Dayton’s Bluff Business Association Kicks Off

By Tabitha Benci DeRango

For the last few months, the Dayton’s Bluff Community Council has been surveying local businesses about their thoughts on the community and what direction they would like to focus on for the future.

On January 20, many of these business owners gathered at Metropolitan State University to discuss the possibility of creating a new Dayton’s Bluff business association. More than 40 people attended the meeting, which also included area residents and several elected officials. After a thorough and thoughtful discussion, there was clear consensus that area businesses would benefit from working together to form this new and important partnership to serve Dayton’s Bluff and nearby areas.

“Dayton’s Bluff had a long-time local business association focused on East 7th Street businesses,” said state Rep. Sheldon Johnson (DFL-St. Paul), who also attended the meeting. “But that partnership has gone dormant due to a number of changes along the avenue. For the health of our local economy, and for the success of area businesses, it is in our best interest to work as a community to form a new partnership that responsively addresses the needs and concerns of local businesses.”

Many new businesses and other related developments are springing up throughout the Dayton’s Bluff community even though several long-time large businesses like 3M, Whirlpool, and a local bank are gone. New and successful businesses, as well as home-based, businesses have sprouted, including the Strip Club on 7th Street. Businesses like 3M, Whirlpool, and a local bank are gone. New and successful businesses have sprouted, including the Strip Club on 7th Street.

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The community has done much to support students attending Metropolitan State University. So it only makes sense for the students to support the community.

That philosophy is one reason why a criterion for selecting the university’s outstanding students is their community involvement. Every semester, high-achieving students from Metropolitan State’s various colleges vie for this honor. Those chosen as outstanding students frequently spend considerable time pursuing community service.

Yia Lor was recently selected outstanding graduate student in the College of Management. He earned a Master of Public and Nonprofit Administration (M.P.N.A.) degree. Lor has long been active in the community, volunteering for Habitat for Humanity, low-income, higher education and other nonprofits in the Twin Cities area.

“Community service enhances your learning experience,” said Lor. “It helps you into practice–and perspective–what you learn in the classroom.”

Deborah Eckberg is an assistant professor at Metropolitan State’s School of Law Enforcement and Criminal Justice. She is also chair of the school’s committee that chooses outstanding students.

“Grades don’t tell the whole story” in evaluating university students who excel, said Eckberg. “There is just so much you can learn in the classroom. There are really amazing students out there who are not only getting a 4.0 or near 4.0 GPA but are also doing other activities in which they are learning, including volunteering in the community.”

John Burton has witnessed firsthand how students learn from their community experiences. As an academic advisor and instructor in Metropolitan State’s First College, Burton assigns students to learn about an organization that serves the community.

“A part of doing their assignments, many come back and say, ‘Wow, I got a chance to meet people and learn about an organization in the community that I wasn’t aware of.’ I tell my students that very little learning actually occurs in the college classroom. Most happens in the real world and that’s where they need to be.”

Rogier Israel, who heads the M.P.N.A. program, offers another reason why a criterion for selecting outstanding students should be connected to community: Since they benefit from the tax-paying public that helps ensure they receive an affordable college education, students should return the favor by giving back to their communities.

Moreover, said Israel, “I personally believe the happiest and most well-rounded people are those who have good health, family and friends, who are doing work they enjoy and who are doing something for the community. These people feel good about their lives and about what they’re contributing.”

Harvey Meyer is an Academic Writer/Editor at Metropolitan State.

Uncle Sam Wants your Baby–to be Breastfed, that is

By Mary Ann Cogelow

Before you read further, I want to remind you that it is my deep belief that each of us always makes the best choices we can with the knowledge and resources we have. Learning that one has made a mistake in any aspect of parenting can be exquisitely painful–sometimes so agonizing that one is tempted to deny or ignore information that challenges whatever decision was made. I believe this is especially true when the context is highly emotionally charged as it is around breastfeeding. I don’t want anyone reading this to beat up on herself for having made a decision not to breastfeed. I do want to encourage all readers to remain open to the information about the ways in which breastfeeding is the best choice for baby, mother, father and nation. This is important stuff.

In “The Milk of Human Kindness,” a great article published in Mnnnesota Parent, December 1996, author Ann Eichler Kolakowski argued, “by far the most powerful forces standing between breasts and babies are societal constructs of misinformation, lack of role models and support.” According to current breastfeeding statistics, apparently not enough has changed in more than a decade.

A handout I picked up at the State Fair a number of years ago concludes with “Z” for “zillions of advantages to breastfeeding your baby!!” This woman began seriously researching breast milk and nursing in the early 1970’s when I was anticipating the birth of my first child, research continues to add to the long and persuasive list of reasons to breastfeed. A zillion seems to me to be approximately the correct number.

For the baby, breast milk is far superior to any formula. Colostrum, referred to by some experts as “liquid gold,” is the perfect first food for the human infant. It and the milk that follows it are fluids that change to meet the baby’s needs as she grows and develops. Breast milk provides the baby with the perfect balance of energy, proteins, vitamins and fat. It is easier to digest than formula and contains an enzyme that helps infants process nutrients more efficiently. It carries antibodies and antioxidants.

Breastfeeding is associated with a long list of immediate and long-term health benefits:

• fewer intestinal and urinary tract infections
• less asthma
• fewer cases of acute appendicitis
• lower risk of Sudden Infant Deaths
• better eyesight
• better oral and dental development
• better brain development
• fewer allergies
• healthier skin
• lower risk of multiple sclerosis
• less obesity short and long term
• less childhood cancer (leukemia)
• less childhood bed wetting
• less risk of juvenile rheumatoid arthritis
• reduced risk of diabetes
• lower cholesterol as adults

Many of these benefits may result from the composition of breast milk in and of itself, but many of them are also affected by the act of breastfeeding. Holding and nursing a baby bathes the child (and mother) in a flow of all kinds of sensory stimulation enhancing many kinds of development in the child and supporting the development of the mother-infant bond, the importance of which cannot be overstated. Focusing on the mother’s face supports visual development in the infant. The act of sucking develops the muscles of the face and mouth in ways that support oral health. Feeling cared for builds the physical brain. The fact that breast milk is available on demand contributes to the infant’s development of trust and feelings of security.

When I began learning about nursing, I was focused on the benefits for my baby. But there are numerous and important benefits for the mother as well. A number of experts describe breastfeeding as an important component in the emotional and parent development of the mother and many of us find this to be profoundly true. I am going to focus on more easily defined benefits.

Breastfeeding immediately after birth releases prolactin and oxytocin. As well as supporting mothering behavior, these hormones help the uterus contract, aiding in the natural separation of the placenta and reducing blood loss. Prolactin continues to support feelings of well-being and relaxation in the mother when she nurses. Breastfeeding in most instances is more convenient and hassle free than bottle feeding—there is no mixing, washing, sterilizing, running out to the store for formula. The entirely breastfed baby has poops that don’t smell disgusting.

Breastfeeding helps the mother lose weight gained in pregnancy. Breastfeeding saves money—estimates vary from $400.00 to more than $3,915.00 a year. Health benefits to the mother are impressive: breastfeeding provides protection against breast cancer (even for women who have a family history of these cancers); ovarian cancer; type 2 diabetes; rheumatoid arthritis, and osteoporosis.

By delaying resumption of menstruation, breastfeeding contributes to natural birth control, not reliable in individual cases, but approximately 80% effective in breastfeeding populations, a significant benefit in an overpopulated world.

So back to Uncle Sam. The United States Surgeon General recommends that infants be exclusively breastfed for the first six months of life and that breast milk stay the main source of nutrition for the entire first year of life. He recognizes the significant economic benefits of breastfeeding resulting from lower medical costs incurred by breastfed infants, increased workplace productivity of parents whose children are less often sick. It also acknowledges that breastfeeding is green. It doesn’t add to the waste stream in the way formula does resulting in another economic benefit and a healthier planet.

While Uncle Sam looks at economic payoff in breastfeeding, the person holding the baby or thinking of the future of the child may find other benefits more persuasive. It had been several years since my youngest child was born when I read for the first time the link between breast feeding and reduced risk of type 1 diabetes. At that time I had two siblings living with lives constricted by type 1 diabetes. Both were the victims of complications due to this illness.

I remember thinking, “Thank God I breastfed Anne and Mares!” If this were the only benefit I was being conferred, I would encourage every mother to breastfeed.

The greatest benefits for mother and child are reaped from exclusive breastfeeding in the first six months of life and from extended periods in which breast milk is a consistent and significant source of nutrition, but any amount of nursing, even one feeding, is of value. There is an absolute wealth of information about breastfeeding (including the important role of the local la Leche League chapters), and online for anyone looking for more knowledge or support. If any of you plan to breastfeed, I recommend most highly the website Breastfeeding vs. Formula Breastfeeding: What’s Best for Mom & Baby?

Mary Ann Cogelow is a parent educator and lead teacher at the Dayton’s Bluff Elementary Childbirth and Family Education site

Block club meetings

Wilson Avenue Block Club meets at 6:30 p.m. on the second Wednesday of each month at Mounds Park United Methodist Church, at Earl and Euclid.

Margaret Rec Center Block Club meets at 6:30 p.m. on the second Thursday of each month at the Margaret Recreation Center, at Margaret and Frank.

Beech/Margaret 654 Block Club meets at 6:30 p.m. on the last Thursday of each month at the Margaret Lutheran Church at Margaret and Forest. This block club covers Minnehaha, Beech, Margaret, Sixth, Fourth streets and northward between Cypress and Arcade.

If you wish to have your block club listed, or need information about starting your own block club, please contact Karin at 651-772-2057 or Karin@DaytonsBluff.org.
Dayton's Bluff Outstanding People of 2009

Stephanie Harr served as a Dayton’s Bluff Community Council board member, as council treasurer and co-chair of the Arts and Culture Committee for many years. She has served as a Neighborhood Energy Connection board member for many years, is an active Mounds Park neighborhood resident and is a founder of Friends of Mounds Park.

Mary Ann Cogelow has been active since 1975 in the Dayton’s Bluff Early Childhood Family Education program. For over 30 years, she has been a weekly support for families, contributing resources, knowledge and encouragement. A well-respected parent educator, she continues to write articles on parenting and child development for the Dayton’s Bluff District Forum.

Maryann Choen advocated for the formation of a Dayton's Bluff Living at Home Block Nurse program for years before its launch three years ago; she has been running the program since then. It helps keep area seniors safe and living independently in their homes. They are now linked to services such as transportation, advocacy and networking with community resources, food programs and health support clinics.

Neighborhood Home Tour

The 2010 Dayton’s Bluff Neighborhood Home Tour will be held on Saturday, April 24, from 10:00 a.m. to 5:00 p.m. and Sunday, April 25, from 1:00 p.m. to 5:00 p.m. It is part of the Minneapolis/Saint Paul Home Tour sponsored by the cities of Minneapolis and St. Paul. The home tour is free of charge and open to the public.

The complete listing of all the homes in Dayton’s Bluff will be in the April issue of this paper and the brochure for the Minneapolis/Saint Paul Home Tour can be picked up at the Dayton's Bluff library in mid-April Each year, many visitors come to Dayton’s Bluff to see the homes and visit with the Dayton’s Bluff residents in the homes. Many people come here year after year. Some of the visitors like it so well that they move here. The home tour is one of the best ways to show off all the great things about Dayton’s Bluff.

Volunteers are needed to help with the Home Tour. Volunteering consists of greeting people at doors, putting out brochures and information about Dayton’s Bluff and helping the home owners for a few hours either day.

If you are interested, please email Karin@DaytonsBluff.org or call Karin at 651-772-2075.

For more information on the Minneapolis/Saint Paul Home Tour, visit www.mphometour.com

You can also check out www.DaytonsBluff.org for more information about the Dayton’s Bluff Neighborhood Tour.

Dinner Theater at the Mounds
by Greg Cosimini

The Historic Mounds Theatre is “launching” its first dinner theater production.

Looking for that perfect getaway – but can’t afford it? Then “Knotareel Getaway Cruise” is for you.

The production is a hilarious musical take on cruise vacations Minnesota style. It’s a mid-winter getaway with- out ever leaving the state.

The production whiskers audience members away aboard the pride of the “Knotareel Cruise Line’s” budget cruise fleet. On your dinner excursion you will enjoy a great meal and sample the entertainment provided on our full three-day and seven-day cruises.

From left to right, Maryann Choen, City Council President Kathy Lantry, Stephanie Harr, Mary Ann Cogelow

Dayton’s Bluff Outstanding Honor Roll

St. Paul’s 17 district councils held their annual volunteer awards event on January 22, 2010, at St. Thomas University. The awards recognize people from all over the city who have given outstanding service to the community over a long period of time. In Dayton’s Bluff, the community has added three new members each year since the 1980’s.

This year’s keynote speaker was Christine Baeumler, an environmental and community-based artist and associate professor at the University of Minnesota. Christine spoke about the importance of working together to achieve successful outcomes and about her experiences working with young people, students, neighborhood groups and volunteers on a wide range of projects. Many are in Dayton’s Bluff, including Swede Hollow Henge, the art work in rain gardens like that at Bates and East 7th Street; the trail head at Payne Avenue and East 7th Street and the interpretive signage at Bruce Vento Nature Sanctuary.

Le Painter Auto Body Service
By June Bennett

For over 30 years, Le Painter auto body service has been a fixture at the corner of Third and Ataria, as a miniature antique car emerging from the building has become a landmark. The business was formerly owned by Craig Fohrenkamm, who sold it to Kiel Farr in January of this year.

Farr, who is 22 years old and ex- pecting a new baby, says that he in- tends to uphold the reputation of the long-term business. He is a graduate of Hennepin Technical College, special- izing in auto body service. He has had experience in Brooklyn Park where he worked with a body shop for art force and for the Wilder Foundation.

Farr expects that his mother will be a mainstay of the business. A Honey- well retiree, she is now the bookkeep- er. Farr has one other employee, Kim Lee, who works as a body technician.

Farr is fortunate to have had help from Saint Fohrenkamm, Craig’s daughter, who ran the business after her father’s retirement. She believes that Farr will be a big asset to the community where he is already in- volved with support for Little League baseball at Parkway Elementary. He says that he likes being in Dayton’s Bluff and its small town atmosphere. We welcome Kiel Farr to the com- munity and wish him the best of luck in his business.

JOY Academy Open House

JOY Academy opened its doors in fall 2009, expanding from the preschool and childcare program that it has operated since 1971. The school is operated by Bethlehem Lutheran Church, located at 655 Forest Street. The school has already seen an in- crease in enrollment from 14 children on the first day of school to a current enrollment of 25. The church’s goal is to reach out into the community with affordable quality Christian education, using a blend of innovative technology and classical instruction. In the next school year, the academy will be ex- panding again with the addition of the third and fourth grades. An open house will be held on Tuesday, March 9, from 6:00-8:00 p.m. for interested parents. For more information, call the school at 651-771-6982 or email info@joy-academy.org.

Free Junk Car Removal

Budget Towing of Minnesota, the state’s largest towing company, will remove any junk car or truck—located anywhere in Saint Paul—and dispose of it at no charge to the owner. The vehicle owner will receive paperwork for a tax donation, and the Dayton’s Bluff Community Council will receive a donation for each car towed. Just contact Karin@DaytonsBluff. org or 651-772-2075 to get the eye- sore removed.
Dayton's Bluff History: Swede Hollow in 1886

by Steve Trimble

It's been awhile since the Dayton's Bluff District Forum has been published—it always takes a break in January and February—so I'll remind you that in my column I've been sharing information that is now available online for the historic St. Paul Globe, published from 1884 to 1896. Here's the summary of one very interesting article I found when I searched for the term "Swede Hollow.

Forum in Danger?

This look at the legendary East Side community was taken in March of 1886-124 years ago. I might have waited a year, so it could have been a century-and-a-quarter old, a sort of anniversary, but what if the Forum has stopped publishing a year from now?

Sorry to mix business with history, but your local newspaper, like the national economy, is in a financial crisis. So if you know any of our business people who might advertise, please suggest the idea to them. Okay, now back to the task at hand.

"The Squatters Home"

The Globe article, written by someone identified only as Grundy, appeared under the headline "The Squatter's Home," with the sub-heading, "A Foreign Settlement in the Midst of St. Paul." The paper started out by saying that the area had a "quaint appearance" in the middle of the city "with its more quaint and picturesque surrounding.

One winter day he had taken a look at "the little hamlet of shanties" that was "filled with a "flaxen-haired population." He got there by going down a stairway that started above an "immense stone archway" that was "covered with huge icicles that have formed from the water trickling down from the surface of the street." The structure formed the foundation of the East Seventh Street fill and through it went the St. Paul and Duluth Railroad tracks. It is still the place people can access to today's Swede Hollow Park.

The reporter went down the steps, viewing the area below. "Through the little hamlet of huts, contributing not a little to the foreign picturesque ness of the scene, flows a clean and transparent brook," he said. The sun was shining even though "the valley was covered with "a white mantle" and "the blue flowing brook forms a striking contrast to the general whiteness of the winter picture." On either side of the "tiny stream, which originates in a bubbling spring in the foot-hills are arranged in pleasing disorder and weather-beaten cottages." Grundy continued his stroll. "Leading away from the bottom of the long flight of steps that descend from Seventh Street is a well-worn footpath. It goes directly to the nearest shanty and then divides, one branch leading across a primitive footbridge that spans the running brook, the other leading up the hollow to the next shanty, continuing to lead to every home. In some and many had been carefully placed so people could cross the water going stone to stone."

"No street marks the foreign appearance of 'Swede Hollow. The tracks of wagon wheels and the imprints of horse hoofs are visible in the bottom of the placid little brook and along its snow-girted banks, showing that the few who desire to bring and carry away such bulky articles as require a wagon, must follow up the stream." The reporter added that "the interior of these huts is rudely constructed houses and cottes, fly out and in at pleasure."

Children of the Hollow

The children of the Hollow—some analysis was made of the construction of the local structures. "Down in the hollow you observe that the shanties are of the simplest pattern," Grundy stated. The great majority were a single story high. For the few story-and-a-half structures, the stairway was on the outside. "The interior of these huts is simple from the uneven floors, without a carpet, through the few absolutely essential articles of furniture, to the tissue paper curtains at the windows and hanging from the shelves, where the rude chimnawre is kept," the article went on.

The article mentions another local landmark that was also along Phalen Creek, but south of Seventh Street. It confirmed that "There is a large precinct that is known as 'Conemara' and is occupied by natives of the Emerald Isle," although a few Swedes did live there." (I am considering an article about this settlement that used to exist under the bluff.)

According to the 1886 visitor, there were around 110 regular paying squatters in the hollow. Sometimes more than one family lived in a house, so the total population was estimated at around 600. The area was almost exclusively residential. "There are no stores, a single saloon being the only public place within the valley," which occupied "the front room of a little shanty and is kept by a woman." As if he needed to point out that poor people were not all bad, the reporter quoted one man saying: "Crime is not common." The people there live quietly and are not given to drunkenness, although beer is drank as a great luxury on Sundays and holidays. The only murder that had occurred was "the work of inhabitants of 'Conemara.'"

Peace in the Hollow

At the close of the article, the writer for the Globe insisted that the residents pretty much wanted to be left alone and were not given a lot of attention by outsiders. They were happy in the Hollow because they were "away from the noise and confusion of the city." And if the chimneys were not filled with billowing smoke, the small homes were comfortable. "They know that the sun's rays even in the winter time, warm the little valley. They know that wood is hard to get...they are content to sit in the little home, where the sunshine comes streaming through...the window, and thus warmed, go smoke their pipes and indulge in day dreams."

Their greatest fear is that they will be left alone. Their greatest desire is that they may be left alone," Grundy concluded. "The sun sets and 'Swede Hollow' is at rest. It is silent and at peace for the night. No one will disturb the squatters or visit them in their possesions until daylight. Its occupants are happy." Illustrations are from the March 26, 1886, St. Paul Globe.
Call for Artists: Plein Air Art in the Hollow

Left to right Buzz Wilson, Jessica, TCAHS Senior, Holly Garnell, TCAHS Counselor

The senior class of Twin Cities Academy High School (TCAHS) and Friends of Swede Hollow (FOSH) are seeking artists of all kinds to participate in the Art in the Hollow–Swede Hollow Plein Air Art Fest. The time is from 10:00 a.m.-3:00 p.m. on Saturday, May 22 in Swede Hollow Park. The fest is a family event. School and community programs in Dayton’s Bluff are co-sponsors of the event. Please help spread the word. For more information call 651-776-0550 or email artinhollow@gmail.com

Hmong Village To Open

In April, St. Paul will see the beginning of an exciting addition to our community. Hmong Village will be our year-round open market right here on the East Side. For Hmong that live in the marketplace, is the collaboration of nine business partners who took over a vacant building at 1001 Johnson Parkway. It once housed offices for the St. Paul public schools and now has been reused (a term we all like to hear these days) and revamped to make spaces that will house up to 350 vendors and other businesses in the adjacent office spaces. The spaces are well thought out and beautifully decorated, with areas for resting, eating and moving. Just think of all the exercise you could get while completing your shopping and having a unique cultural experience at the same time.

Right now there are 295 vendors that will be in residence at the opening and there are more to be added. The village will include 30 produce tables that will provide locally grown and shipped-in materials, depending on the weather. The village will also have fresh-cut flowers for sale. General merchandise stalls will carry clothes, shoes, CD’s, and jewelry, just to name a few.

Six different kitchens along the back wall will be open for eating in a corridor of tables, or for take-out. The restaurants’ diversity so far ranges from Vietnamese, Chinese and Thai to Laotian and Hmong styles of food.

One of the best things about this market is that it is open all year round, seven days a week. Proposed hours of operation are from 9 a.m. to 9 p.m. with restaurant/food vendors open from 6 a.m. to 10 p.m.

Hmong Village operators hope that local schools will be able to offer field trip opportunities to have the children experience the market and its cultural richness and explore the diversity of foods offered.

They also have expectations that this site may become a destination for not only locals but visitors to the city of St. Paul.

Hmong Village is for our whole community to enjoy and be part of.

Yia Vang, one of the managing partners says, “we are not in business just to make a profit, but to give back and be connected to our community.” He is thrilled to be part of this project which originated 500 artists, and to enhance an already beautiful St. Paul.

There are still openings for produce, food and merchandising vendors if you have an interest in this endeavor.

What a great spring adventure to look forward to. I personally can’t wait to take my children and go shopping. See you there soon!

Dayton’s Bluff Beat Officers

Officer Chris McGuire and Seth Snedden have been the Dayton’s Bluff beat officers for nearly three years. They are part of the Eastern District Police SITE unit which is made up of eight officers working Dayton’s Bluff, Railroad Island and Payne Phalen.

Beat officers generally work an assigned area like Dayton’s Bluff, but may also work with other SITE officers on specific neighborhood problems. Unlike patrol officers, they are ordinarily not required to respond to service calls.

Beat officers also develop relationships with neighborhood people. They attend block club meetings and the Dayton’s Bluff monthly community meetings and they get to know Dayton’s Bluff neighbors.

Officers McGuire and Snedden’s work includes getting property problems closed down, helping neighbors work with each other, talking with neighbors about problems, working with landlords who have problems and working in cooperation with other city departments to resolve problems in the neighborhood.

Dayton’s Bluff officers carry a cell phone that is specifically dedicated to be used by Dayton’s Bluff residents to contact them about neighborhood problems, questions, or to give them information. The cell phone number is 651-341-7637.

Reminder: if you need an officer right away or if there is a crime in progress call 911 for emergency or 651-291-1111 for non emergency.

Strip Club Hosts Fundraiser

The Strip Club (www.domeats.com) is one of the newest restaurants in Dayton’s Bluff, and a uniquely special dining experience. It’s located in a wonderfully restored historic building on Maria Avenue, at the corner of East Sixth Street. The Strip Club has been widely praised for its elegant dining experience, world-class menu from

On the evening of Sunday, March 14, the restaurant will host up to 60 people for a specially prepared five-course menu, paired with wines, as a fundraiser for the community programs of the Dayton’s Bluff Community Council (www.daytonsbuff.org). The first 60 people who reserve their place will be treated to a marvellous menu, so email info@DaytonsBluff.org or call 651-772-2075 for more information and to get your seat for this unique Dayton’s Bluff experience.

Do not wait to reserve your seat; they will be reserved on a first come, first served basis, and the event is likely to sell out. This will be a fun experience and will also bring some needed funds to support our community programs in Dayton’s Bluff.

The restaurant consistently receives good reviews from diners who come from throughout the metro area. To read some of them, go to http://www.usmag.com/dining/restaurantguide/82520.asp.

Monthly Community Meeting

The next Dayton’s Bluff Community Meeting is Thursday, March 4, from 6:30 to 8:00 p.m. at the Dayton’s Bluff Community Council, 798 East 7th Street (at 7th and Margaret). The council holds a community meeting on the first Thursday of most months.

The object is to work with block clubs and neighborhood residents on problem properties, criminal and nuisance behavior, code enforcement issues and any other neighborhood issues, concerns or new ideas for improving Dayton’s Bluff.

If addresses of problem properties are sent to Karin DuPaul before the meeting, she will submit them to police and code enforcement officers. They will then research the properties and bring relevant information to the meeting. All Dayton’s Bluff residents are welcome to attend. Send addresses to, or get more information at, Karin@DaytonsBluff.org or call Karin at 651-772-2075.
Our Youth. Our Community.
Highlighting the youth of Dayton’s Bluff

Those in youth groups can be millionaires!

Maybe that’s a stretch, but it is a possibility. It has been shown that teens who participate in youth groups get better grades and are more likely to go on to college, which will net a higher salary. But it’s not all about academics and money. It’s also a chance for fun. “You can just lay back and enjoy yourself, but you’re learning something at the same time,” says Geoffrey Gill, who has worked with organized youth groups for almost seven years. Gill adds that participating in teen groups creates a close-knit community and a safe place to go when you need someone to talk with, be it an adult or a close friend.

With all the benefits of being part of a teen group, the Dayton’s Bluff Recreation Center (DBRC) wants the neighborhood youth to get excited about joining. “Our group has so much to offer,” says Gina Stokes, assistant director. “Teen club is a great way to express your feelings and thoughts, meet new friends and provide service in your community. We have lots of fun, including entertaining field trips.”

City Gets Major New Housing Funds
by Ed Lambert

Four city neighborhoods, including Dayton’s Bluff, will share in a targeted $18 million federal housing grant recently announced. The funds are focused on the city’s four Invest Saint Paul (ISP) neighborhoods which have the highest need for these funds.

The program, known as NSP2, will focus on purchasing vacant, foreclosed or abandoned houses with more than four housing units in them. The city, working with the Dayton’s Bluff Neighborhood Housing Service (www.dbnhs.org), will rehab and resell as many of them as are feasible, and demolish those not cost-effective to rehab. Vacant lots created by the program will be marketed as new housing sites.

Dayton’s Bluff will see approximately 25% of the funds directed to new housing sites. The program has a strong jobs component as well, in that the city will rely on local small contractors and businesses to implement the program. For more information, go to the following site: http://www.st paul.gov/index.asp?NID=34 and scroll down to Neighborhood Stabilization Program. You can also find information about other city projects; such as the Federal American Recovery and Reinvestment program and its St. Paul impact, and the St. Paul Mortgage Foreclosure Program for help to prevent foreclosures.

Ed Lambert is the Executive Director of the Dayton’s Bluff Community Council.

Gill recalls a ninth-grade student in one of his groups who was reluctant to join at first. The next year he came back to help lead the group. “As corny as it sounds,” says Gill, “I wanted to come back to give back.”

If you’re a youth looking for something to do, check out the DBRC teen club. You can make good friends and good grades, and who knows … maybe become a millionaire.

Letter to the Editor
The East Side Gets Slapped Around Again

So what’s new? A while ago I sent in a letter that talked about East Side facilities being closed and warned readers to watch out. Unfortunately, I was right to be concerned. What gets me is how this side of town usually ends up with more bruises than elsewhere.

Unless my math is rusty, it looks like a majority of the closures of city recreation centers that were recently announced are located on the East Side. Highwood Hills and Frost Lake, which have always been housed in the city, will now be the responsibility of the school system instead of the city Parks and Recreation Department. Fat chance that they will take over the programming.

The City Academy charter school will now control the Wilder building. East View is housing Brunette Boxing, Inc. and Twin City Barbell, Inc. The Hmong Youth Education Services has already set up shop in what was the Margaret Recreation Center.

The groups that are replacing the city have good programs, but the community is going to lose access to facilities paid for by taxes. I’m also annoyed by the language used by the Parks Department. Remember, when Parkway Elementary was threatened, school board officials said it was being “re-purposed.” The original students were shooed away and the building now has a fancy new name—seems like a closing to me.

The city may be taking euphemism lessons from the school administration. When writing about the shutdown of recreation systems it always uses the term “re-partnering” instead of closing. Odd! Was there an earlier partnership we never knew about?

One online reporter has described it as “privatizing.” I suppose in most cases this is more like “non-profitizing.” But that’s just an annoyance. I would like to protest the fact that the East Side was hit so hard. Of course it’s too late to do anything about it. But maybe we should start to be more proactive and watchful.

The school system may try to make another run at Sheridan Elementary in the future. If the economy ever turns around and the city budget improves, perhaps we should try to get some of the recreation centers “un-re-partnered,” if you’ll excuse the expression.

Sincerely,
G. B. LeRoy
Dayton’s Bluff District Forum
March 2010

Meet the Police
The Eastern District Police host their monthly meetings for community members at 722 Payne, on the corner of Payne and Minnehaha Avenues. One is on the third Wednesday of each month at 6:30 p.m. and the other on the third Friday of each month at 9:30 a.m. In March, the meetings are on the 17th and 19th.

The meetings are intended as a time to listen to and address people’s concerns about crime and other issues on the East Side.

Take-a-Hike on April 3
Dayton’s Bluff Take-a-Hike occurs on the first Saturday of most months. There will not be a hike in March; the next hike will be Saturday, April 3. Hikers meet at 10:30 a.m. in Indian Mounds Park at Earl Street and Mounds Boulevard.

The route winds through Mounds Park to the Bruce Vento Nature Sanctuary and then follows the Bruce Vento Recreational Trail through Swede Hollow Park to the new East Side Heritage Park. Along the way leaders and hikers will share stories and learn some of the area’s local history. The hike is about four miles long with some moderately rough terrain. Transportation will be available to return to Mounds Park, if needed.

Join the hike and explore some of the area’s parks and the regional trails. For more information contact Karin at 651-772-2075 or Karin@Daytonsbluff.org.

Summer Internships at the Community Design Center
by Lauren Anderson
Looking for a summer job? Want to give back to your community? Apply to be an intern at the Community Design Center of Minnesota! Located at 731 East Seventh Street (right by Swede Hollow Café and Metro State), the Community Design Center is a 40-year-old nonprofit organization that operates youth programs aimed at engaging young people in their community and providing them with experiences that enrich their lives and develop important life skills.

In the Garden Corps Program, interns plant, maintain, and harvest seven gardens throughout the East Side using sustainable growing methods. Interns also run a Community Supported Agriculture program and operate a farmers’ market stand.

In the Conservation Corps, interns build rain gardens, remove invasive species and restore native habitat in conservation areas such as Swede Hollow Park and Bruce Vento Nature Sanctuary.

All interns learn job skills, develop leadership skills around environmental issues and participate in weekly classes and field trips covering a wide range of topics around careers, food and the environment.

Applications for new interns are due on Friday, April 9, 2010. Interns must be between 14 and 18 and live or go to school on St. Paul’s East Side. Income restrictions may apply for questions or to request an application, please contact Lauren Anderson, Program Manager, at 651-228-7073 or landerson@comdesignctrmn.org.

Safety Fun Fair; Summer Youth Programming
by Lauren Anderson
Bring the whole family for a preview of summer fun and safety! The St. Paul Fire Department and East Side Network Café will sponsor a Safety Fun Fair and Summer Youth Programming Registration Event on Thursday, April 8, from 5:30 to 7:30 p.m. at Dayton’s Bluff Recreation Center, 800 Conway Street, St. Paul.

Fun activities for the kids, an array of summer camps and programs for parents to browse, and a free indoor picnic supper for everyone. No charge, no need to register. Just bring your family along and join the fun!
Rain Garden Workshops

Curious about rain gardens? Find out how they can help the environment and beautify your yard. Rain gardens are specially designed and planted to capture rainwater and snowmelt so it can seep naturally into the ground. On St. Paul’s East Side, neighborhood and environmental groups are working to encourage rain gardens as a way to “green” our communities and protect the water quality of the Mississippi River.

Two upcoming workshops will provide help and answer questions on how to create a rain garden. Whether you are a homeowner or renter, plan to attend the workshop at the location that works best for you.

Thursday, March 4, 6:30 p.m. Wilder Recreation Center 955 Jessie St. St. Paul, MN 55101

Please RSVP by Monday, March 1, to Becky Meyer at the East Side Neighborhood Development Company at rebecca.mayer@esnnd.org, or 651-288-8750.

Tuesday, March 9, 11:30 a.m.-1:30 p.m. Metro State University Library Room 302 (Eco Lab) 645 East 7th Street St. Paul, MN 55106

Please RSVP to Nancy Bagshaw-Reasoner at nancybagshawreasner@metrostate.edu.

Landscape specialist Shawn Tracy and other local experts will be on hand to provide advice tailored to your property and your interests. They will help you:

• Design a rain garden that is right for your yard
  • Choose plants that do well in rain gardens – and look great
  • Apply for funds to help with the cost of installing your rain garden
  • Get free help installing your garden

Referrals will be provided. This workshop is presented by the Capitol Region Watershed District, Dayton’s Bluff Community Council’s Greensing Dayton’s Bluff, East Side Neighborhood Development Company, Lower Phalen Creek Project and Ramsey Conservation District.

Community Garden Plots Now Available by Jennifer Herman

Raise your own fruits and vegetables in a garden plot at the new Skidmore Park Community Garden!

Plots come in two sizes: 40 square feet for $20 per year and 64 square feet for $25 per year. Applications are available online at www.daytonsbluff.org and at Facebook (www.Blt.ly/DQ87) or at the District Council office, 798 East Seventh Street.

Submit applications to the council office by mail or in person. They must be received no later than April 24, 2010, and are limited to one application per household. Plots will be assigned in the order applications are received. To receive a garden plot, you must attend the Spring Kickoff Work Day on May 1 at 9:00 a.m. at the Skidmore Park Community Garden, 1085 East Fourth Street. Questions? Contact us at: skidmorepark@gmail.com or 651-772-2075.

Learn about Heirloom Seeds and Organic Soil

In March and April, the Dayton’s Bluff Community Council will host two presentations to get gardeners ready for spring.

Are you confused about what heirloom, cultivar or hybrid means on the seed packet? Do you want to know what open-pollinated means?

On Tuesday, March 16, at 6:30 p.m. Mary Mac, a former Ramsey County Master Gardener who lives in Dayton’s Bluff, will present information on growing heirloom seeds. She will answer questions on care of the young plants and how to rate their quality.

Mary Mac will make a second presentation on Tuesday, April 13, at 6:30 p.m. on working with organic soil. She will unravel the how-tos and what-ifs of growing your flowers and vegetables organically. She will answer your questions about preparation, weed control and bug control.

Both presentations will be held in the council meeting room, 798 East Seventh Street, St. Paul.

To register, email Karin@DaytonsBluff.org or call 651-772-2075.

Book Reading: Community Service—Community Gardening

On March 18 at 7:00 pm, August Hoffman will read from his book, Unity Through Community Service Activities and answer questions from the audience. The event will take place at the Dayton’s Bluff Community Council meeting room at 798 East Seventh Street. The author is a professor of psychology at Metropolitan State University.

The book points to community service as an ideal way to help define how young people deal with each other and to facilitate these interactions. It addresses ways to overcome divisions, foster multicultural group development, and reduce ethnocentrism and ethnic conflict.

Dayton’s Bluff gardeners may be particularly interested in one of Professor Hoffman’s local projects. With his students at Metro State, he has created a community garden in the greenhouse on the grounds just above the university library’s parking lot.

According to Sage Holben, organizer of the event, “August focuses as much on community gardens as on building communities.” To ensure a space, email Karin@DaytonsBluff.org or call Karin at 651-772-2075.

Dayton's Bluff District Forum


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