

District 10 Como Community Council News

Your Neighborhood News

Winter 2010

Greetings from New District 10 Staff Member Jessica Bronk

I am excited to join the District 10-Como Community Council as the new Administrator and Coordinator.



I graduated in 2008 from the University of Wisconsin-Madison with a Bachelor of Arts degree in journalism and mass communications with an emphasis on strategic communications.

My previous employment includes working in the banking industry, which helped me gain a fundamental understanding of financial practices. I also love to write and have an interest in community organizing and the nonprofit sector. District 10 will be the perfect place for me to begin my career.

I currently live in North Saint Paul, however I originally hail from South Saint Paul. Since my childhood, I have enjoyed many family gatherings, outings and adventures in Como Park, and I'm ready for more! I really admire the great sense of pride and community in the Como neighborhood, and I look forward to being a part of it.

As the Administrator and Coordinator of District 10, I will dedicate my time to building strong relationships in the community and continuing to make the Como neighborhood a great place to live, work and play. I look forward to getting to know all of you!

3 Como Area Volunteers Honored by Mayor Coleman

In late January, Marcy Micek, Matt Schmitt and Sharon Shinomiya were honored by Mayor Chris Coleman and City Council chair Kathy Lantry at the annual District Council Honor Roll, an annual event recognizing city volunteers who have made an impact in their community.

Ms. Micek worked countless hours as District 10 Treasurer to establish sound financial and organizational best practices. While chairing the council's Communications committee, Mr. Schmitt established relationships with local organizations and volunteers to efficiently deliver local information to residents through a print newsletter and a new website. Ms. Shinomiya organized numerous events including the Poet-tree workshops related to the Como Woodland Outdoor Classroom, Environmental committee activities as well as tutoring at a local elementary school.

Other nominees included Pete Bolstad, Janna Caywood, Kari Rohman, Betsy Wehrwein, and Josh Witte. Congratulations to all nominees and winners!



1224 Lexington Parkway N
St. Paul, MN 55103
(651) 644-3889

district10@district10comopark.org
www.district10comopark.org

Board of Directors

Jon Knox, Chair
Panod Klongtruatroke, Vice-Chair
Marsha Milgrom, Secretary
Penny Spence, Treasurer
Barbara Clark, Sub-district 1
Mike MacDonald, Sub-district 1
Pete Bolstad, Sub-district 2
Vacant, Sub-district 2
Matt Streit, Sub-district 3
Vacant, Sub-district 3
Ted Blank, At-large
Chris Harkness, At-large
Jody McCardle, At-large
Dolores Rufenacht, At-large
Betsy Wehrwein, At-large

Staff

Jessica Bronk
Camille Schafer (interim)
Josh Witte (interim)

District 10 encompasses Como Park, Energy Park and the Como Campus including the zoo, park and lake and is divided into three geographic sub-districts.

The Como Community Council serves an important role in advising the City about issues that directly affect residents.

We work with residents and community partners to promote public safety, maintain good housing, improve environmental quality, foster a healthy business climate and maintain a desirable neighborhood.

Board Members are volunteers who dedicate their time to education and outreach in the community.

Newsletter coordinators

Joan Brandwein & Katie Bruhn

Poet-Tree Workshop Students to Celebrate Kilmer Fireplace Restoration and Arbor Month May 19

by Como Woodland Advisors

Perfect fall weather greeted 139 Chelsea Heights and Como Park Elementary school students last fall as they enjoyed guided educational walking tours of the Como Woodland.

Three tour guides, volunteer Como Woodland Advisors, taught the students about urban woodlands, the benefits of trees and the history of the Kilmer Memorial Fireplace (a.k.a. Dutch Oven).

After the tours, each of the five classes participated in a Poet-tree Workshops conducted in their schools by professional poet and educator John Minczeski. The combination of outdoor and classroom education helped the students retain and contextualize the information. Each class's group poem will be printed in the Kilmer Fireplace Rededication booklet to commemorate the fireplace restoration.

As winter approached, scaffolding was erected around the dilapidated Kilmer Fireplace (located near the southwest corner of Como Park) and restoration masons will work on repairs over the winter.

The Como Woodland Advisory Committee is planning a Kilmer Fireplace Rededication Event to be held 75 years after the original dedication.

The public is invited to join the Rededication on May 19 at 1 p.m. Several guest speakers will be on hand. City Forestry Department staff and Poet-tree Workshop students will plant oak trees and Como Park Senior High advanced placement students and their mentors will be in the Como Woodland to collect data for their long-range environmental study.

The Como Woodland Advisory Committee would like to thank Poet-tree Fund donors; District 10 Community Council; elementary teachers Lynn Bartol, Josh Malloy, Kelly Dudeck, Michael Binns, Ra Kour and their students for making the Poet-tree workshops a success. Thanks also to the St. Paul Parks and Recreation Department and the Minnesota State Legacy/Heritage fund for restoring the Kilmer Fireplace.

For more information visit www.comowoodland.org.

Como Park/Falcon Heights Living at Home Block Nurse Program

The mission of the Como Park Living at Home/Block Nurse Program is to organize community volunteers, professionals and family members to provide care for neighborhood seniors in ways that support choice, dignity and independence.

The program partners with Recover Health to provide home health care and the community-based Nurse and Health Aide work specifically in our community. Home health care is often billed through insurance and the program can also provide a lower cost private pay option as well.

The program works in partnership with the healthcare team to ensure a seamless and holistic approach to both short and long-term care needs and also offers many free services including respite care, chore support, medical advocacy, service coordination, application assistance, rides to medical and dental appointments and exercise classes. See below for details on some free services.

The program's goal is to provide medical, practical and social care to strengthen our intergenerational community. If you'd like to help, volunteers are needed to help with hair care, visits, rides and light lawn care.

Healthy Moves for 62 Plus

A free 12 week home-based exercise program aimed at decreasing the likelihood of falls. For more information call Leeann (651) 642-1127.

Free Blood Pressure Clinics

Falcon Heights Town Square
1530 Larpenteur Avenue West
2nd Monday of each month, 1-2 p.m.

Arbor Point Senior Apartments
635 Maryland Avenue West
3rd Monday of each month, 1-2 p.m.

Blomberg Pharmacy
1583 Hamline Avenue North
1st Wednesday of each month, 11-11:30 a.m.

For more information

Como Park/Falcon Heights Living at Home/Block Nurse Program
1376 Hoyt Avenue West
St. Paul, MN 55408
(651) 642-1127, comobnp@mtn.org
www.blocknurse.org/comobnp

Neighborhood Safety Committee Accomplishments and Plans

by Dolores Rufenacht

Members of the Neighborhood Safety Committee and District 10 staff are dedicated to encouraging an actively involved community, promoting safety and creating a friendly and fun neighborhood for all.

2010 activities started in February when several block clubs started neighborhood walking clubs to promote healthy and safe outdoor exercise with neighbors. Participants, equipped with pedometers, competed in a two-month walking competition and gathered in April to crown winners and participate in a *Walk and Talk* Event planned by committee members and a University of Minnesota nursing student. Also in April, a speaker shared traffic safety ideas with neighbors in a talk titled *How to Tame the Traffic in your Neighborhood*.

In July, a bike safety/tour and *Staycation* event were well attended. In August, over 25 block clubs gathered neighbors for the annual *National Night Out*.

In response to resident concerns, three special safety meetings were held. We would like to thank St. Paul Police Department Crime Prevention Coordinator Pam McCleary and Western District Senior Commander Todd Axtell as well as several police officers and City and County staff members who attended meetings to answer questions and provide information to address resident concerns.

In 2011, The Neighborhood Safety Committee plans to continue offering opportunities for all residents to get involved in a variety of safety, health and crime prevention programs.

We'll be encouraging block clubs to get walking programs going again soon. March is *Crime Prevention Information Month* and we'll hold a *Paint the Pavement* Workshop. A Bike Rodeo/Safety Event is in the works for late April. In June, we'll start planning for this year's *National Night Out* on August 2.

Please join us on the fourth Monday of each month for our meetings and/or consider volunteering at one of our events.

For more information, meeting agendas and minutes visit www.district10comopark.org/Neighborhood_Relations_Committee.html

Meet your neighbors! Become a Block Leader

by Jeanne Baumann

I've been asked to write a few words to encourage residents to consider becoming a block leader. Some block leaders refer to themselves as blockheads, I call them block coordinators. In my case, I lead little on our block but I do share information with my neighbors. Whatever the name, we need a few more folks to make a commitment to help neighbors get to know neighbors. That's really all a block leader or coordinator or blockhead does.

About 16 years ago, after a few minor garage break-ins, two neighbors asked me to help start a block club. We assembled a neighborhood directory that we shared with everyone on the block. For a time, we had a printed newsletter delivered by neighbors to neighbors. Another neighbor arranged for outdoor summer evening gatherings as a way to get to know each other.

I'm an introvert, so I get to know people through walking my dog. Most people like to meet a friendly dog and that was my first step towards becoming an unofficial block coordinator and soon I was sharing information about a break-in. In another case, a neighbor called on a snowy evening to see if we might be getting together--and we shared game night. Neighbors appreciate having one person to go to ask questions and share ideas.

I don't lead anything. I just make an effort to introduce people and to share information from the district council, city and neighbors.

The job description is easy: simply help your neighbors learn that they live not just in a house but in a community and then let that community develop.

Being a block coordinator puts me in the middle of all of this--that's life-giving and quite satisfying. I encourage you to give it a try!

To find out more about becoming a block leader, email district10@district10comopark.org or call (651) 644-3889.

St. Paul Police Department Safety Tip

If lost or stolen, store membership and rewards cards can be used to locate your personal information. To safeguard your information, keep your store cards on a separate ring from your keys.

Hubert H. Humphrey Job Corps Center Winter News

Cate Edlund, HHH Job Corps Community Liaison



By the time you read this, we will be well on our way to a productive 2011, with new challenges for our students as they enter this difficult job market. We view internships and work-based learning opportunities that give the students valuable real work experience as a critical part of their learning. We are grateful to those who have given them the chance to hone their skills. During 2010, students logged over 35,000 work-based learning hours to organizations such as the St. Paul Chamber of Commerce, Como Park and Conservatory, Ramsey County Parks and Recreation, Sholom Home, Regions Hospital and Crave restaurants among many others.

A few highlights from 2010: Last January was quiet, but then Groundhog Day in February was upon us. We marked it with a week of job shadowing as sixty students were paired with real work-world mentors. February is also winter graduation month and we were honored to have Mayor Coleman as our speaker.

March includes Job Jam Week, part of which is Reality Central, a simulated world of work and life skills that tests our students' decision-making skills on everything from housing to insurance to healthcare choices. During this week, students also test their job interviewing skills with skilled interviewers kind enough to share their time.

April's Earth Day was very special this year. We had a tree planting ceremony and put in two crimson maples at the front of the center. They are still small, but, in years to come, they will help deflect those western winds from the administration building and contribute a bit to reducing energy use. In general, this has been a big year for energy reductions. The two renovated buildings were rehabbed based on green building standards and heating and cooling systems in the dorms followed suit. Each year we intend to reduce our energy footprint and increase our knowledge of how to do it.

Student teams worked at Special Olympics in May and, as ever, were impressed with the determination of the participants. We thank Como Park Lutheran Church for their gift to our student fund this year, as much for the vote of confidence in our program and students. Student volunteers also worked for Festival of Nations, helping to get the event set up and enjoying its multicultural flavors.

A very good thing – a whole busload of students went to Wadena at the end of June and helped with cleaning up after the tornado. They were sobered by the power of the storm and impressed with the resiliency of the people of Wadena. Altogether, our students logged well over 2000 hours of volunteer time in the community during 2010.

We hosted another 50th Reunion for Bethel College. Our student guides enjoy hearing about "the old days" and both the old Bethel students and our students find that life on campus is, in many ways, the same. Eighteen students volunteered their time at Zoo Boo. District 10 held its 2nd annual Pancake Fundraiser in our cafeteria and our student government sponsored its Halloween games and activities for kids that day. Bowling with pumpkins was a particular favorite. Don't miss the next one!

You are welcome to join any of these events – just call Cate at 651-647-0442 x104 - see you in 2011!

The Service
YOU'VE BEEN WAITING FOR

Emily
Sherman
651 • 341 • 7686



David
Aronow
651 • 983 • 6169

www.DavidEmily.com



Edina Realty

