sale and Exchange on **Saturday, May 15**. Space will be available to vendors of decorative and functional garden accessories such as birdfeeders, planters, trellises, birdhouses, or outdoor furniture. The event will be held at the Maria Bates Rain Garden Park on the corners of East 7th Street and Bates from 8 a.m. to 3 p.m. To reserve your space call Karin at 651-772-2075.

Living Green Expo

Plan now to attend the third annual Living Green Expo on **Saturday, May 1 and Sunday, May 2** at the Minnesota State Fair Grounds. The free event runs from 10 a.m. to 6 p.m. both days. Parking is free, secure bike storage is available, and attendees who ride the bus will get a free ride home. Free Blue Sky Guides, which contain over \$5,000 in discounts for products and services from local businesses (retail value of \$20), will be given to the first 200 attendees each day (limit one per family), compliments of Great River Energy.

The 2004 Living Green Expo will feature over 200 exhibitors showcasing environmentally sound products, services, and practices. Additionally, workshops will feature everything from how to compost and reduce toxicity in your home to using the latest energy-saving technology and cooking with organic, locally grown food. This family-friendly event will include art displays, children's activities, food, and musical entertainment.

For more information, visit www.livinggreenexpo.org. or call 612-331-1099 or 651-215-0218

"Flower Child Lucy™" hits the big time in miniature

Give peace a chance. Lucy™ finds flower power and wants to pass it on. The 2002 "Looking For Lucy™" tribute to Charles Schulz featured Lucy™ statues in rare form only she could master. The Portage for Youth's "Flower Child Lucy™", which was created by local Dayton's Bluff artist Amy Handford and The Portage For Youth was recently chosen by the Schulz family to be distributed to gift stores nation wide as part of their collectible statue series.

That's right, "Flower Child Lucy™" was chosen as one of only 24 Lucy™ statues to be made into miniature form. This feel-good figurine is an exact miniature of the actual statue that went on display in downtown St. Paul and also as the mascot for the 2002 Moundstock Summer Blues Festival held in Mounds Park.

Currently big Lucy™ is located at the Dayton's Bluff Community Council office at 798 E. 7th St. Little Lucy™ can be found in local gift stores and at www.snoopystore.com.

Non-Toxic Gardening Products

By Ruth Murphy, Executive Director of the Community Design Center

Living and working here above the great Mississippi River provides a wonderful opportunity for East Side neighbors to showcase how to garden without doing harm to soil, air and water.

On March 11th and 18th, the Community Design Center conducted in conjunction with the Dayton's Bluff Community Council, two workshops focusing on designing and growing sustainable gardens. The Community Design Center received a special grant from the Solid Waste Management Coordinating Board, which made the Organic Gardening workshops possible.

Here as a follow up to the workshops are some further suggestions for products to use and some places to purchase non-toxic garden supplies.

NON-TOXIC GARDENING PRODUCTS

Fertilizers

Fish Emulsion

Choose cold process product that protects the vitamins, amino acids and proteins found in fish

Granular (*Territorial's 6-5-3*)

Contains bone meal, blood meal, feather meal, cottonseed meal, soft rock phosphate and kelp meal

Pest Control

Bacillus Thuringiensis (*BT*)

Bacterium that will paralyze the digestive tract of insects: caterpillars, hornworms, leafhoppers, loopers

Iron Phosphate (*Sluggo*)

Slug bait. Scatter on surface where slugs feed

Insecticidal Soap (*Safer*)

Controls aphids, leafhoppers, mealybugs, mites

Rotenone-Pyrethrin

Controls most insects on vegetables, flowers, trees

Traps

Monitor and control small flying insects, such as thrips, whiteflies, scale insects, and fungus gnats. Yellow color attracts insects to glue on trap.

Insect barriers

Lightweight fabric that allows 90% light transmission and is porous to air and water. Reduces damage from insects that are virus vectors (cucumber beetles, whiteflies, aphids)

Weed Control

Corn gluten

Pre-emergent. Best used in established perennial beds and on lawns.

Fungus Control

Copper sulfate (*Copper*)

Helps prevent blight, leaf spot, mildew and other fungal diseases on vegetables, fruit, ornamentals

Calcium (*Rot-Stop*)

Tomato Blossom End Rot prevention: apply ready-to-use spray on developing fruit and foliage.

PRODUCT AVAILABILITY

Linders Garden Center

270 Larpenteur Ave.

St. Paul, MN

(651) 488-1927

Mother Earth Gardens

3738 42nd Ave.

Minneapolis, MN

(612) 724-2296

Garden House on Maryland

(will special order)

905 E. Maryland Ave.

St. Paul, MN

(651) 207-5805

(612) 868-2973(cell)

Email: garden_house@comcast.net

ON-LINE

www.territorialseed.com

www.gardensalive.com

Annual trip to Kinder Konzert

On March 12, four and five year olds from the Early Childhood Family Education and School Readiness Programs at Dayton's Bluff Achievement Plus Elementary again boarded a big yellow bus to make what has become an annual trip to Kinder Konzert at Minneapolis Orchestra Hall. Accompanied by parents and teachers, the children enjoyed a presentation of "Three Fun Fables." Three of Aesop's familiar fables including the story of the tortoise and the hare were interpreted musically by Daniel Dorff.

The children were seated onstage with members of the orchestra. Before the performance Joanna Cortright taught the audience about the acoustics of the hall and introduced the violin, bass, clarinet, bassoon, trumpet, harp, and percussion instruments. She then narrated the fables as the orchestra told the stories musically with different

instruments playing roles in the stories. The tortoise, for example, was played by the bassoon while the rabbit role was played by the clarinet. Children then had a fine opportunity to call "Bravo!" using audience skills they had been practicing at school for several weeks as part of their preparation for this experience.

Following the performance children explored the "Sound Factory" and got to make their own music using real instruments like a violin or snare drums. "Three Fun Fables" was the 26th annual presentation of a children's concert commissioned by WAMSO, the Minnesota Orchestra Volunteer Association. The children enjoyed the experience and continued to act out the fables and to use musical concepts they had learned when they returned to their regular classes in the following weeks.

Memorial Day is observed on May 31.
Fly your American flag proudly!

Plant sale and exchange

The Second Annual Greening Dayton's Bluff Plant Sale and Exchange will be held on **Saturday, May 15** from 8:00 am to 3:00 pm at the corner of East 7th Street and Bates in the gardens outside the Swede Hollow Café. Plants for sale will include perennials and annuals. The first 50 people to come to the sale will get a free plant.

Bring the plants in your garden that you have too many of or do not want anymore. Just dig them up and bring them to the plant exchange and take home something you would rather have in your garden. For more information call Karin at 651-772-2075.

Summer creativity camps at Mounds Theatre

CLIMB Theatre, the area's premier traveling children's theatre company, has partnered with the newly renovated Mounds Theatre, 1029 Hudson Road. This collaborative effort will offer an arts experience that your child will never forget!

Young artists explore the performing, visual, and literary arts through drama, music, dance, story making, painting, drawing, and more. Whole-brain learning at its best that connects a single theme to a full week of discovery! Maximum attendance is 75 youth.

There are two one-week sessions. Register for one or both. Camps run from 9a.m.- 4p.m. during the weeks of July 5th-9th and August 2nd-6th. The camps are open to children in grades K-6. The cost is \$75. Financial aid information is available. Campers must bring their own sack lunch.

For more information or to register, call Shad at CLIMB (651) 453-9275 Ext 10.

Mounds Theatre Entertainment Series

The Mounds Theatre is planning a series of summer shows featuring a variety of entertainment.

Any performers interested in putting on a show on a box office revenue split basis should contact the Mounds Theatre at (651) 772-2253.

MUELLER MORTUARY

PARKWAY CHAPEL

835 Johnson Parkway
at East Seventh Street
Saint Paul, Minnesota 55106

(651) 774-9797

FAX (651) 778-9677

LAKE MORTUARY

4738 Bald Eagle Avenue
at Third Street
White Bear Lake,
Minnesota 55110

(651) 429-4944

FAX (651) 429-7748

Call anytime for service
or information

Memorable Minnesota Meals:

Wild Rice, Hot Dish and Booya

By Steve Trimble

This month-and maybe next if this article is too long- I thought you might like to read an article that does some good old-fashioned historical research on our state's food heritage. I presented it at a recent history conference. While it is not specific to this area, I'm sure almost all of the cooks of Dayton's Bluff are familiar with three of the basic food traditions of Minnesota.

As the unpaid collector, cataloger and curator of a Cookbook Archive, I spend a lot of time looking at books of recipes. Sometimes there are few if any clues on where they came from. If wild rice is included, there's a good chance there is some Minnesota connection. If booya is mentioned, I'm pretty sure we are looking at the upper Midwest. But if it has either wild rice or booya and also includes a "hot dish", I feel it belongs in our archives—it has completed the trifecta of Minnesota food ways.

Wild Rice

Wild rice can claim to be both the oldest and the most modern part of the state's food heritage. This aquatic grass is the only grain native to North America and, while it is found in other parts of the Great Lakes region, it is most closely identified with Minnesota.

Wild rice was more than an ordinary food for Minnesota's Native Americans, who called it Manomin. They considered it to be sacred, used it in ceremonies, and made it part of the offerings at graves. The Ojibway tell of Nanabojo, who went on a vision quest, discovered a beautiful plant in the middle of a lake, and found that it was tasty. He gathered seeds and he and his grandmother later planted Manomin in other lakes.

Traditionally, the rice was gathered—usually by women in canoes that were slowly poled through the water. The plant was pulled over the canoe in bunches and struck with wooden knockers that shook the ripe grain into the boat. Placed in a hole lined with deerskins, men wearing special moccasins would "jig" on it and the stepping up and down loosened the strong outer hulls. The rice was parched and could be stored for year round food supply.

Early European explorers and traders were introduced to Wild Rice at feasts. They wrote back describing this new world delicacy. An 1820's Minnesota trader, John McLoughlin, provided a primitive recipe in his journal. It was for parched rice:

"One quart of the Grain boiled in two Gallons of any kind of Broth or in the same quantity of water with an ounce of Grease until it comes to the consistency of porridge or rather thinner is in General as much as any man will eat in a day."

In the early twentieth century people began experimenting with new technologies for gathering and

processing Wild Rice. Coffee roasters were converted into parching machines. Two 1920's men built a harvesting machine said to have gathered a ton of rice in an hour. Because Indians and conservation authorities strongly complained that the device was damaging the rice beds, it was banned.

The Legislature passed the 1939 Wild Rice Act that restricted grain harvesting on public waters to traditional methods, required a license, and established local ricing committees. With a few minor changes today's law remains the same except that tribal councils control ricing on the reservations.

A man named Roland Hicks was one of the first to set up a large scale processing plant in Remer in the 1920s. He hoped to broaden the market, establish uniform quality, and develop better packaging and modern business methods. His attitudes are revealed in his advertising leaflet. "Due to the Redman's superstition and the Whiteman's conservation laws," he wrote, "the Indian's primitive, slow and tedious method of gathering rice still prevails, however, the ancient laborious styles of processing the grain, which includes curing, parching, hulling and cleaning have been generally replaced by improved methods."

The first wild rice paddies were developed in the state in 1958 and a Minnesota Cultivated Wild Rice Council was soon established to promote the new method. In 1968, 900 cultivated acres produced 90,000 pounds of rice; today between 5 and 6 million pounds are produced and only 15% is hand harvested from the lakes. California has also developed paddies and now produces twice as much cultivated rice as Minnesota.

But Wild Rice is still identified with this state. So much so, that California firms have transported their product here to be packaged so it could be labeled Minnesota wild rice, complete with drawings of Indians. In 1977, Wild Rice became the official state grain. And when a fundraiser was needed for the upkeep of the Governor's residence, Lola Perpich, the Governor's wife, decided it should be a wild rice cookbook. In the introduction she said:

"Wild rice has come a long way from its origins as a staple for the native Americans who first populated our state. Today it is featured in most fine restaurants.... the Governor and I enjoy presenting gifts of wild rice to friends at holidays, to visitors and to our hosts wherever we travel. Although we like to call it the gourmet grain, wild rice is a festive part of our family fare."

But there are those who don't like the direction the journey has taken. They criticize the University of Minnesota for aiming almost all research toward developing new varieties suited to large-scale paddy farming. A new variety of paddy rice

has recently been patented. A controversy has just broken out around University researchers' genetic mapping of the wild rice genome. Calling such approaches "bio-piracy", many Indian people fear, for example, that pollen from hybrid or genetically altered rice could affect the natural stands, changing their traits or out competing them.

But those who support traditional ways have embraced some new technology, at least in marketing. A recent Internet eBay listing for Wild Rice read:

"Please don't confuse this with paddy grown "wild rice"... Paddy rice is machine planted and machine harvested, resulting in a bland tasting rice... Many rice paddies are sprayed with herbicides. Our hand-harvested wild rice grows naturally in northern Minnesota on the Leech Lake Indian Reservation. The mouth watering nutty taste cannot be compared to the mass produced paddy rice."

The ten-pound bag went for \$67.50 plus shipping and handling.

Hot Dish

When I first contacted her, famed folklorist Ann Kaplan could not find hot dish- the name Minnesotans use instead of casserole- in her dictionaries of slang. It was missing from The American Dialect Society's regional words list. Even a specific work like the *Linguistic Atlas of the Upper Midwest* fails to mention hot dish. Incidentally, at the end of an e-mail, Kaplan added: "I never heard of the term before moving here and it's right up there with binder, pop, and bismarck among words I recognize but can't bring myself to use." (Kaplan to Trimble) I did finally find at least one reference work that included the term hot dish, but it gave no explanation of its origin

The earliest cookbooks published in Minnesota don't use the term "hot dish." They rarely even had recipes for casseroles. When they did, the food is usually referred to as "in casserole." Some 1920's cookbooks suggest that dishes cooked "in casserole" were thought of as informal food served at the noon hour. "Ham En Casserole (Spanish)" was included in the "Luncheon Dishes" section of one of them.

Casseroles are generally layered, using rice or potatoes as a base. So how and when did we get to the traditional mixture of noodle with hamburger or tuna that Minnesotans have named "hot dish?" While a definitive answer is still on the back burner, I have found some information that is helpful.

The term dates back at least to the 1930s. One woman who recently published her own cookbook says the following: "I never heard the term "Hot Dish" until I came to Owatonna in the late 1930s.... Hot dishes go hand in hand with potluck which is also a term that came into being about the

same time. Now potlucks with their hot dishes, salads and desserts are a way of life for get-togethers."

Another cookbook contributor offers the following information on "the Origin of Noodle Hot Dishes." "Even during the drought of the 1930s", she wrote, "the chickens did fairly well. But egg prices were low, so women became creative in their use of them in cooking, frequently turning to homemade noodles. They were made for soups or as a main dish with bacon grease or butter poured over, garnished with bacon grease and dry bread croutons.... Out of this was born the yummy hot dishes which became the vogue when the potato crop had dried up... None of the hot dishes used soups, as in today's recipes, but it didn't delete from the good flavor."

The earliest cookbook I found so far using the term "hot dish" was a 1936 St. Paul church publication. It was a mixture of chicken, rice, mushrooms, a can of pimentos, almonds and 2 cups of medium thick white sauce. The directions said, "Mix and pour in buttered casserole. Bake slowly for 45 minutes."

Although I have found out when the term hot dish seems to have begun—or at least when it first appeared in print—I have not yet found out why the term was used instead of casserole in Minnesota but almost no where else. One famed scholar of Norwegian-American history has posited a possible Scandinavian language origin, having found a cookbook reference to a term that translates into "warm dish." We'll have to see if it pans out.

By 1942, a Duluth cookbook had a whole "Hot Dishes" section. In it were the traditional noodle recipes and "hot dish tuna," but it also included recipes such as "ham loaf," "dinner in a dish," casserole, chop suey, chili con carne and baked beans.

The term hot dish continued to climb in popularity in Minnesota cookbooks in the 1950s and 1960s. A small mimeographed cookbook from that era titled "*Hot Dishes—Salads*" was put out by a church in Cambria. It includes a variety of recipes, most labeled hot dishes but a few still referred to as casseroles.

A 1970 recipe from Iantha LeVander, a Minnesota Governor's wife, suggests that easily assembled hot dishes were one way to deal with the quick pace of life. "This is a good recipe for a career lady or one involved in community service", she said. "If the ingredients are in the kitchen, the recipe is quick and easy."

This may be an understatement. Her "5 Can Hot Dish" consisted of single cans of mushroom soup, chicken soup, tuna fish, evaporated milk and chow mein noodles. It did include one cup of finely cut celery, perhaps to give it that homemade touch.

Coming next month: Even more delicious hotdish information and the truth about booya.

Little questions about big issues

Part I: A New Stadium

By Eugene Piccolo

Can Saint Paul afford a baseball stadium for the Minnesota Twins?

In the seemingly endless debate about a new baseball stadium ... nine years and counting ... economists, politicians, sports writers, team owners, fans and the average person on the street have argued back and forth about issues like – the economic development value of a stadium, the number of jobs (construction and long term) generated and the number of new bars and restaurants generated by a stadium.

The arguments have also included; who should pay for it - all citizens or host community citizens, and how to pay for it – state or local taxes, user fees or no-interest loans. And of course there are the emotional issues like: senior citizen shut-ins being deprived of baseball and the Twin Cities becoming nothing more than a “cold Omaha” without professional sports.

Now that a proposal is on the table for a stadium in Saint Paul - it's time to put emotions aside and ask real questions like:

Is the economic base and level of economic activity in Saint Paul large enough to be able to fund a stadium?

Why is Saint Paul proposing to undertake the cost of financing the stadium by itself? Why is Ramsey County not a partner in the proposal – if it is good for Saint Paul how could it not be good for all of the county?

What are the “opportunity costs” – or in plan language – What will Saint Paul have to forgo in terms of other investment opportunities or civic improvements over the 30-year life of the proposed additional 3% sales tax?

Who will really be paying the additional 3% sales tax on all food and beverage purchases in the coffee shops, restaurants and bars in Saint Paul?

To express your thoughts as to whether you think Saint Paul can afford a baseball stadium contact:

Mayor Randy Kelly

651.266.8510

Councilmember Kathy Lantry

651.266.8670 -

ward7@ci.stpaul.mn.us

Council President Dan Bostrom

651.266.8660 -

ward6@ci.stpaul.mn.us

Senator Mee Moua

651.296.5285

sen.mee.moua@senate.leg.state.mn.us

Representative Sheldon

Johnson – 651.296.4201

rep.sheldon.johnson@house.mn

Representative Tim Mahoney –

651.296.4277 –

rep.tim.mahoney@house.mn

Have you heard of --- --- the Great Brodini?



By J. Wittenberg

The one and only Brodini (aka Graylyn Morris) has entertained and performed magic all his life, and since leaving the security of a fulltime job in '96, he has bravely pursued this passion with all his heart and resources.

“As I starve to death ... I think about it sometimes, but have no regrets,” Graylyn said, as I spoke with him in his garden level dwelling before he went on to say - “I’m happy and I’ve built something special to me.”

The Great Brodini’s opportunities to perform have mostly come through professional referrals or the more casual word of mouth, but slowly he’s getting to be known and recognized for the very hard working, dedicated man that he is. Throughout his experience, he has garnered many letters of commendation and recommendation for all the functions of which he has been a part. Though Brodini does no advertising, he has recently established a web site: www.brodini.com, where one can learn more about his many talents.

“I’ve had to overcome many obstacles to do this. I’ve worked on myself and learned about myself. I’ve had to juggle the business side and the creative side. I just want to work ... to entertain, and do what I do best,” Brodini said.

This very talented man has worked in the MELSA summer library program, and there gathered much applause and words of high praise. In looking upon his many letters of recommendation, he has impacted many people in a very positive way. The school districts he has worked for have written of his ‘professionalism, his rapport with the kids, his flexibility to accommodate students of all ages, his willingness to go the extra mile, his promptness and responsibilities in keeping appointments, and the fulfillment of all promises.’ Indeed, so satisfied are the school districts that have utilized his abilities, that they have consistently asked him back to perform again and again.

I received the feeling that Mr. Morris has struggled to keep his dreams alive, to find all the necessary venues to allow him to continue this passion, but he seems very determined no matter the cost. And thus, I believe success shall grow for this gifted man.

“I enjoy the obstacles ... I know I can break through the financial part. I love to entertain, both kids and adults, but I prefer doing children’s magic,” Graylyn said. He went on to add, “Mr.

Morris and Brodini are two separate entities. Brodini can do stuff I only wish I could do.”

I’ve seen the Great Brodini perform live and indeed, being a man of some Continental experience, I can vouch for the quality of his act and his magnetism with kids, who are always included in his performance. Children can’t help but respond to his welcoming way and earnest patience. His tricks are easy for the children to follow, yet still acute enough for all the adults to enjoy. Indeed, during his performances he involves the audience in no small way, and thus captivates with his wiles.

After each show, such dedication the great Brodini has, that he spends about 15 minutes teaching magic tricks to the children, and listening to them intently.

Graylyn, age 48, and a Vietnam veteran, won the top award for dramatic talent at the National Veterans Creative Arts Festival in 1997, 2002, and 2003! And besides the acclaim received in the MELSA summer reading program, he has performed for Senator Mark Dayton, Mayor Randy Kelly, and at the Ted Mann Theater at the U of M!

“The best part is getting to work with children,” Brodini said, as he intently made an orange ball disappear from his palm before my very eyes. “Magic ... and illusion will take you on a ride, beyond entertainment ... it has more meaning than a trick,” Brodini said, before adding, “Magic is 95% psychological and 5% physical. Magic is artistry in motion ... a ballet. My life has been a magic act ... it’s taken me a long time to get a grip, where I’m happy.”

After I wrote in silence for a minute or more, the great Brodini looked at me and said, “Everybody is a magician. You’re sitting there doing a job, and that’s magic ... if you’re happy, you have the whole world. I want to make the world happy, I do. One day I’ll be the greatest magician this town has ever seen.”

Perhaps the Great Brodini already is. For who else do we have? Who else to entertain with magic, who is so remarkable with children? Who else has such sleight of hand than our very own Brodini?

This magician wants to work, and can be reached at (651) 738-7977 or brodini@brodini.com. If you are a school, a district, a corporation, a library, a care home, or just an individual who is putting on a party, give this great entertainer a call to bring magic into your world.

Social studies, science mandates undermine local control over education

By State Rep. Sheldon Johnson

In late March, the Minnesota House of Representatives passed a bill to establish new science and social studies standards for local school districts. A lot of states are in the same boat because of the federal “No Child Left Behind” education law, which mandates that local schools adopt strict standards for accountability.

While all of us support accountability and want to see our schools set the bar high, the “No Child Left Behind” law is deeply flawed and leading us in the wrong direction when it comes to school standards. Instead of allowing schools to spend their money on things we know work — all-day kindergarten, smaller class sizes, extra help for kids struggling with math or reading skills — No Child Left Behind forces schools to pay for bureaucratic mandates from Washington.

A recent report from the non-partisan Legislative Auditor makes that abundantly clear. The report, which was released several weeks ago, stated that even under the best scenarios, eight out of 10 Minnesota public schools would fall short of academic goals set in the law - including all Minneapolis and St. Paul schools. As a result, the state would end up spending far more to implement the law than it would receive in federal school aid. The No Child Left Behind-inspired standards we passed recently also undermine the local control of our schools. Instead of allowing our schools to determine how to spend their resources and what and when to teach, these mandates create a centralized, top-down dictation of curriculum, completely eroding any local control.

We have a tradition in Minnesota of allowing local control over school curriculum. It’s a tradition that has served us well. Minnesota’s schools consistently produce graduates who perform not only well above the averages, but also at the highest standards.

However, the new science and social studies mandates dictate what will be taught in every classroom and remove any flexibility for local school boards and teachers. They will not allow local school boards to respond to local needs to increase student achievement and they will stifle the creativity and professional judgment of local teachers.

In addition, the sweeping curriculum changes represent an unfunded mandate on already fiscally-strapped local school districts. They will force school districts to purchase new and additional textbooks, buy new curriculum materials and retrain teachers, yet don’t provide sufficient funding to pay for these new items. The sad part is, our kids are going to end up paying for this with ever-increasing class sizes and loss of quality programs. That isn’t right. Our children only get one chance for an education. We need to be sure our resources are directed at ensuring every student succeeds, not in pleasing some bureaucrat in Washington.

The Clothes Line

Shirts to Die For



Re-opening of Carver's Cave in St. Paul on Nov. 5, 1913. Chief Medicine Owl of the Blackfoot Indian Tribe —Minnesota Historical Society

By Sarah Ryan

My house was built on a little plot of land in Dayton's Bluff in 1895. The original entry on the abstract of title reads "The United States to Lyman Dayton." By 1857 (the earliest legible date on the title) Dayton had also become the owner of Carver's Cave. On May 1, 1867, the Minnesota Historical Society marked the centennial of the last day that Connecticut-born fur trader Captain Jonathan Carver visited the cave. Known to Carver as Waukon Tepee, which means "House Of Spirits" in the Dakota language, the cave is located at the base of the sandstone bluffs below the ancient burial mounds in what is now Indian Mounds Park.

Carver wrote in November 1766 that the cave's location between three villages made it a popular gathering place for ceremonies. The heavily fringed shirt Medicine Owl wore for this 1913 photograph in front of the cave embodies the tradition of ceremonial Plains Indian clothing.

For a closer look, I visited "Beauty, Honor, and Tradition: The Legacy of Plains Indian Shirts" at the Minneapolis Institute of Arts. The exhibition features more than thirty shirts made by the women of Dakota, Blackfoot, and twenty other plains tribes for their warriors to wear on ceremonial occasions. Most of the shirts date between the 1850s and the 1880s.

Even in the stillness of the museum gallery, it is easy to imagine the visual impact these shirts must have made when animated by the wearer. Paddling a canoe, riding horseback, walking through a breeze, or dancing would have set these shirts into motion. The fringed animal hide, decorated with fringed fur or long locks of hair must have created an awesome display. Dangling shells, animal teeth, claws, and pieces of hoof would have added a musical quality to the wearer's presence.

Each shirt documents a life lived on the rapidly changing physical, social, and political landscapes of the 19th century North American plains.

A man had to demonstrate bravery, generosity, and a commitment to his community to earn one of these shirts. He could lose the right to wear the shirt if he disgraced these qualities.

Skilled women constructed the shirts from animal hide. They covered the seams that held the sleeves to the bodice with decorative strips of quillwork. Once the gift was given, the recipient gathered with other men in a ceremony to attach items of personal significance.

The magentas, oranges, purples, yellows, pinks, reds, and turquoise blues of the geometric porcupine quill designs are still vivid against the deer and elk leathers. As seed and glass trade beads replaced dyed quills, artisans adapted their designs to new materials. The black, red, and yellow locks of human and horsehair that decorate some of the shirts are stark reminders of the political times.

One of the villages Carver encountered was Kaposia, located on the Mississippi's east bank near present day Dayton's Bluff. Kaposia had a population of about 2,000 Mdewakanton Dakota in 1810. The children of the village played on the riverbank near the House of Spirits while adults gathered sugar maple sap in the spring and wild rice in the fall.

In 1837, Kaposia's chief Little Crow signed a treaty with the United States. The village then re-located to the river's west bank. 25 years later, Little Crow played a major role in the "Great Sioux War," which ended in December 1862 with the largest mass execution in U.S. history. 38 Dakota prisoners were hanged. Little Crow was shot and killed for a \$75 bounty on July 3, 1863.

The lake inside Carver's Cave and the ancient petroglyphs, carved into its walls long before the Mdewakanton arrived, are now sealed behind railroad tracks, erosion, and double-doors. But these shirts open another approach to that historic gathering place.

You can reach Sarah Ryan by e-mail at sr@lakecast.com or send mail to the Dayton's Bluff District Forum, 798 E. 7th Street 55106

"Beauty, Honor, and Tradition: The Legacy of Plains Indian Shirts." Now through May 16 at the Minneapolis Institute of Arts, 2400 Third Ave. South. Tickets: \$3-6. This exhibition has been organized in collaboration with the Smithsonian Institution's National Museum of the American Indian. Call 612- 870-3131. Or visit <http://www.artsmia.org/beauty-honor-tradition/about-exhibition.html>

Elder's Wisdom, Children's Song

This is the second in a series of articles about the Elder's Wisdom, Children's Song project under the leadership of Larry Long at Dayton's Bluff Elementary School. The students worked on the state standards of speaking, listening, reading and writing during the process. Larry Long led the children as they practiced interviewing skills and talked about the importance of learning and respecting the elders of the community.

Larry Long is a songwriter, singer, and educator who has worked on relationships, peace and environmental issues for many years. In the 1980s he was the founder of the Mississippi River Revival, a campaign to clean up the river. In 2000 he traveled on the Audubon Ark visiting 20 towns along the Mississippi River and wrote 48 verses with children to his song "I Love the Mississippi River" and sang and danced with local musicians and children. The Elder's Wisdom, Children's Song program incorporates the tools of community organizing, education and celebration through storytelling in song and spoken word.

The program highlighted the lives of four elders from four different cultures and life experiences. This month Neal Thao is the elder highlighted. He is a Saint Paul School Board Member and an instructor at Metropolitan State University.

Interview

My name is Neal Thao. I lived in Laos from 1956 until 1975. I grew up with four brothers and six sisters. I lost two of my siblings due to illnesses when they were young. During the time that I lived in Laos and Thailand, I became a refugee and moved around until I could come to America. I lived with my parents during some of the time and also went away to school so I could get a good education. I came to America due to my father and brother working for the United States Central Intelligence Agency. They had to protect themselves by coming to America.

I lived in Rhode Island when I first came to America. I was only 19 years old. I started working at a factory for only \$2.30 an hour. During this time I also received my graduate education degree. I was able to buy a car for the first time but was not able to buy insurance for the car because it was too expensive. I married my wife when I was living in Rhode Island in 1978.

I remember many things about first coming to America. I remember going to McDonald's for the first time and having to order, so I ordered by saying, "McDonald's." They had to explain that I had to be more specific when I ordered so that is when I started to learn English.

I began my schooling here in the United States by going to the University of Green Bay. I was one of the first Hmong to attend this University. I began to work and then transferred to the University of Madison where I attended school for a year. After this, I transferred to the University of Milwaukee and finished my degree there. I received my degree in social work.

I continued my work with children

by working for the Minnesota Children Protection Services in 1984. I was the first Hmong protection worker. I still remember the help I received from the St. Paul School teachers. I am very grateful that I was able to work and help children.

I have been a member of the St. Paul Public School Board for the past few years and have been actively involved in politics. I live with my wife and four children here in St. Paul. I currently teach at Metropolitan State University and continue to be involved in politics as well as education within our community.

After returning to Laos in 1993, I became even more aware of what it feels like to have a job. When you work hard, you will always get something. We have better opportunities here because we live in America and have a good system in place. We have a government run by the people and so it is for the people.

My advice to young people: Be happy with yourself and know that you are important. Also, believe in your mom and dad. Respect your teachers so you can learn. Finally, enjoy your life in America.

Song

"I Love America"

(Inspired by Neal Thao)

I was born n a small town
In the countryside of Laos
In times of war my family
Without a home had to flee

(Chorus)

I love America [repeat 3 times]
My home, sweet, home

My people gave their life for
America in times of war
After they left we had to leave
To save ourselves now refugees
(Chorus)

We were the first wave of the Hmong
We were so sad
From Laos we come to these shores
I had a dream that did come true
All for me
(Chorus)

From a degree to politics
For Governor for President
To victory with Paul Wellstone
On that green bus with him I rode
(Chorus)

When my Dad died Sheila & Paul
Made my people stand up strong
They gave my Dad a flag that flew
Over the Capitol for me and you
(Chorus)

I love blue jeans Elvis Presley, banana
splits, Newport Ice-cream
Diversity without fail
If you want to you will excel
(Chorus)

We spend too much on athletes
We should pay more to those who
teach
We need each other for help, to guide
If just for me then who am I?
(Chorus)

Words & music by Ms. Christiansen's
3rd Grade Class of Dayton's Bluff A+
Elementary School and Larry Long
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Protect yourself from identity theft

By Angela DuPaul

The numbers are staggering: an estimated 10 million people have been the victims of identity theft. It is in your best interest to take steps to reduce your likelihood of becoming a victim.

On March 25, the Community Councils of the East Side sponsored a workshop at the East Team police station on identity theft prevention. Speakers included Tara Mulloy from the Office of the Minnesota Attorney General and Commander Mike Morehead of the Saint Paul Police Department. Following are some tips provided by the experts to help protect your identity.

Limit the number of credit cards you have, and cancel any that you no longer use. Get a copy of your credit report once a year. Monitor your Social Security statements and driving record regularly. Credit card numbers can be stolen by hackers online. Be sure you are dealing with a secure site when giving credit information over the Internet.

Consider reducing the number of checks you write. Use electronic bill payment. Try to pay for most of your purchases with cash. Order fewer checks. Leave your checkbook at home in a secure place. Thieves know to look in dresser and desk drawers, so this is not a good choice. If you don't have a safe, you must be clever about hiding any document that has your financial information on it.

Dishonest employees of stores or banks may use the checks you write to steal your identity. Blank checks can be stolen from the mail or right out of your purse or wallet. Having fewer checks out there with your account and personal information on them reduces the chances of this happening. Even canceled checks you wrote decades ago could be used in

identity theft. Consider having new checks delivered to your bank for you to pick up rather than having them sent to your mailbox.

Check fraud is an incredibly complicated ordeal for victims. Hundreds of phony checks duplicating your own can be printed and used to draw on your account. You may be required to fill out a notarized affidavit for each one! If someone uses your stolen checks or prints new ones on your account, be sure to have your bank stamp "stolen" or "forged" on each one you didn't write.

Ask to have your name removed from marketing lists. Never give out personal information over the phone. Even if someone calls claiming to be from your bank, verify that the inquiry is legitimate before giving out account information. As the old saying goes, if it sounds too good to be true, it probably is.

If you are the victim of identity theft, report it to the police. Only about 25% of people notify the police of this crime. Of course you will need to alert your financial institutions as well. The amount of charges you may be responsible for depends on how quickly you report the crime to your bank or credit card company. For credit card fraud, you will also need to call one of the three major credit bureaus (Experian, Equifax, or Tans Union) to have your account flagged.

Identity theft is a growing crime. By being prepared, you can help reduce the threat to your financial health and minimize the damage if you are a victim. To find out more ways you can protect yourself, visit <http://www.consumer.gov/idtheft/>.

The Minnesota Attorney General's office publishes a helpful guide called "Guarding Your Privacy." Visit them on the web at www.ag.state.mn.us

WaterFest 2004 — A Free Family Festival

Saturday, May 22, 2004

10 a.m. to 3 p.m.

Phalen Park Pavilion, St. Paul
Wheelock Parkway and Arcade St.

Families from around the Twin Cities are invited to a day of lakeside fun at WaterFest 2004. Sponsored by the Ramsey-Washington Metro Watershed District, City of St. Paul and other partners, WaterFest is a celebration of our clean lakes and an opportunity for hands-on learning about the wildlife, water quality and special ecological features of our beautiful watershed.

Highlights of WaterFest activities include: voyageur canoeing; fishing and stream monitoring; Como Zoo and Conservatory's raptors and other critters; reptiles and amphibians from around the lake and beyond; juggling show, music and clowns; watershed Awareness Expo: student and professional exhibits; tours of Lake Phalen and shore land restoration; student dramas; and food and fun

Everyone can play a role in protecting our water resources. At WaterFest 2004 we will help families make the connection between activities in our neighborhoods and the health of local lakes, streams and wetlands. This free event is also an opportunity to celebrate spring and enjoy one of the lakes that makes our area a great place to live!

The Ramsey-Washington Metro Watershed District is bounded by the I-694/494 corridor and 35E and the Mississippi River.

The website address is www.rwmwd.org. For more information, call Louise Watson at 651-704-2089.

Paint-A-Thon gears up for 2004

Metro Paint-A-Thon is seeking low-income senior and disabled homeowners who need a fresh coat of paint on their house. Each August, thousands of Paint-A-Thon volunteers scrape, prime and paint the homes of low-income seniors and people with disabilities at no cost to the homeowner. During the weekend of August 7-8, volunteers from corporations, congregations, civic groups, and schools will paint about 150 homes.

To qualify for Paint-A-Thon, homeowners must meet certain qualifications. The house must: be owned and occupied by a person 60 years of age or older, or of any age with a permanent disability; be a single family dwelling; be in need of paint, structurally sound, and not in need of major repairs.

A qualifying homeowner also must meet monthly income guidelines.

Those interested in having their home painted should call Paint-A-Thon at (612) 721-8687, ext. 321 for further information or to request an application. You can also visit us at www.gmcc.org/paint-a-thon to download an application. The deadline to apply is May 10, 2004.

VETERANS

(continued from page 1)

a more stable area near the France-German border where she tended war casualties and prisoners of war.

Kay recalls, "There were two prisoner camps near the French-German border where most of our patients came from. The conditions of the camp were horrid...the American prisoners were treated terribly! When they arrived by the trainloads to my hospital, they were nothing more than mutilated skeletons. It was my job to bring these people back to life again, and make them strong enough to get home." Anyone who knows Kay has been touched by her wit and humor, and her patients during that terrible war were no exception.

Kay received many a thank you in the form of the odd joke, an attempt at poetry, or a drawing. She still keeps a pencil drawing that one of her POW patients drew for her as a thank you for her nursing him back to health. "The changes day to day were miracles. When my patients were able to smile and their humor returned, I knew it was time to send them home. . . that was the greatest reward of my service." Kay was still tending to the wounded in France on VE-Day: it was her duty to stay with the POWs until they were well enough to return home.

Kay Brueggeman returned to St. Paul in the spring of 1947. Soon after, Kay married Frederick William Brueggeman (Fritz), who also served in the Army during WWII. Kay continued her nursing career, returning to Ancher Hospital (now Regions) where she had previously received her nursing degree. The Brueggemans then bought a house on Earl Street where Kay started nursing right across the street at Mounds Park Hospital (now the Marian of Saint Paul). A move to a larger house on Mound Street was necessary as their family grew: Mr. and Mrs. Brueggeman raised three children (along with Queenie the King Snake, and Adolph the Alligator — but that's another story!). Kay shared 50 years of marriage before Fritz passed away. Kay's life has seemingly come full circle. Last year she moved from her Mound Street home to a new apartment at her old place of employment: the Marian of Saint Paul. As we sit at her dining room table, we can look directly at the little house where she started her family, and share stories about days gone by.

There will be a ceremony honoring our WWII Veterans on Thursday evening, May 27, at 6:30 p.m. in the Chapel of St. Mary at Marian of Saint Paul. I am honoring my friend Kay Brueggeman as well as all of the WWII veterans who reside at the Marian of Saint Paul (and their families) to thank them for their honorable service to our country. Kay and I plan to leave for Washington, D.C. the following morning (Friday, May 28). If there is a remembrance, prayer, or token that any resident of Marian of Saint Paul would like for us to leave at the actual Memorial in D.C., please bring it with you and we will do our best to accommodate.

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First Lutheran Church celebrates 150th anniversary

Minnesota was a Territory when First Lutheran Church in St. Paul was organized on May 6, 1854. Pastor Erland Carlsson made his way to St. Paul by way of the Mississippi River in order to be the pastor in attendance at the organization of the church. The first services were held in a small schoolhouse located on Jackson near 6th Street.

The first small church structure, which was located at Woodward and John, was demolished for the building of the "Big Church", at the same location. This structure and property was sold to the Soo Line Railroad in 1916. The first service in First Lutheran Church located at 8th St. and Maria Ave. was held in 1917. It was a member of the Augustana Synod and now is part of the ELCA Synod.

First Lutheran Church has had 16 pastors over the 150 years. Pastor Eric Norelius was the first pastor in residence at the church. He later became a founder of Gustavus Adolphus College now located in St. Peter, MN. Pastor Monten had a vision to start Bethesda Hospital in St. Paul.

Three former pastors became instructors in church seminaries and one became a missionary to Africa. English-speaking Confirmation classes and English-speaking services were introduced by Pastor Johnston in the early 1900s.

Three daughter churches were established from First Lutheran: Gustavus Adolphus, now located at Larpenteur and Arcade, 1889; North Emanuel, at Matilda and Hatch, in 1891; and Gloria Dei, now located at Snelling and Highland Pkwy. in 1908.

Bay Lake Camp began in 1926 and has operated as a mission of the church, offering outdoor camping for over 78 years. Outdoor church services are held at 10 a.m. every Sunday morning from Memorial Day through Labor Day.

A busy year is scheduled for the celebration of the 150th Anniversary. A pancake breakfast was held in March.

Other activities are as follows:
Choir Reunion: Sat./Sun., May 1 & 2; Anniversary Banquet: Sat. May 1, Norelius Hall, 5:30 Reception; 6:30 Dinner, 7:30 Program
Anniversary Service: Sunday, May 2, 9:30 a.m. followed by a Reception
Swedish Choir Concert: Monday, May 10, 6:30 p.m. at First Lutheran
Bay Lake Camp Reunion: Sunday, July 11, service at 10 a.m. on Bay Lake
Swede Hollow Trolley Tour and Ice Cream Social: Sunday, August 1
Confirmation/Sunday School Reunion: Sunday, September 12
Fall Festival: a Saturday in October
Senior Christmas Party: Sat., Dec. 4
Christmas Tea: Saturday, December 11

For additional information contact First Lutheran Church at 776-7210.

Volunteering at the Marian Center

We are seeking caring individuals of all ages and groups to spend some time with our Elders. Whether you have an hour or two, or several hours of time you can donate per month, we'd love to hear from you. Here's what we currently have to offer:

Visiting or reading 1 to 1 with our Elders

Beauty Shop Helpers

Chapel Services Helpers

Recreation Programs Assistants for Arts and Crafts and/or Group Activities

Musical Entertainers (singers, play the piano or organ, or any musical instrument)

Men's Discussion Group Leader

Grocery Shopping Helper

And so much more!

Are you a High School student? You can get credit for volunteering! Many schools require a number of hours in "Community Service". By volunteering at our facility, you will get extra credit, gain experience in Senior Care, contribute to the community and have fun ... all at the same time.

Volunteering is very rewarding to everyone of all ages and opens opportunities you never dreamed of.

If you are interested in joining our wonderful team of volunteers, please contact Robert Johnstone, Volunteer Services Coordinator at (651) 793-2116.

HMONG

(continued from page 1)

it. This is considered to be impolite or rude. So as not to offend him or her, just take the drink or the offered object and hold it for a while before placing it back on the table or a nearby surface. The same goes for offered gifts. Refrain from quickly saying "no". Explain why the gifts cannot be accepted.

Most traditional Hmong families do not enjoy hearing direct comments about their children, especially infants and babies. A comment such as "your child is cute" is not looked upon favorably. Hmong believe that if a bad spirit hears such comments, it might come and take the child's soul away.

There are many unusual physical marks that might be found on the body of a Hmong person. These are commonly the result of a home treatment for traditional healing and health problems such as colds and headaches. These marks may involve bruises or redness from cupping, spooning, or coining on the neck, shoulder, back, chest, forearms, and forehead.

Hmong also may wear unusual accessories such as red necklaces made from silver and brass, white cloths around their wrists, and red or white strings on their wrists, necks, or ankles. These accessories may be worn for health and religious purposes.



HealthEast RESIDENCE- MARIAN OF SAINT PAUL

Listening to our residents and empowering them to make decisions about how they want to live each day.

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