



F·U·L·T·O·N
Neighborhood

NEWS

November 2016

The Fulton Neighborhood's boundaries are 47th Street to 54th Street and France Avenue to Penn Avenue.

Fulton Neighborhood News is published bimonthly by the Fulton Neighborhood Association (FNA) with funding from the Fulton Neighborhood Revitalization Program (NRP).

FNA is a nonprofit organization created by and for the residents and businesses of the Fulton neighborhood. Board meetings are held the second Wednesday of every month at 7 p.m., at Pershing Park. All meetings are open to the public.

Fulton NRP is an organization of FNA that implements neighborhood improvement projects. Committee meetings are held the first Wednesday of every month at 7 p.m., at Pershing Park.

Fulton Neighborhood
At Pershing Park
3523 W. 48th Street
Minneapolis, MN 55410

E-mail: info@fultonneighborhood.org
Website: www.fultonneighborhood.org
612-922-3106

All FNA meetings and events are accessible. Requests for accommodations are welcome. Please make requests at least ten days in advance.

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A Matter of Balance

Fulton Small Grant Recipient

For eight weeks, seniors from the Fulton neighborhood came to a room in the basement of the Lutheran Church of the Good Shepherd to learn about balance. In each two-hour class they learned how to balance the fear of falling with the confidence that they can still be active members of the community. The seniors did exercises to build balance and learned about what else they can do to minimize their risk of falling.



The class, called "A Matter of Balance," was facilitated by the Normandale Center for Healing and Wholeness and funded by one of the Fulton Neighborhood Association grants. The course is designed to help older adults live as independently as possible for as long as possible.

"The odds are that most senior citizens at least know someone who has fallen," said Zach Greimann, the Community Outreach Coordinator for the Normandale Center, "and it is very easy to let the fear of falling interfere with desires to be active. Unfortunately, the decrease in activity can then make our muscles and bones weaker which then makes us even more susceptible to falling. We were so happy to be able to offer this course because it is intended to stop that from happening. Matter of Balance gives older people a space to talk through those fears, learn, and work to build up their balance together."

FNA Small Grants Program

Fulton Neighborhood Association announces a third year of the Fulton Small Grants Program. The program is designed to support community engagement and neighborhood youth activities. Last year, funding went to support a Lake Harriet School field trip, Open Streets on 50th, and a senior balance and wellness program.

Applications are available on the FNA website and are due by Dec. 31 (fultonneighborhood.org). We are looking for organizations or individuals based or operating in the Fulton Neighborhood that have programs or projects that align with our youth education and community engagement strategies.

Grants are available between \$500-\$2,500 and partial funding of requested amount is possible. Successful applicants will be able to demonstrate how the funding will have a positive impact on the Fulton community, and priority will be given to grants that stress partnerships and innovative approaches to youth education or community involvement.

Grants like these can make a real difference for community-focused organizations and initiatives. FNA believes this initiative will build a stronger and more interconnected community.



The Fulton Neighborhood News

Our newsletter is delivered to your home six times per year. If you think you might have missed an edition or did not receive a copy, all back issues are available for review on the FNA website:

www.fultonneighborhood.org

West 47th Street

Publication Information

To submit article suggestions, please contact the Fulton Neighborhood Line at 612-922-3106 or send an e-mail to info@fultonneighborhood.org

Fulton Neighborhood Communication

Editor
Ruth Olson

Contributing Writers
John Dillery, Zach Greimann,
Rebecca Lee and Ruth Olson

Proofreader
Jason Walker

Distribution
Jeff Passey

www.fultonneighborhood.org

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West 54th Street



Environmental Corner



This summer and fall, the FNA Environment Committee staffed a table at the Fulton Farmers Market nearly every Saturday. We offered information on sustainable, organic and pollinator-friendly lawn and garden practices, and resources on how raising Monarch butterflies.

With the financial support of the FNA Board, we distributed 772 plant seedlings for residents to plant in their gardens to attract and feed bees and butterflies. We also gave out numerous packets of native wildflower seeds to grow pollinator habitat. These seeds were donated by the Minnesota Department of Agriculture and Fulton Environment Committee members. We also distributed 160 yard signs proclaiming a pesticide-free pollinator habitat. Our community's support has been wonderful.

This fall, we are focusing on protecting our lake and creek water quality. You are welcome to join us at any of our Environment Committee meetings, scheduled for 7 p.m. on the fourth Tuesday of each month at the Pershing Park Community Center, and help us start planning our activities for 2017.

Expecting a Package?

'Tis the season for package thefts. When you consider all the online shopping we do now, sadly, it's not all that surprising that packages are being stolen. Doorstep delivery can be a crime of opportunity—it could be someone following a delivery truck or someone who happens to be in the area and sees a package delivered.

Here's what each of us can do to prevent thefts and assist the police in making arrests:

- Before you ship, choose the right service for your needs.
- Ship the package to a location where you know someone will be available to receive it. Consider selecting the "signature required" option. Send any FedEx package directly to a FedEx Office location near you or choose from several delivery options. You can have it held for pickup at one of the stations. Go to fedex.com to find the nearest location or call 1-800-GO-FEDEX.
- UPS also has a range of delivery options, security measures and stores where a package can be shipped. Go to UPS.com for options or call 1-800-PICK-UPS.
- The United States Postal Service has a number of ways to track and secure safe delivery for your packages. You have options on how you want the package delivered as well as tracking and insuring the package. Many of their tips are similar to UPS and FedEx.

As neighbors, if you see something suspicious such as a person picking up a package off your neighbor's front step or a car following a delivery van, please call 9-1-1 immediately. If you are a victim of this crime, please contact 3-1-1 or file a police report online.

Friends of Fulton 2016

Award Winners Honored at FNA Annual Meeting

Congratulations and thank you to this year's Friends of Fulton award winners who were honored at the FNA Annual Meeting on Oct. 12. Many thanks to these wonderful volunteers whose efforts make Fulton a great place to live and to State Sen. Scott Dibble and Councilmember Linea Palmisano for presenting the awards.



Erin Black



Joan Hargrave & John Dillery



Steve Lyster



Jason Walker



Fulton Block Contacts

Please visit the FNA website (fultonneighborhood.org) for more details on all of our recipients and their good work in the neighborhood.

Calhoun-Harriet Trail Access and Improvements Concept Plans

The Minneapolis Park and Recreation Board will rehab some existing trails and provide new pedestrian ramps around both lakes. Additionally, circulation improvements are planned for West Lake Street, Northeast Calhoun (Calhoun Refectory area), and Southeast Harriet. Circulation improvements seek to improve safety and overall visibility.

The Preferred Concepts for the Calhoun-Harriet Trail and Access Improvements project were presented at a Nov. 9 Open House. Graphics are available for the public to review on the MPRB project page, bit.ly/calhartrails.

Indoor Winter Farmers Markets

Nov. 13, Jan. 28, Feb. 25 and Mar. 25

Neighborhood Roots, the organization behind the Fulton, Kingfield and Nokomis Farmers Markets, is excited to bring you four indoor markets during the 2016-17 winter season. Each market will take place in the greenhouse of Bachman's Garden Center (6010 Lyndale Ave. S), 9 a.m.-1:30 p.m., and will feature many of your favorite vendors from the outdoor season.

All four indoor markets are a great place to spend a chilly winter morning while enjoying tasty foods and supporting local farms and small businesses. Beer and wine will be available for sale by the glass, and live music will accompany you while you shop. For a list of the vendors who will be selling at each market, visit our website at neighborhoodrootsmn.org. Gather your friends and neighbors and head down to the Bachman's greenhouse for a morning of local shopping, food and fun.

NEIGHBORHOOD ROOTS

Where community and food are cultivated

Pershing Park News and Programs



**Minneapolis
Park & Recreation Board**

Winter sports registration is available Nov. 2-25 online at swac.info.com for basketball, hockey and wrestling for ages 6-18. Registration after Nov. 25 is available only in person at Pershing Park and is based on availability; placement is not guaranteed.

Check out minneapolisparcs.org for winter and spring program offerings. Programs are available for preschool age, youth and adults.

Fulton Fall Festival Thanks

Many thanks to all who attended this year's fantastic Fulton Fall Festival on Sept. 10. With your help, we were able to give 440 pounds of food to a very grateful Joyce Uptown Food Shelf plus \$99 in cash donations. We raised \$2,200 to help fund the activities of the Fulton Neighborhood Association. The Silent Auction raised \$4,100, which will go toward important neighborhood projects.

We are so grateful for all of the volunteers, businesses and other community partners who worked together to make the Fulton Fall Festival such a success. Many thanks to our wonderful corps of volunteer food servers, ticket sellers, silent auction monitors and all who gave a couple hours to make this festival a success. We could not put on a festival of this magnitude without your gracious help.

The Fulton Festival was made possible by the generous donations of the following sponsors and contributors. Please thank them by patronizing their establishments: Broders', Caribou Coffee, Southwest Business Association, Bill Minge, Jerry's Food Stores, Simply Jane & Art Able and Boy Scout Troop 6.

Silent Auction donors: All J's Tire•Arezzo Ristorante•Beaujo's•Bluebird Boutique•Borman Law Firm•Breadsmith•Broders•Brown & Greene Floral•Burlap and Brass•Café Maude•Calhoun Beach Framing•Chatterbox•Clancey's Meats & Fish•Coffee and Tea Limited•College Nannies & Tutors•Tom and Monica Cooner•Cos Bar of Edina•D'Amico & Sons•Dicks Sport Barbers•Dunn Bros•Edina Creamery•Fulton Brewery•Gallery 360•Gather•Gear Running Store•General Sports•Goodnight Moon•Haylee Huiras Stylist at Julia Bretz Salon•Hello Pizza•Home Grown Foods•Bonnie Janda•Meg Killian•Kula Yoga•Linden Hills Co-op•Linhoff Photo•Loft Antiques•Mathnasium•Michael's Lamp Studio•Michelangelo's Pizza•MN Honey Co•Nash Frame Design•Naturally Wild•New China Wok•Nightingale Restaurant•Nokomis Chiro Center•Paperback Exchange•Pacifier•Perspectives Vision Clinic•Pig & Fiddle•Pizzeria Lola•Precision Tune•Red Cow•Red Wagon Pizza•Roe Wolfe•Settergren Hardware•Sew What•Soderberg Painting Plus•Southwest Community Ed•Southwest Firestone•Stages Theater Company•Steel Fitness Edina•Sunnyside Gardens•The Malt Shop•Tiny Acorn Portraits•TopSide, Inc.•Totes & Satchels•Unwind Within•UPS Store•Vinaigrette•Wild Rumpus•Wisdom Sister Studio•Woof Central•Wuollet Bakery•YogaFit•Zumbro Café

It was a proud day to showcase what Fulton and the community at large has to offer while having a ton of fun together on a beautiful fall day. We are already looking forward to Festival 2017!