



Celebrate 15 Years with the Midtown Farmers Market!

Miguel Goebel | MFM Manager

Join us on May 6th for our Opening Day Food Truck Fest as we kick off our 15th Anniversary Season with a bang! In addition to hosting a slew of amazing food trucks, this year Midtown will also be celebrating our 15 years with a number exciting giveaways, great live music and so much more! As construction of Hennepin County's Family Service Center will be completed adjacent to the market site this spring, Midtown will be operating in the same space as the last two years as we eagerly await our new home at 2225 E. Lake St. See the image on page 5 for our exact location for the 2017 season.

Our 2017 Opening Day Food Truck fest on May 6 will be from 8am-1pm and we'll be featuring seven food trucks along with our weekly ready to eat food vendors including Kabomelette, Fireroast Café, Akshay Patram, the Moral Omnivore and more! Be sure to follow us on Facebook and Twitter to hear about additional food trucks that will be joining us. We'll also be hosting a blood drive with Memorial Blood Centers, so please step up and help save lives by donating! Entertainment for the day will include Lonnie "the L Train" Farrow from 9-11am and Javier Trejo from 11am-1pm; we hope to see you there!

Other special event days this month include Urban Ag. Day on May 13th, which will provide a variety of resources regarding urban agriculture and gardening, and Youth Leadership on May 20th, featuring a youth led cooking demo by Dream of Wild Health, young poets from TruArtSpeaks and youth led music and entertainment. Some of the great items you can expect

to find at the market in the month of May include: asparagus, lettuces, greens, spinach, green onions, radishes, rhubarb, seedlings, bedding plants, hanging baskets, perennials, free range chicken, grass fed beef, pasture raised pork and lamb, eggs, cheese, honey, maple syrup, jams and jellies, baked goods, omelets, kabobs, tostadas, tamales, beef and vegetarian sliders, mushroom fries, samosas, pakoras, coffee, juices, bubble tea and a variety of local arts and crafts such as furniture, jewelry, books, clothing and more.

The Midtown Farmers Market is located at the corner of East Lake Street and Hiawatha Ave, directly adjacent to the Midtown/Lake St. LRT stop at 2225 E. Lake Street. The market offers fresh, local foods every Saturday 8:00am-1:00pm from May-October and Tuesday from 3:00pm-7:00pm June-October.

Thank you to this month's Saturday Market sponsors – Hennepin County and Gandhi Mahal.



¡Celebremos 15 años del mercado de granjeros de Midtown!

Acompáñanos el 6 de mayo para celebrar la apertura de la quinta temporada del Midtown Farmers Market! Este año, además de ofrecer una gran cantidad de camiones de comida, también celebraremos nuestros 15 años con sorteos, música en vivo y mucho más. Como la construcción del Centro de Servicios Familiares del condado de Hennepin adyacente al sitio del mercado será terminada esta primavera, Midtown estará operando en el mismo lugar que los últimos dos años - en 2225 E. Lake St. Consulte el mapa en la página 5 para ver nuestra ubicación exacta para la temporada 2017.

Nuestra celebración del día de apertura será de 8 am a 1pm el sábado 6 de mayo, 2017 y otra vez estaremos presentando siete camiones de comida, junto con nuestros vendedores de comida semanales. Los presentes incluirán: Kabomelette, Fireroast Café, Askshay Patram, Moral Omnivore y más! Síguenos en Facebook y Twitter para aprender cuales serán los camiones de comida adicionales que se unirán a nosotros. También albergaremos una campaña de sangre de Memorial Blood Centers, así que por favor, acérquese y ayúdele

a salvar vidas donando sangre! El entretenimiento para el día incluirá Lonnie "The L Train" Farrow de 9 a 11am y Javier Trejo de 11 am a 1pm; ¡Esperamos verte ahí!

Otros eventos especiales en el mercado durante el mes de mayo incluirán: el día de la agricultura urbana el 13 de mayo, el cual ofrecerá una variedad de recursos con respecto a la agricultura urbana y la jardinería, y el día de liderazgo juvenil el 20 de mayo con una demostración de cocina dirigida por los jóvenes de Dream of Wild Health, actuaciones de poesía por jóvenes poetas de TruArtSpeaks, y música y otro entretenimiento por artistas juveniles.

Algunos de los productos que puede encontrar en el mercado en el mes de mayo incluyen: espárragos, lechugas, verduras, espinacas, cebollas verdes, rábanos, ruibarbo, plantas de semillero, cestas colgantes, plantas perennes, pollo, carne de res, carne de cerdo, queso, miel, miel de maple, mermeladas, productos horneados, omeletes, kabobs, tostadas, tamales, sliders de carne y sliders vegetarianos, papas fritas, samosas, pakoras, café, jugos, Té y una variedad de artes y artesanías locales como muebles, joyas, libros, ropa y mucho más!

El Midtown Farmers Market está ubicado en la esquina de East Lake Street y Hiawatha Ave, directamente adyacente a la parada Midtown / Lake St. LRT en 2225 E. Lake Street y ofrece comida local y fresca todos los sábados de mayo a octubre de 8:00 am a 1:00 pm y todos los martes de junio a octubre de 3:00 pm-7:00 pm.

Gracias a los patrocinadores del mercado de este mes – Hennepin County y Gandhi Mahal.

CORCORAN NEIGHBORHOOD ORGANIZATION
3451 CEDAR AVE S.
MINNEAPOLIS, MN 55407

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Fun filled weekend in the neighborhood!
May 6th - COPA's 1st artcrawl
May 7th - the 43rd MayDay Parade and Festival

6 de mayo - 1er arte de la COPA
7 de mayo - el desfile y el festival del MayDay

Mayo – Calendario Comunitario | May– Community Calender

Meetings

Thursday, May 4th
Land Use & Housing Committee Meeting
6:30 – 8pm
Monthly meeting of residents working together to protect and improve the built environment in Corcoran.
> For more information go to <http://www.corcoranneighborhood.org>
> Questions? info@corcoranneighborhood.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Monday, May 8th
Newspaper Committee
6 – 7pm
Monthly meeting to plan the next edition of the Corcoran News.
> Questions? Russ.Grigsby@corcoranneighborhood.org
Location: CNO office, 3451 Cedar Ave S

Wednesday, May 17th
Midtown Farmers Market Advisory Committee Meeting
6 – 7:30pm
Monthly meeting of residents working together to support market staff in identified areas of need including fundraising, communications, operations, outreach and partnerships, and on-site support.
> Questions? Miguel.Goebel@midtownfarmersmarket.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Thursday, May 18th
Economic Development Committee Meeting
6 – 7:30pm
Monthly meeting of residents working together to build a retail environment that is fully-occupied, stable, and responsive to residents’ needs through strategic support and collaboration with property and business owners.
> Questions? Matt.Kazinka@corcoranneighborhood.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Community

Tuesday, May 2nd
Food Shelf Distribution
3 – 4pm
Lebanon Church (21st Ave & 36th St)
(Always the first Tuesday of each month)

Thursday, May 4th
Southside Neighborhoods 2020 Community Conversation
5:30-8:30pm
One in a series of community dialogues about neighborhood organizations in Minneapolis. The event will include small group discussions.
The dialogues are a first step in developing recommendations for the Minneapolis City Council on the future work of neighborhood organizations through a process of respectful and inclusive community engagement.
> Location: Abubakar-As-Saddique Islamic Center - 2824 13th Ave So.

Sunday, May 7th
Heart of the Beast’s 43rd Annual May Day Parade, Ceremony, and Festival
Parade begins at noon at the corner of 25th St. E. and Bloomington Ave. S., and travels south on Bloomington to 34th St. E., where the parade turns west towards Powderhorn Park.
Ceremony & Festival in Powderhorn Park: The MayDay Tree of Life Ceremony begins at 3pm. Free! All welcome!
> More information at <https://hobt.org/mayday/>

Reminder:
Monday, May 8th
Applications due for Milly’s Peace Garden & Corcoran Community Garden
> For more information, visit http://www.corcoranneighborhood.org/community_gardens

Wednesday, May 10th
6:30 to 8 PM
Upcoming Blockleader Training opportunity.
> Location: Minneapolis Police Dept 3rd Precinct Community Room,3000 Minnehaha Ave.
RSVP by calling Crime Prevention Specialist Jennifer Neale at 612/673-2839 or email her at jennifer.neale@minneapolismn.gov

Events

Saturday, May 6th
COPA Art Crawl
9am-5pm
Enjoy a stroll through our beautiful Corcoran and Powderhorn neighborhoods as you view the many creations by our resident artists! They will graciously open their studios for your viewing pleasure. This coincides with the opening of the Farmer’s Market and is the eve of the MayDay Parade- making for a fun-filled weekend full of outdoor events!
Art Crawl maps will be available at the COPA booth at the Midtown Farmers Market.
> For more information, visit copa-artcrawl.com or contact copaartcrawl@gmail.com

Saturday, May 6th
Midtown Farmers Market Opening Day Food Truck Fest
8am-1pm
Join us as we celebrate spring and kick off our 15th anniversary season with a fleet of food trucks, live music, fresh local produce, local art, and more!
• 8am – market opens & food trucks begin serving
• 9am-11am – live music by Lonnie “The L Train” Farrow
• 11am-1pm – live music by Javier Trejo
> For more details and happenings, check out the Facebook event at www.facebook.com/midtownfarmersmarket
Market location: 2225 E. Lake Street

Wednesday, May 10th
CNO Potluck & Board Elections
5:30 – 6:00pm
New CNO Member registration.
Potluck meal begins.

6pm
CNO Board Election begins while the potluck meal continues.
6:30 – 7:30pm
Potluck and Socializing continue!
> For more information, see article on page 5.
Location: Corcoran Community Garden, 3301 24th Ave S

Saturday, May 13th
2017 Twin Cities Bungalow Club Home Tour
10am-5pm
Join us on Saturday, May 13th, for the Twin Cities Bungalow Club’s annual celebration of vintage houses. The tour is a great way to get ideas for your own home; chat with like-minded homeowners and contractors. Pick up a tour map with the homes’ addresses and descriptions any time after 10 a.m. on Saturday, May 13, at the first house located at 3431 39th Avenue S. in Minneapolis. Reservations are not required.
> For more information visit bungalowclub.org

Saturdays & Sundays May 6th-June 11th
YWCA Youth Basketball Leagues
Co-ed leagues for kids, ages 5-15, introduce youth to team sports while creating a mentorship environment with pre-game lessons on sportsmanship and inclusion from coaches. Cost per participant: \$25 members, \$35 nonmembers, Cost per team: \$150 (minimum 7 players). Registration opens April 1.
> Contact Bruce Smith at 612-215-4303 or bsmith@ywcamps.org for questions.

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Next board meeting
The May Board meeting has been cancelled due to the election & potluck on May 10th. The June meeting will be held on Thursday, June 8th at 7pm.

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15th Annual Standish, Ericsson & Corcoran Neighborhood Garage Sale!

Saturday, June 10th, 9:00 a.m. – 3:00 p.m.

Press Release | Standish Ericsson Neighborhood Association

Start spring-cleaning now for the largest neighborhood garage sale in Minneapolis! The 15th Annual Standish, Ericsson & Corcoran Neighborhood Garage Sale will be on June 10th. Last year’s event involved over 120 households, brought approximately \$25,000 into the neighborhood, and rehomed thousands of items.

For those who would like to have a sale: The “Standish, Ericsson & Corcoran Neighborhood Garage Sale” is a community-wide event. Individual households will set up their own sales at their homes, and we’ll take care of the publicity, including advertising in the StarTribune, Craigslist, press releases to area newspapers, Mobile Apps and



other media. We’ll create a “Sales Guide and Map” of all homes having sales that day. To be added to the list of sales and to the map, simply call the SENA office at 721-1601 by Friday, June 2nd. We will ask you to provide your address and the type of merchandise being sold at your sale.

We’ll add this information to the map and guide to all sales, which is available FREE to all shoppers Saturday, June 10th. The Neighborhood Garage Sale will be held rain or shine.

Business Spotlight: Blackbird’s Music Store

Empowering music makers, learners, and builders to create together.

Kelly Savage | Corcoran Neighbor & Economic Development Committee Member

Charlotte Matis, Neal Swanger and Russell Rayfield
(612) 326-5745
Blackbirdsmusicstore.com

I love music, but am no musician, so I wasn’t sure what to expect when I walked into Blackbird’s Music Store to interview Charlotte and company. Having put my clarinet down years ago, I never took to strings and am often intimidated by those more musically talented than I.

Upon entering the store, I was immediately greeted with smiles, offered a choice of coffee or tea and told to make myself at home. As I looked around, I was surrounded by stringed instruments of all kinds lining the unassuming walls. The cheery chirping of Charlotte’s resident finches filled the air rather than the usual awkward silence of some stores. Blackbird’s has a homey, somewhat familiar feel that put me at ease. The group likes to joke about their “folk retailing”, but it does describe their relaxed atmosphere quite well.

Charlotte opened the store about four years ago after another location closer to Nokomis failed to provide the flow of students and musicians needed to obtain the feeling of community she had hoped for. The vision was to sell, trade and repair instruments and offer lessons and jam sessions to help their clientele excel. Blackbird’s strives to provide a supportive community for any musician interested and works to “empower music makers, learners, and builders to create together”.

While the store specializes in stringed instruments, they are also willing to carry items upon special request, such as



the clarinet reeds some local students needed. The instruments are affordable, starting at just \$37 for a ukulele and top out around \$1000. Besides buy and trade, they also sell on consignment, if needed. Many instruments come in on a trade, are fixed, tuned up, tightened, etcetera in the workshop and then put back on the floor for sale. Lessons run \$25 per half hour and they have instructors for banjo, guitar, fiddle and more. Though Charlotte started as the sole owner, Neal soon became co-owner and Russ will soon be joining them as they transition the location into a fully worker owned cooperative. This means Blackbird’s can potentially be part of the neighborhood indefinitely!

The space itself was converted from a former café and has many rooms and

areas to use for lessons and plans are in the works to make the basement area available for “jams”. Jams range from “Teen” to ukulele to French Canadian Tune jams. All jams are listed on their website and are open to the public.

I encourage neighbors to stop in, say hello and consider shopping here if you or a family member is interested in learning a new instrument or revisiting that dusty guitar hiding in your basement.

Before You Bike to the Farmer’s Market

Will Wlizio | Corcoran Neighbor



Getting to the Midtown Farmers Market by bicycle is a fun way to find fresh produce—and make the rest of your day feel fresh too. Here are a few tips for making sure you have a safe ride to the farmer’s market.

Whether you’re pulling a fancy road bike down from the garage rafters, wheeling out a kids bike with handlebar streamers, or dusting off a rusty old Schwinn, spring is a good time to make sure your bike is working properly. You can do this in just a minute or two using a method called the ABC Quick Check. Each part of the name serves as a mnemonic for part of the safety check.

A is for Air – Squeeze your tires to make sure they’re still inflated. They tend to lose air over the winter. A hand pump should get you started.

If it has a gauge you can check the suggested tire pressure on the side of the tire.

B is for Brakes – Not being able to stop yourself is definitely unsafe, so before setting out squeeze the brakes and make sure they engage. When you squeeze, the brake lever should not reach the handlebar. Kids bikes often have a coaster brake, so make sure it stops when you rotate the pedals backward. Don’t be surprised if you need to make minor adjustments. There are great how-to videos online.

C is for Chain – Before getting on the bike, spin your pedals by hand a couple times and make sure the chain doesn’t fall off and you don’t hear any “scary” noises coming from the gears. A little bit of chain lubricant can solve many problems.

Quick is for Quick Release – Make sure that the levers that keep your wheels attached to the frame and your seat in the right position are securely tightened. Some bikes use bolts instead of levers.

Check is for . . . Check! – Take a quick spin to the end of the block and make sure that everything is still working normally while you’re on the bike. Don’t forget your helmet.

If you don’t have bike tools over your own, there’s a public fix-it station with an air-pump and common tools outside the Blue Line Flats on 32nd Street and Hiawatha. If you’re really stuck, don’t be afraid of stopping by a local bike shop. The Hub Bike Co-Op is a great local option. Happy trails!

Ask The Yoga Instructor: The Core Question

Mary Bue | Corcoran Business Owner of Imbue Yoga Studio



Imbue Yoga
2223 E 35th Street
Minneapolis MN 55417
imbueyoga.com
imbueyoga@gmail.com

Namaste from Imbue Yoga! We are happily watching our neighborhood node grow this spring. As usual, I’m here to answer your yoga-related questions. Feel free to email yours!

Q: Can you explain what the “core” means in yoga?

A: “Core” is certainly a buzz word these days. Images of six-pack abs achieved gruelingly by doing sit ups, crunches & plank pose for hours come to mind (and

yes, all of those do tone the core). Yoga-wise, core means quite a few more things. I think of the core as 360 degrees: the abs we know and love, low back, pelvic region, glutes, obliques, hip flexors & more! Also the primary muscle of breathing - the diaphragm. Try: as you inhale, get tall. Exhale, contract your abdomen, bringing your navel/belly in towards spine. This allows for optimum movement of your diaphragm and helps protect the low back. This is “engaging your core” as you meditate, practice yoga asana (postures) and do heavy lifting.

Core is also the seat of our

“inner fire” or digestive fire / agni. Our inner fire burns off impurities through sweat, meditation, clean eating & drinking. It’s a crucial part of our intuition - when you “have a gut feeling.” According to Caltech it’s estimated that 90% of serotonin (the neurotransmitter involved in feeling calm / peaceful and plays a part in depression) is created in our digestive tract! The mind-body connection is real. It pays to keep our guts/core healthy.

Home practice: Core Taps (contraindicated for prenatal students). Rest on your back. Bring knees to chest. Keeping low back pressed down, inhale and extend one leg tapping your toe (imagine if you’re dipping your toe into a pool of water). Exhale, bring knee back to chest. Inhale, extend other leg, exhale knee to chest. Repeat 6-12 times on each side. For more challenge, tap both toes (make sure low back is pressed down). Thanks for practicing with us!

Wife in the Cities

Sara Stamschror-Lott | Corcoran Neighbor

This column is for food, fashion and finds for the home! Wife in the Cities is a lifestyle write up that features fashion forward individuals from Minneapolis and beyond, reviews of the greatest new restaurants and businesses in our amazing city, and some scores in the home décor and repair department. Essentially...your go to for living fabulously in Minneapolis
<https://www.facebook.com/wifeinthecity/>
[@ladydextergoesrogue](#)

Back by popular demand!!!! An interview with a local Corcoran neighbor who is a fashion inspiration! Everyone, please meet Sree! When he is not busy producing art and teaching college students, he is busy helping with May Day festivities through Heart of The Beast Theatre! Wife In The Cities was lucky enough to interview him before the big day!

Q: How does fashion influence your life?

A: At the age I am now, I don't know if I think consciously about fashion, or at least not much. But I did come of age in the 80s punky-rockety world in southeast Michigan,

and at that time I was very conscious and deliberate about putting together a look. Michigan at that time was very homophobic, especially in its punk scene, and (much like today), there was a viciously vocal anti-immigrant sentiment that was very popular in the region. So, I would construct apparel that, in my own way, pushed back against those dynamics, by developing an admittedly loud, gender-bending look that incorporated South Indian materials (my family is from South India: Kerala and Tamil Nadu). When I first meet Chris Sutton (another Corcoran neighbor), he actually helped me throw together ideas in just this vein, and he was active in helping me craft some really wild and fun looks. We would hang out together and put things like beads or feathers or flowers in my hair-do, just to see what would stick! And my hair was already kinda wild back then.... you know what they say, the higher the hair, the closer to god (or goddess, as I prefer).

Q: How did your unique style develop?

A: So, as stated, I draw

from both South Indian, drag, new-wave & punk rock influences. In that sense, I guess fashion has been (or had been) more prominent in my behavior than I initially suggested. Nowadays I am much mellowed. I only craft a more “designed” look for events like May Day and LGBT Pride. And it's sort of a much heavier, much more elaborated and (I hope) much more “sculptural” version of the fusion of influences that I described above.

Q: Where are your favorite places to gain inspiration?

A: I've always been inspired by sacred performative arts, probably because I come from a culture where that kind of liturgical engagement is so important. And in Kerala and Tamil Nadu, in South India, where my family is from, there is a very vibrant tradition of costumed dance and sacred performance. I try to bring some of that into the looks that I put together for May Day and Pride.

Q: What is your “GO TO LOOK” that makes you feel like a million bucks?

A: I love dressing up for MayDay and Pride, and I



think that look makes me feel really quite delighted, and share that delight with others. It energizes me to communicate happiness, which is what those events are all about. And in that sense, I don't really care if any of the ideas of “sacred performance” come across, I just want to dress up, play my tambourine and share some love. :)

The COPA Art Crawl is Happening on the First Saturday in May!

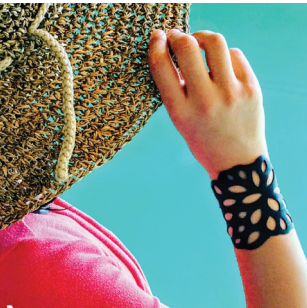
Chris Sutton | COPA President & Artist

It's the perfect time to shop for Mother's Day (celebrated the following weekend). And what would be lovelier for Mom than a beautiful gift made locally by your neighborhood artists and crafters? And, even better, many are working in ways to help our environment.

Minnesotans are proud of their state and eco-friendly products help in preserving out natural resources. A great example of this can be seen in Ramona Redding's jewelry company, Garbage. It's a small business that scavenges waste-stream bound materials and reimagines them as ecoquirky jewelry. Bicycle inner tubes are collected from South

Minneapolis bike shops and then hand-cut to create vegan, cruelty-free cuffs and other fashion accessories. She believes, there is already enough garbage in the world, so instead of making more, it's time to reclaim it and make it beautiful! And wouldn't your Mom love something like that?

So, on May 6th, between the hours of 9 am to 5 pm, enjoy a stroll through our community and stop at the various artists' homes/studios to see what they are creating! Maps will be available at our booth at the Midtown Farmers Market. And don't forget to check out our website, COPA-artcrawl.com



May Day — More than Just Candy

Mike Novak | Corcoran Neighbor

May Day has always been somewhat of a mysterious holiday for me. What are you really supposed to be celebrating? I remember as a kid putting May Day baskets filled with candy on my friends' doorsteps. You'd leave the basket on the stoop, knock, then run. They were supposed to try to catch you. I forget exactly what happened if they did... or didn't. Was it to avoid bad luck? Get a kiss? I can't quite recall... now, with kids of my own our new tradition is to attend the May Day Parade in Powderhorn (besides the candy/doorstep thing), which we'll continue.

The first time we went to the parade was about 6 years ago when we were new to Minneapolis. We had a 5-month-old baby and we packed our stroller to the brim with snacks, bottles, blankets, spare pacifiers and much more than we'd ever need that day. We had a tough time pushing our stroller through the crowded streets and we rolled over a few toes before finding a spot.

I think the hand-wrought-multiple-wagon-human-powered-steam-punk-float complete with torches, drum

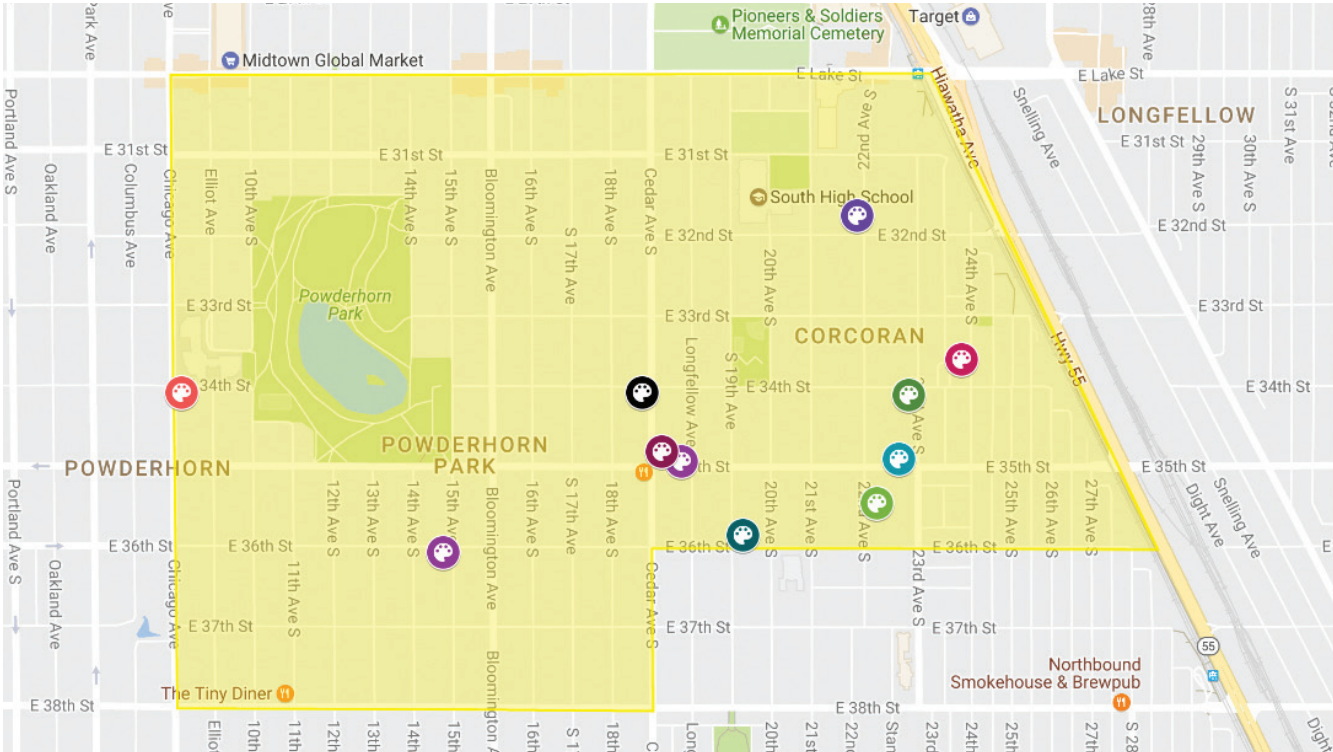
brigade and a roasting pig led off the festivities that year. We knew that we were in for a different kind of parade that day. What followed were amazing artistic creations, heartfelt music, and inspirational oddities.

Observing that day I realized that May Day was about much more than just candy. It's about life, it's about human rights, it's about religion or the rejection of it. Mostly it's about welcoming spring and being with your community. I've rarely seen such a diverse crowd celebrating as one. There were families, barefoot hippies, native tribes, and young and old activists of all colors. They were all ecstatic to feel the spring sun on their skin, together.

I remember feeling proud to be a new resident of a city that would allow such a spectacle to take place on its streets. I knew I had found a neighborhood that I fit into, respected, and wanted to raise a family in. I think of those things each time we return on the first weekend in May. Our family has grown since then, and we've gotten a little savvier at packing and maneuvering in the crowds.



Editor's Note: This year's MayDay Parade and Festival will be held on Sunday, May 7th. See the Community Calendar on page 2 for more information.



New Health Village Added to 2017 MayDay Celebration in Minneapolis

Press Release | In the Heart of the Beast Puppet Mask Theatre

Free Health Screenings & Education Available to 50,000+ Community Members

In the Heart of the Beast Puppet and Mask Theatre (HOBT) and Southside Community Health Services (Southside) are pleased to announce an exciting new addition to the annual MayDay Celebration in South Minneapolis’ Powderhorn Park. Southside is organizing a “Health Village” and will offer free health screenings, education, and resources in partnership with nearly two dozen community organizations.

“The MayDay Celebration is a time when we come together to celebrate the vibrancy of our shared community,” said Corrie Zoll, Executive Director of HOBT. “But it’s also a time for us to freely voice our concerns and share our visions for the future. Access to healthcare is one of those concerns.”

Southside has been providing culturally competent healthcare services in the South Minneapolis area for 45 years. The clinic was founded by three VISTA volunteers in the early 1970’s as a way to ensure that everyone had access to essential health services. This mission

and commitment to the local community made Southside a natural fit to organize the Health Village at the MayDay Celebration.

“We know there’s a great need for healthcare services and education in our community and that’s why we approached In the Heart of the Beast Theatre with the idea for the Health Village,” said Clarence Jones, Outreach Director at Southside. “We’re here to help. There are a lot of resources right here in our own backyard and we want our community to know that.”

The Health Village will be setup north of the recreation center on the east side of the park, near the intersection of 33rd St and 14th Ave S. It will feature free health screenings, education, and resources including the following:

- Blood Pressure Checks
- BMI Screenings
- Glucose Checks
- Cholesterol Screenings
- Health Insurance Information
- MNsure Enrollment Assistance
- Chiropractic Services
- Dental Screenings
- Chronic Disease Health

Education

- Behavioral Health Services
- Nutrition Education and Food Resources

The 2017 MayDay Parade will begin at 12:00pm on Sunday May 7th starting on the corner of 25th St. E and Bloomington Ave. S. Festivities including food, music, dancing, canoe rides, and the Health Village will be available in Powderhorn Park following the parade. More information about May Day can be found at <http://hobt.org/mayday/> and more information about Southside’s services can be found at <http://southsidechs.org>.

About In The Heart of The Beast Puppet and Mask Theatre

Founded in 1973, In the Heart of the Beast Puppet and Mask Theatre (HOBT) is a singular theater company recognized internationally for both its artistry and service to the community. Through performance, ceremony, teaching, and community building, HOBT explores and celebrates the human experience and the wonders of the world’s natural and cultural richness.

Through a collaborative artistic process, HOBT’s work draws together diverse communities to address local and global issues and celebrate our shared humanity. Work is devised “from scratch”, combining original design, writing, music, movement, and varying types of puppetry to create stunning visual theater to serve the specific project and constituents.

About Southside Community Health Services

Southside Community Health Services is a full service, primary health care center celebrating over 45 years of serving Twin Cities’ residents. The clinic provides medical, dental, behavioral health, vision care, and outreach services and has two sites: Medical and Behavioral Health are located at 324 East 35th Street and Dental and Vision are located at 4243 4th Avenue South. Southside accepts most health insurance, offers sliding fee scale services, and has MNsure navigators available to assist individuals and families enroll in health insurance. No one is turned away due to lack of insurance or inability to pay. To make an appointment with Medical or Behavioral Health call 612-821-7181, for Dental call 612-822-9030 and for Vision call 612-821-2003.

Volunteer Opportunities with the Midtown Farmers Market

Mallory Forseth | Midtown Farmers Market Staff

The Midtown Farmers Market is in need of volunteers for the 2017 season! As a local, community driven market determined to bring fresh, delicious, locally sourced food to the Corcoran and South Minneapolis community we depend on community volunteers like you.

On-site volunteers are needed for 2-3 hour shifts every Saturday to assist with processing SNAP-EBT token and credit card token sales, customer service, set-up and tear-down of the market, photography, customer counts, fundraising, and customer engagement. Bring a friend or family member and make a fun day of it!

We also have openings for ongoing skills-based volunteers in the following areas (2-5 hours per month): market photography, handyperson (carpentry, equipment repair, etc), outreach & marketing, customer engagement, market writer/reporter, and database management.

Contact Mallory at mallory@midtownfarmersmarket.org for more information or to sign up. Thanks for your support of the market!



2017 Midtown Farmers Market Location



May Events at the Midtown Farmers Market

- **Saturday, May 6th, 8am-1pm**
Opening Day Food Truck Fest
Food trucks, great live music, raffles and more to celebrate the opening of our 15th anniversary season!
9am-11am – music by Lonnie “The L Train” Farrow
11am-1pm—music by Javier Trejo
- **Saturday, May 13th, 8am-1pm**
Urban Agriculture Day
Along with your regular market shopping, find a variety of resources regarding urban agriculture and gardening, as well as our free Second Saturday Arts for All art activities for artists of all ages.
9am-11am—music by 3 Good Samaritans Jug Band
11am-1pm—music by Matt Yetter
- **Saturday, May 20th, 8am-1pm**
Youth Leadership Day
Youth-led cooking demos by Dream of Wild Health, spoken word performances by young poets from TruArtSpeaks, and more.
9am-11am—music by Young Fiddlers Association
11am-1pm—music by other youth artists
- **Saturday, May 27th, 8am-1pm**
9am-1pm—entertainment by Sans Le Systeme - iNMiGRATiON featuring the Free Range Orchestra & Choir. A unique experience to include music, poetry, dance, and more. Don’t miss it!

Other Special Events This Season

- June 10th – Bee & Pollinator’s Day
- June 24th—African American Heritage Day
- July 15th—East African Cultural Celebration
- July 29th—Bike Day
- August 19th—Festival del Maiz Latinx Celebration
- September 9th—Nordic Fest
- Septebmer 30th—Native American Celebration



All Together Now: Time for Spring Cleanup!

Regulatory Services | City of Minneapolis



Spring is finally here. And that means it's time to clean, both inside and outside our homes. Every year, the City of Minneapolis sweeps streets in spring. And we ask residents to work together with us by cleaning up their properties as well.

All Together Now is an initiative sponsored by the Department of Regulatory Services in partnership with neighborhood associations and participating businesses

throughout the city. Now in its fifth year, this program aims to help Minneapolis property owners spruce up their yards for spring and keep our neighborhoods safe, clean, and beautiful.

On the City's end, inspectors visit neighborhoods and look for nuisance exterior violations city-wide throughout the summer. When a property has a violation, the inspector will send a notice to the owner that explains the violation and gives a due date for fixing it. If the work is not done by the due date, the City may authorize a contractor to abate the violation and assess the cost to the property owner.

Do your part to tidy up your yards and alleys by:

- Picking up and removing rubbish, old tires, and litter in yards and alleys.
- Trimming bushes and trees that hang into the alley, sidewalk, or street.
- Removing volunteer trees and bushes from alleys and around the foundations of buildings.
- Removing inoperable vehicles from your property or storing them in an enclosed garage.

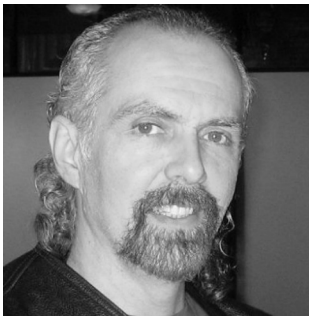
Watch your mail for an informational flyer, a list of local businesses who have agreed to provide you

with a discount on home improvement supplies, and a coupon to present when you make your purchase. For more information, visit our website at www.minneapolis.gov/regservices, or call 311 or 612-673-3000.

This is your chance to make a difference in the city by improving your neighborhood—join in, help a neighbor, and let's work All Together Now!

The Incomplete Skeptic One Year Assignment to Change the World

Timothy Cameron | Corcoran Neighbor



all, what we do for ourselves is temporal, but what we do for others -- it goes on. Make every day count.

Here are a few quotes and mottos to inspire you to 'pass it on' and help make the world a better place:

- "You don't have to attend every fight you're invited to."
- "Never get into a pissing contest with a skunk."
- "Quit walking with the enemy."
- "Show me your friends, and I'll show you your future."
- "Say what you mean, mean what you say, but don't say it mean."
- "Truth without compassion is cruelty."
- "Make your wounds your wisdom."
- "We don't forgive the ones who wronged us because they deserve forgiveness, but because we deserve peace."

"Ignis aurum probat, miseria fortes homines." ~Seneca (Fire tries gold and trials by fire purify humans).

Are you sick and tired of being sick and tired? Tired of the stresses of life, and all the negativity flying around with politics, religions, wars and rumors of wars, animals being hurt, abuse, etc.? As Gandhi said, "Be the change you want to see in this world". If negativity is not paying you rent for the space it's occupying in your head, evict it! Let's quit thinking about what we don't want or don't like, and focus on changing the world positively. Be part of the solution!

Here's the secret to affecting world peace in an if/then scenario: If you don't tell at least three people a day that you love them, then you've probably wasted a day of your life.

Try telling three people a day that you love them. Do this for one year, daily. Your life doesn't change immensely, and you might change someone else's life through this assignment. There are many ways to say "I love you," so be creative. A smile might change someone's world. Pass on a motivational quote or give a long overdue hug. Be kind to an animal. Buy a meal for whomever needs it (person, animal or plant). Love paints many portraits, so paint your life into a personal and permanent picture for the greater good. After

May I also suggest you check out Phoenix 490 on Facebook. Pheonix 490 is for people who have or are turning coal into diamonds, lead into gold, and for some of us transforming tragedy into triumph. No matter how far down the scale we may have gone in life, our experiences can benefit others. Be the change. In God's Economy, nothing is wasted.

Yes, sometimes we make mistakes and say things we shouldn't--no matter how long we've been in Earth School, 'stuff happens.' Saying, "I love you," in the mirror counts, too, especially on the bad days.



Above, over grown bushes and grass are some of the most common violations our staff is on the lookout for.



Garden Potluck & Board Elections on Wednesday, May 10th

Vanessa Haight | CNO Staff

You're invited to the May 10th Membership Meeting of the Corcoran Neighborhood Organization (CNO) from 5:30-7:30pm, to be held outdoors at Corcoran Community Garden at 3301 24th Ave S.

This is a free event and all are welcome! Meet new and interesting neighbors, eat grilled food with live music in a beautiful garden, and run for or elect your neighbors to 3 positions on the CNO Board.

5:30 BBQ Potluck begins with live music in the garden! We'll have a hot grill and some meat and meatless burgers, and beverages. Feel free to bring food to grill or side dishes to share, or just come to eat.

5:30-6:00 New CNO Member registration. You must be a CNO member to vote in the election. See below for how to become a member.

6:00 CNO Board Election begins while the potluck

meal continues.

6:30 Potluck and Socializing continue!

LOCATION: Corcoran Community Garden, 3301 24th Ave S

In case of rain, the meeting will be relocated to Corcoran Park Recreation Center at 3334 20th Ave S.

Three CNO board positions up for election:

- Vice-Chair (2 year term)
- Treasurer (2 year term)
- At-Large (2 year term)

All Corcoran residents aged 18 or older are eligible to serve on the board and become voting members of CNO. Register as a voting member of CNO by dropping by the

CNO office or by registering at the May 10 meeting from 5:30-6:00pm (registration closes at 6:00pm).

Learn more about the CNO Board at http://www.corcoranneighborhood.org/join_the_board. To add your name to the ballot, please contact CNO Staff at info@corcoranneighborhood.org.



Thank You to March Donors!

Our work to unite neighbors to strengthen our community would not happen without you. We rely on residents like you who volunteer or donate to support our work. We are continually grateful for the generosity as well as the years of involvement and dedication to create a community that is a great place to live!

Thanks to the following residents who made donations to CNO and/or the Midtown Farmers Market in March:

- | | |
|------------------------------|----------------------------|
| • LisaBeth Barajas* | • Kim and Tom Medin* |
| • Mary Buhr* | • Greg and Chelsea Miller* |
| • Stacey Burns* | • Genevieve Olive* |
| • Andrea Cecconi* | • Jennifer Racho |
| • Kate Duffy* | • April and Simon Riordan* |
| • Fierce Ferments* | • Kelly Savage* |
| • Russ and Jenna Grigsby* | • Chase Shutak* |
| • Eric and Kimara Gustafson* | • Tanya Snyder* |
| • Susan Hensel* | • Adam and Devin Tomczik* |
| • Paul Herbert | • Mary Wittenbreer* |
| • Paula Holden | |
| • Mary Jansen* | |
| • Matt Kazinka* | |
| • Sarah Lawrence-Lupton* | |
| • Gwen McMahon* | |

* denotes CNO Sustainers

TrainUpAChild Family Childcare
"Quality Care for the Children you care about"
Hours of Operation: 6am-6pm

3428 19th Avenue South
Minneapolis, MN 55407

Jalilia A. Brown
Director

Phone: 612-721-0250
Fax: 612-721-0250
jalilia1@yahoo.com
www.trainupachild.vpweb.com



"Rekindling Human Hearts"

Timothy Cameron – Speaker

218-248-5183 • Cameron.communications@yahoo.com



CNO Board Of Directors Meeting Minutes

Thursday, March 9th, 2016, 7 – 9 p.m. at CNO, 3451 Cedar Ave. S.

Attending: Flannery Clark, April Riordan, Mike Novak, Russ Grigsby, Adam Tomczik, Matt Kazinka, Heidi Johnson McAllister

Absent: LisaBeth Barajas, Ellie Watkins, Alberta Smith, Marvin Applewhite, Evan Lee-Ferrand

Guests: Mike Wilson, Chris Sutton, Ramona Redding

- A. Call to Order and Introductions
- B. Tax Filing Approval and Community Participation Project Annual Report Approval

Mike Wilson, CNO’s appointed CPA from the City of Minneapolis attended the meeting to answer questions about the 990 and share information. The 990 is due on May 15. We also need to file our 990 with the Attorney General. An Unrelated Business Income form, recognizing that we sold ads in the Corcoran News, also needs to be filed. These forms all ask about our financial position. Mike shared that CNO has a high quality accountant in Tim Dornfeld and with staff assistance, our records continue to be in good shape. The 990 asks us to provide information about the organization, who is involved, asks to describe accomplishments, and where we receive funding. Funders rely on the 990 and the 990T to understand an organization and ensure their finances are in order. Since the 990 also has program accomplishments, the 990 is used as a fundraising tool.

Motion to approve the 990, 990T, and the Attorney General forms. Motion passes. Staff will sign the necessary 990 and Attorney General Forms to be submitted in the next week. The Board Treasurer will also sign the Attorney General Form. The board reviewed the 2016 Community Participation Project (CPP) Annual Report. The question was raised about why we do this report and who the report is sent to. Heidi answered that the report is for the City of Minneapolis, to account for the CPP grant we receive yearly. April stated that the report is thorough and detailed.

Motion to approve the CPP report as written. Motion passes. Heidi will submit by March 31st.
- C. Corcoran/Powderhorn (COPA) Art Crawl Fiscal Sponsorship

Chris Sutton, Board Chair for the Art Crawl group, and Ramona Redding, Vice Chair, joined the meeting to share the mission, vision, and activities of the COPA Art Crawl Group. The group is seeking a Model A Fiscal Sponsorship from CNO, which is to become a program of CNO. Discussion centered around the addition that an event like this will bring to the neighborhood: support for our artists as well as

storefront businesses. The other Fiscal Sponsorship model is the Model C, where the Art Crawl would maintain autonomy, but receive financial services from CNO. The concerns raised were of the liability of providing a Model A and becoming program of CNO, the staff capacity with Heidi going on maternity leave, and the board needing more time to vet the proposal for an Art Crawl to be a program of CNO. The conversation was tabled until the end of the meeting.

- D. Staff announcements

Eric has officially resigned as the Executive Director of CNO and Heidi has been named the new Executive Director.
- E. Committee motions and updates

The Economic Development Committee recommends that the CNO Board approve support for the 5 remaining businesses seeking space at the 2225 East Lake Street. Matt shared the process of CNO Economic Development committee working with Neighborhood Development Center (NDC) and Hennepin County (HC). HC doesn’t do retail so this is new to them. Matt showed the layout of the retails spaces, both the east and west ends of the building. Each end is divided into 2 retail spaces. The east end has taller ceilings and can accommodate a hood for restaurant space. The west end is not able to accommodate restaurant or coffee shop space that is seeking a hood. 4 of the 5 businesses remaining meet all 3 criteria outlined in the cooperative agreement, which are: 1. Local, 2. Independent, 3. Owned by People of Color. Questions were raised: how many square feet are on each side? The east end has around 4,300 square feet and the west end has around 4,000 square feet. Have the employees of HC weighed in? Tom Terwilliger from HC has given input, which has been coffee and quick things to grab to eat. HC does not want any restaurants with alcohol as a focus, like a pub. Clients are turned off by alcohol. Mike pointed out that a deli or coffee shop does not need a hood if they don’t have anything fried or baked. If there are additional final applicants for the space, the Economic Development Committee will come back to the board. A final decision on the 4 businesses will come back to the board as well.

MOTION to approve the 5 remaining candidates for the new retail space at 2225 East Lake Street. Motion passes. Heidi will work with Matt to write a letter to Hennepin County.

Matt also shared at meeting about 23rd Avenue and 35th Street at Hair and Nails Salon on February 27th went well. Joe Bernard, city planner, attended the meeting to discuss the node status and the Comp Plan opportunity to provide input

to the city. The Board was excited to hear about the great turnout (25 residents) and the discussion about the hopes for the corner and concerns about the possibility of higher density with any node status change.

The Land Use and Housing Committee passed a resolution to recommend to CM Cano to appoint Peter to the City of Minneapolis’ Capital Long-Range Improvement Committee (CLIC).

MOTION: CNO recommends that Council Member Alondra Cano appoint Corcoran resident Peter Bajurny to the vacant Ward 9 seat on the City of Minneapolis’ Capital Long-Range Improvement Committee. Motion passes. Heidi will work with Flannery to write a letter to CM Cano

F. Finalize Plans for Board Training Retreat

Flannery shared that last month the board discussed moving up a training retreat typically held in the summer to April or May given the number of new members. A question was raised about when it occurs. Flannery shared that it happens on a Saturday morning with breakfast and/or lunch. Flannery will send out a poll to determine the date and the draft list of training topics for members to review and prioritize. The ExCo will plan the retreat with staff.

- G. 2040 Plan and Corcoran Small Area Planning

Postpone until next month due to absences at the Board meeting.
- H. Fiscal Sponsors of Art Crawl Continued.

Discussion centered around the need for more time to discuss if it becomes a program of CNO, especially since the art crawl is 2 months away and the board wants the Art Crawl to go through an established vetting process for next year’s event.

Motion to approve that the board will provide the COPA Art Crawl with a Model C Fiscal Sponsorship of financial services for this year, to pursue a Model A for next year. Motion passes. Heidi will follow up with them. Additionally, the Art Crawl artists can table at the Midtown Farmers Market on opening day, write an article for the newspaper, and it could be added to our website.
- I. Announcements

There will be a party for Eric, either at CNO or Corcoran Park. The ExCo will work on a party and coordinate a date. Russ passed out the Newspaper Roster for March and asked for feedback and if anyone had articles.

If you haven’t already, please complete and sign CNO Conflict of Interest disclosure

Corcoran Watch Update

Shawn Kinzel | Corcoran Neighbor & Block Leader

One of the Minneapolis Police Department’s top goals is to increase organized blocks. Neighborhoods and block clubs work with our Crime Prevention Specialists to prevent and reduce crime. Get your block organized!



Upcoming Block Leader Training
Wednesday, May 10th
6:30 to 8 PM

Minneapolis Police Dept
3rd Precinct Community Room
3000 Minnehaha Avenue

Crime Prevention Block Leaders.....

Help build Community one block at a time.

Help develop a communication tool where people have the ability to contact each other. Neighbors who are informed are the strongest crime prevention tool for communities.

Work with neighbors and MPD if there is a problem on the block.

RSVP appreciated so we have enough materials.
You can RSVP by calling Crime Prevention Specialist
Jennifer Neale at 612/673-2839
or email her at jennifer.neale@minneapolismn.gov

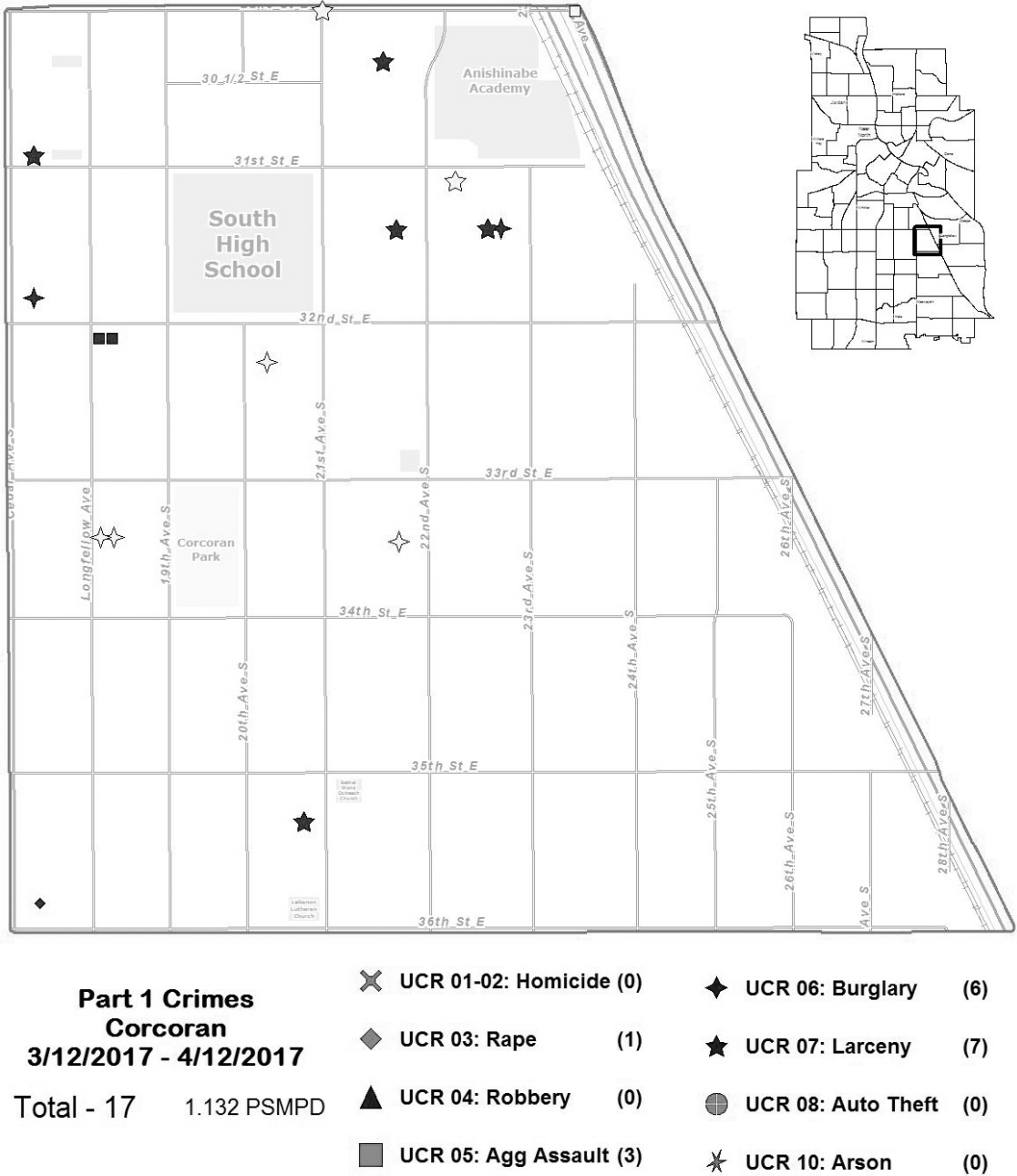
Join other leaders to develop skills for effectively working with your neighbors to prevent crime and build community.

Adopt a drain.

Starting this spring the City of Minneapolis allows residents to adopt a drain and Corcoran

Neighborhood is one of the areas. More information can be found at: <http://www.minneapolismn.gov/publicworks/stormwater/adoptadrain>

Corcoran Neighborhood Crime Map Mid-March 2017 to Mid-April |
Mapa de Delinencias en Corcoran desde medio-marzo 2017 a medio-abril



Land Use and Housing Committee Update

Adam Tomczik | Committee Co-Chairr

L&H STATION MASTER PLAN PHASE ONE



Developers for the first phase of housing at the 2225 Lake Street East site presented their plans at the April 6, 2017 Land Use and Housing Committee monthly meeting. The apartment building will sit on top of the new parking ramp immediately south of the new Hennepin County service hub. The building will stand six stories high with 123 apartment units, including 36 studio units, 69 one-bedroom units, and 18 two-bedroom units. Rents

will be capped at the affordability level for 80% of the area median income. Those monthly rates will tentatively start at \$975 for a studio, \$1,295 for a one-bedroom, and \$1,546 for a two-bedroom unit. The building will have dedicated on-site parking for 70 vehicles, and an additional 120 parking stalls will be shared with the Hennepin County service hub. The developers intend to begin construction next month, and hope to open the building for tenants in May

2018.

The Committee also heard from proponents of the Min Hi Line, which is a proposed green space that would run between Hiawatha and Minnehaha Avenues from Minnehaha Regional Park to the Midtown Greenway. The site currently hosts eight sets of lightly-used railroad tracks. The Min Hi Line Coalition hopes to model the linear urban green space on New York City's High Line and Atlanta's BeltLine.

Committee members enthusiastically and unanimously voted to recommend that the CNO Board write a letter in support of the project. On April 13, 2017, the CNO Board also voted unanimously to support the Min Hi Line. The Min Hi Line has previously received endorsements from the Longfellow Community Council, Standish-Ericsson Neighborhood Association, Nokomis East Neighborhood Association, East Phillips Improvement Coalition, and the Prospect Park Association. More information about the Min Hi Line can be found at www.minhiline.org.

The Committee voted to move our regular monthly meetings back half an hour to 6:30 to 8:00 p.m. on the first Thursday of the month at the CNO building located at 3451 Cedar Avenue South. Please join us!

Energy Efficiency for Tenants and Landlords | Eficiencia de la energía para inquilinos y propietarios

Brettina Davis | CNO Organizer - Organizador de la CNO

Corcoran Neighborhood Organizers are working on a project that brings energy efficiency incentives to tenants and landlords. If you are a tenant with a refrigerator that is leaking, air conditioner that is not running correctly, or cracked windows, you might benefit from these programs. Programs include the Low Income Energy Assistance Program and Energy Assistance Program.

The Low Income Energy Assistance Program can help pay for energy costs, such as heating bills between October 1st and May 30th every year. Qualifying participants could receive a grant to cover some of the energy expenses. The Energy Assistance Program provides financial aid grants to assist with heating costs. Both homeowners and renters are eligible for energy assistance. Energy assistance is given as a grant, so you would not have to pay anything back!

Staff will engage renters and landlords during this program. We will be door knocking in the neighborhood in order to engage tenants, and speaking to landlords in order to let them know about the programs that will benefit them. For more information, contact Brettina Davis, CNO Organizer at brettina@corcoranneighborhood.org or 612-724-7457.

Los organizadores del Corcoran Neighborhood Organization están trabajando en un proyecto que trae incentivos de eficiencia energética a inquilinos y propietarios en el vecindario de Corcoran. Si usted es un inquilino con un refrigerador que tiene fuga, aire acondicionado que no está funcionando bien, o con ventanas rotas, usted podría beneficiarse de estos programas. Los programas incluyen el Programa de Asistencia de Energía para Personas de Bajos Ingresos y el Programa de Asistencia de Energía.

El Programa de Asistencia de Energía para Personas de Bajos Ingresos puede ayudar a pagar los costos de energía, tales como facturas de calefacción en los meses de octubre a mayo de cada año. Los participantes calificados podrían recibir una subvención para cubrir parte de los gastos de la energía. El Programa de Asistencia Energética proporciona ayudas financieras para ayudar con los costos de calefacción. Tanto los propietarios como los inquilinos son elegibles para recibir asistencia energética. ¡La ayuda se da como beca, así que usted no tendría que devolver ni un centavo de la subvención o beca!

El personal de CNO se reunirá con inquilinos y propietarios para hablar de los requisitos y los beneficios de estos programas. Iremos de puerta en puerta en el vecindario con el fin de hablar con los inquilinos, y también nos contactaremos con los propietarios con el fin de informarles acerca de los programas que les podrían beneficiar. Para más información, comuníquese con Brettina Davis, organizadora de la CNO en brettina@corcoranneighborhood.org o 612-724-7457.

Corcoran Park Happenings | Acontecimientos en el Parque Corcoran

Cierrah Hansen | Corcoran Park Staff - Personal del Parque

Here are a few updates for spring and summer...

Dinner theatre Program \$4 Register now!

Pre-registration required

Staff will be cooking up an easy kid friendly meal for the kids while they watch an animated Disney / Pixar movie in our dinner theatre style lounge.

Dates: 5-11, 5-25
Ages 5-12

Family ZUMBA Exercise Dance Class Drop in Free!

Come to the Park for a comfortable setting for all ages to get a work out on. Youth and adults are welcome in this FREE class. Certified ZUMBA instructor Silvia Perez is the facilitator.

M W 5-7pm, F 4-6pm

End of School Carnival

Friday, June 16th 4pm-6pm

Summer 2017 Rec+ @ Corcoran Park

Child Care in the summer from 7am-6pm from June 19th to August 18thm with enrichment activities, field trips, and much more! Please come in and talk with Rec+ Coordinator Mackenzie Rodine or Park Director Ryan Flanders for more information.

Summer 2017 KinderTots

10am-1pm, Tuesdays, Wednesdays and Thursdays from July 11th through August 17th. Contact the park for more info.

Track and Field \$35 Register now!

Coach ML is back for another season, come run for the Eagles!

Youth Track and Field Program Ages: 9-18 Meets: The season will be comprised of 4 regular season meets. Tournament: City-Championship Meet will be offered to those who participate and qualify. Officials: MPRB staff work as timers and officials at all meets Meet Location: Roosevelt High School or Washburn High School Dates: May to July Boys and Girls Events include: Shot Put, Running Long Jump, High Jump, Turbo Javelin, 100m, 200m, 400m, 800m and 1600m (mile), 4 x 100 and 4 x 400 relays.

Meet Details: Individuals can enter a maximum of 3 events. (2 running and 1 field or 2 fields and 1 running relays not included).

Aquí algunas actualizaciones para la primavera y el verano...

Programa de Cine y Cena \$4 dólares ¡Regístrate ahora!

Se requiere registración previa

El equipo cocinará una comida sencilla y amigable para los niños mientras miran una película de Disney / Pixar en nuestro sala estilo cine-cena.

Fechas: 11 de mayo, 25 de mayo
Edades de 5 a 12

Clase de Ejercicio y Baile de ZUMBA familiar ¡Gratis!

Ven al parque para acomodamiento comido para todas las edades y para hacer ejercicio. Los jóvenes y los adultos son bienvenidos a esta clase gratis. La instructora certificada de ZUMBA es la que dirige.

Lunes y miércoles de 5PM a 7PM. Viernes de 4PM a 6PM

Festival del fin del año escolar

Viernes el 16 de junio de 4 a 6pm

REC+ Verano 2017 en Parque Corcoran

Cuidado de niños en el verano de 7AM a 6PM del 19 de junio hasta el 18 de Agosto con actividades de enriquecimiento, excursiones y mucha diversión. Por favor ingrese y hable con la Coordinadora del Rec+ Mackenzie Rodine o el Director del Parque Ryan Flanders para más información.

KinderTots Verano 2017

Todos los martes, miércoles y jueves de 10am a 1pm del 11 de Julio hasta el 17 de Agosto. Póngase en contacto con el personal del parque para más información.

Atletismo \$35 dólares - ¡Regístrate ahora!

El entrenador ML está de regreso para iniciar una nueva temporada, ven y corre por las Águilas.

Programa de atletismo para edades de 9 a 18 años. Competiciones: Esta temporada estará conformada por 4 competiciones regulares. Torneo: Competición de Campeonato de la ciudad se ofrecerá para aquellos quienes participen y califiquen. Oficiales: El equipo de MPRB trabajan como cronometradores y oficiales en todos los encuentros. Lugar de Competición: Preparatoria Roosevelt o Preparatoria Washburn. Fechas: De mayo a julio, niños y niñas. Los eventos incluyen: lanzamiento de bala, salto largo, salto de altura, jabalina, 100m, 200m, 400m, 800m y 1600m (millas), 4 x 100 y 4x 400 relevos. Detalles de la competición: Las personas pueden entrar a un máximo de 3 eventos. (2 carreras y una cancha o 2 canchas y una carrera de obstáculos no están incluidos).

We are
your Pet-Friendly
**Neighborhood
Hardware Store**
where there's
something for everyone!

FAMILY OWNED-OPERATED www.Hudson-Hardware.com

Like CNO on Facebook, follow us on Twitter, and join Nextdoor to stay in touch with your neighbors.

