Vol.52 Issue 4 April 2017



The Breeze of Park Point

Lafayette Edible Garden Monday, April 17th, 6 to 8 p.m. potluck dinner Lafayette Community Center

Park Point Community
Club Meeting
Tuesday, April 18th,
6:30 p.m. Coffee Social
7:00 p.m. PPCC monthly meeting

Park Point Garden Club Thursday, April 27rd, Contact: Liz Mackay 722-1834

Park Point Rummage Sale Friday & Saturday, June 9th & 10th

> Park Point Art Fair Saturday & Sunday June 24th & 25th

Reminder: The summer change to odd side parking begins on May 1st.

Piping Plover Sightings on Park Point

Each spring, the Twin Ports are visited by Minnesota's only federally-listed endangered bird, the Great Lakes Piping Plover. The St. Louis River Alliance is about to start our sixth season monitoring the beaches of Park Point and Wisconsin Point for the presence of this elusive bird. Many members of the Twin Ports community have become familiar with our monitors out on the beach, dressed as they are in their gold jackets, taking notes and answering questions about this sensitive shorebird. Morning and



evening the piping plover monitors - both staff and volunteers - venture out onto the beach to record data about the shoreline habitat and the birds that utilize it as part of a project funded by the U.S. Department of Fish and Wildlife.

Piping Plovers last nested in the Twin Ports in 1986. Habitat changes over time, including growth of vegetation, loss of beach depth, increased human/canine activity, increased industry/development and a boom in the predator populations, have all contributed to the struggle of the Great Lakes Piping Plover. We have seen Piping Plovers land on our area beaches annually, and in several cases the birds have stayed for extended periods of time, giving us hope that they will choose this area as a nesting habitat. However, they are a very sensitive species that requires specific conditions; if the area does not meet those criteria, the birds are forced to move on in search of more favorable nesting grounds.

Our 2016 monitoring season was one of highs and lows. Our daily monitoring yielded results when the first Piping Plover of the season was spotted on the morning of Saturday, May 21st near the Sky Harbor Airport on Park Point. Through the use of spotting scopes and with help from the University of Minnesota, we identified the bird as a female from North Manitou Island in Michigan. The appearance of a female bird in our area is big news! Unfortunately, there are more males than females in the Great Lakes Piping Plover population. Our monitors settled in to keep an eye on this beautiful bird for the next three days. We had amazing conversations with people recreating on the beach, who gave the bird plenty of space. Sadly, on the morning of our fourth day of monitoring, she flew far up the Point. Observing through a spotting scope, our monitor watched as she was chased by an off-leash dog, and then vanished out over the lake. Despite hours of searching, this female plover was never relocated.

Community members can support our efforts to help plovers by paying attention to signs, removing any garbage from the beach, making sure dogs are safely on a leash while visiting the beach, and reporting any sightings to us. The Piping Plover is a small shorebird, about the size of a robin. It has a gray back, with white chest, black 'necklace' and 'headband' markings. It has bright orange legs and a black and orange bill. If you want to learn more about this beautiful bird or wish to volunteer on our monitoring team, please contact our crew leader at katie@stlouisriver.org.

Submitted by Kris Eilers, Executive Director, St Louis River Alliance

Park Point Rummage Sale - June 9th & 10th

Here it comes once again! Our annual kickoff to the busy tourist season! Although you still have a couple of months, it is not too early to start looking around the house to see what you may want to price and put on display during the Annual Park Point Rummage Sale.

Portable toilets will be located at the Eighth Street pumping station, the s-curve parking area, and 17th, 20th, 23rd and 30th Streets.

Please remember that the Rummage Sale is to be held separately from the Art Fair. The desire to reduce traffic and help support our community's largest source of funding was the original reason for beginning this annual event. Please support our very important Park Point Art Fair by not having any garage/rummage sales on Art Fair week-end, June 24th-25th. If you have new neighbors, please speak with them so they'll know when not to have a sale and why.

IMPORTANT: All sales must be located on PRIVATE PROPERTY only. This includes any and all food vendors. There will not be any public property available for rummage sales held by private parties or groups.

Submitted by Dave Lavamaki, Park Point Rummage Sale Chairman - 729-8925

PARK POINT GARDEN CLUB PLANT SWAP AND WHITE ELEPHANT SALE

Saturday, April 29th, 9 a.m. – noon at lower level of Lafayette Community Center

Come and meet members of the Park Point Garden Club. We will have and are accepting orphan houseplants for "relocation." Bring your houseplants to be adopted and take home a new plant to add to your collection. Plant swap runs until noon or whenever the last plant has left the building.

We will be having a white elephant sale of garden stuff too! All proceeds / donations will go to the purchase and maintenance of Lafayette's flower garden.

Hope to see you there!

Submitted by Kathy Jacobs, Vice President Park Point Garden Club

The Breeze Managing Editor: Natalija Walbridge

Submissions for the May issue are due by Thursday, 4/27/17.
Send to: ppbreezeeditor@gmail.com

Park Point Community Club Officers:

Vice President: Tom Griggs

3429 Minnesota Ave.

Thomg0313@gmail.com

Secretary: Sheryl Robins

722 Minnesota Ave.

720-6518

Treasurer: Al Robins

722 Minnesota Ave.

720-6518

Committees:

Art Fair: Carla Tamburro

coordinator@ parkpointartfair.org

218-428-1916

Rummage Sale:

Dave Lavamaki

pointer12@q.com

729-8925

Environmental: Dick Gould

727-4067

Hospitality:

Diane Gould

727-4067

Ted Buck

525-1764

Lafayette Square Rentals: Missy Steichen

ppccdlh@gmail.com

218-208-9545

The Postcard: Dawn Buck

parkpoincc@gmail.com

Sunshine: Pam Griggs

pamgriggs101@gmail.com

218-260-6032

Park Point Community Club
P.O. Box 16326
Duluth, MN 55816-0326
www.parkpointcommunityclub.org

Letter from the PPCC President

Hi Neighbors,

Happy spring! I heard on the radio this morning that the first basket of passengers and vehicles traveled across the canal on the Aerial Ferry Bridge on this date in 1905. Five minutes later, while sipping my coffee, I clicked the DNT online and up popped a video (created by Barrett Chase on Sunday) of three frisky otters playing off Hearding Island. This evening, I observed for the first time a Laker stopped still in the Superior Entry, while blowing a salute. I then heard another higher pitched salute and the boat started heading in again. Stasis is not a Park Point phenomenon.

Great news from the PPCC Youth Committee - the 2017 Summer Youth Program is a go! Thank you to Sally Buck and Rhonda Strum for working on reviewing the data on last year's program and interviewing the program leaders for this summer. Registration forms will be posted soon to our website, www.parkpointcommunityclub.org. The program begins on Monday, June 12th. [See article on Page 5.]

Thank you to the DNR officers and DNR Wildlife Manager Martha Minchak for presenting on the consequences of feeding wildlife. If you see a possible DNR violation, dial 911. Officer Meghan Jones from the Duluth Police Deptartment reminded us to stay watchful and note strange vehicles, taking down license plate numbers and noting descriptions of anything that seems suspicious.

April 18th's meeting will highlight an opportunity to get involved with a Park Point planting project. As you might recall from our November meeting, the City received a Great Lakes Restoration Initiative grant to do native plantings and address water run-off issues in the park at the end of the Point, across from the soccer fields. Andrew Slade from the Parks and Recreation Department will join us to share information on the types of trees and shrubs to be planted. In November, several neighbors expressed interest in getting involved. He will also follow up on concerns raised by neighbors regarding the Lafayette restroom project and share the plans moving forward. I would like to thank both Andrew and Ryan and Andrea from the architectural firm ARI (contractor) for coming to the March meeting to explain the Lafayette restroom project and the timeline for completion.

Also in April, Duluth Firefighters will attend to explain the rescue program on the beach. Have you seen the life saving rings and stations that went in last season? If you are taking a walk at the end of the Point, stop and check out the repairs to the Beach House. The entire lakeside wall is under repair. A couple has a wedding planned there for mid-May, so let's hope things go well for them, with no surprises. The City also has the various beach boardwalks on the 2017 to-do list in terms of repair and revitalization, so that is good news.

This past weekend's big question: Do we dare to put the boots, shovels and snow scoop away? I did not do it and I hope I am wrong.

See you out and about our glorious island! Dawn & Klaus, canine companion

A Correction

The Breeze regrets an error in spelling the name of George Cruikshank, ringleader for countess hours of tree-planting efforts on the Point, as reported in the March issue. It should be noted that the article's author, Jan Olson - not the proofreader - got it right from the start!

Park Point Breeze Ad Rates

Business card size \$10 month / \$100 year

1/4 page size \$35 month / \$350 year

1/2 page size \$60 month / \$600 year

> Contact: ppbreezeeditor@ gmail.com

Need music? Call: (218) 606-1670



Len & Lois

Park Point Residents
PO Box 15303

Duluth, MN 55815

You're going to like what you see and hear! Check us out at: www.lenandlois.com

Remembering Tricia

Tricia Lou Olson was a lifelong Park Pointer...a treasure to her parents, family and friends. She also lit up the lives of countless neighbors and co-workers throughout her sixty-one years. If you didn't know Tricia, that was your loss. Sadly, she died on Saturday, March 25th, while in the presence of her family.

Talk to someone who rode with her on the bus on the way to work or school (she retired after working at Goodwill for nearly 30 years); talk to one of her neighbors who encountered her regularly on her daily walks, near her home; talk to someone who had only just met her. Just about any of them will tell you the same thing: Tricia nearly always made you smile, and had a grin ready for you, too. Maybe even a hug and a laugh...or one of her signature expressions that often read like the "conversation hearts" that come in little boxes on Valentine's Day. "Holy baloney!" she might say, or "Oh, you kid!"



Not that Rodney and Pat Olson's daughter was anybody's pushover, mind you; Tricia suffered no fools. She saved her frowns - and the occasional raised fist or tossed apple - for the reckless driver she thought to be driving too fast or who came too close to the curb for her taste. Most of the time, however, she chose to share her special laugh or asked to take a picture of you. If you were lucky, you might even get a song. She sang in the CHUM church choir, and enjoyed dancing, swimming and bowling, as well.

Dawn Buck speaks of feeling like a star when she first became President of the Community Club. Tricia often approached her for a photo, or excitedly asked someone else to take a picture of them both. "I am not even sure if the camera worked," said Dawn, "but I felt very honored to be asked by her almost every month. Think of what she could have done with a selfie stick!"

Pam Griggs tells of a particularly touching encounter when Tricia was taking a walk. "While I was weeding the flower garden at Lafayette, she...looked up at the American flag, placed her hand across her chest and sang the National Anthem. It was beautiful, and so sincere. After that, I needed a hankie."

Prior to her work at Goodwill - and later, UDAC - Tricia was a student at the Park Point School. In addition to her parents and friends, she will be missed greatly by her sister Kristine and brother Erik, and of course by their spouses and children, as well: Owen, Elise, and Andrew Kosloski, and Cathy and Dolan Olson.

Many thanks to Rod, Pat and family for giving Park Pointers the gift of Tricia's presence for so many years. We join you in missing a cherished friend.

Submitted by Ellen Dunlap

News from the Lafayette Community Edible Garden

At our **March potluck dinner meeting**, our guest speaker was Susie Darley-Hill, compost expert at WLSSD. She talked about best methods of composting and answered our questions. That being said, it's time to fill our compost bins at the community garden with your fruit and vegetable kitchen scraps and coffee grounds. Also, ask for leftover grounds from local coffee shops when you stop for a cup of Java. Compost is a great soil amendment and mulch, but is not a fertilizer. We still need stuff like worm juice for that. We got an added bonus that night when Patti Peters led us in movements for keeping our ankles in top shape. Healthy joints help us move more easily and make us better able to sustain some of the awkward positions we are in when gardening.

Don't cry! At our April 17th potluck dinner meeting, Shannon Laing, aka Shannon-from-the-Co-op, will be talking about **onions**. Although she now works for the non-profit Ecolibrium3, Shannon worked as the Brand Manager for Whole Foods Co-op for over 12 years, during which time she became involved with the One Vegetable One Community event. This year, she is thrilled that onions have made the cut. Recognizing one of our most used, but often under-appreciated vegetables, Shannon will discuss different types of onions and some of the best kitchen applications for them. (And she may just have something tasty to try, as well.)

NOTE: Starting in April, we'll be switching to our summer schedule for potlucks. They will be on Monday nights from 6 to 8 p.m. instead of Sunday nights. Note the later time, as well.

Construction will soon commence:

Denny Johnson is leading the effort to turn the old boat house metal siding into our new raised garden beds. He has a plan, but will still need help putting it all together. Many hands make light work.

Just for fun:

March's question: Sauerkraut originated in what country 1,000 years before it became a favorite dish in Germany? Answer: China.

April's question: What are sweetbreads? The answer will appear in the May Breeze.

Upcoming events:

Monday, April 17th, 6 to 8 p.m. - monthly potluck dinner meeting featuring a discussion on onions, the Duluth Community Garden 2017 Vegetable of the Year.

Submitted by Susan Peters

PPCC Meeting Notes March 2017

The Park Point Community Club meeting was called to order by Dawn Buck, President, at 7:00p.m. on March 21st, 2017. The agenda for the business meeting was suspended to accommodate speakers from the DNR, City of Duluth Parks and Recreation Deptartment and City of Duluth Police Department.

Martha Minchak from the **DNR** spoke to the club concerning feeding of wildlife. Her first comment was the legality of feeding wild animals within the City of Duluth. She noted that, other than deer, it is not illegal to feed wildlife in the City; however, the DNR does not recommend this practice. Martha said when wild animals are concentrated in an area (for feeding), they are more likely to spread diseases among themselves such as Chronic Wasting Disease, Bovine TB, and Mange. Brent Speldrich, DNR Conservation Officer, spoke briefly about when to call 911 and when to call their regular telephone number. 911 should be used when the law is being broken or an animal is injured to the extent they unable to get up and move.

The second speaker for the evening was Park Point resident Andrew Slade, from the City of Duluth **Parks and Recreation Deptartment.**He explained the progress of two current projects for Park Point. The first one is the replacement of the lakeside wall of the **Beach House.**The second project is construction of a **public restroom at Lafayette.** This area is considered by the City to be a Tier 1 beach access, and for that reason a restroom was approved. Ryan Erspamer and Andrea Wedel from Architectural Resources, Inc., who are the contractors, showed drawings for the structure that will contain two restrooms. They will be open to the public during Park Hours (8:00 a.m. - 10:00 p.m., automatic locks controlled electronically.) The project will start in early July and should be completed within two to three months.

The third speaker for the evening was **Police Officer Meghan Jones.** She talked about a recent drug bust in the 1300 block. She also asked the community to stay aware of happenings in their neighborhood and report anything suspicious to police. By reporting these incidences, people allow the Police Department to collect information which could possibly result in locating drug houses or other problems. She noted that reporting license plate numbers is extremely helpful.

Regular business meeting resumed.

Approval of the Community Club Minutes for the February 21st meeting.

Correction to the minutes included the name of a possible director for the Youth Program this summer. Chloe Dryke will not be a candidate for the job. Motion was made and seconded to approve the minutes as they appeared in the Breeze, as corrected. Membership votes were all ayes.

Treasurer's Report - Al Robins

Balance in the checkbook is \$19,372. Motion was made and seconded to approve the report as given. Membership votes were all ayes.

Art Fair – Carla Tamburro

Nothing new to report. Volunteers will be needed. Call Diane Gould, 727-4067 if you would like to volunteer.

Breeze – Natalija Walbridge

A motion was made and seconded to renew the contract for Editor Natalija for another year, with a monthly stipend of \$300.

Environmental Committee - Dick Gould

The 300 seedling trees that Dick ordered should be here by 5/14/2017. Volunteers will be needed to help with the planting. Please contact Dick at 727-4067.

Hospitality Committee - Diane Gould and Ted Buck

Thank you for the lemon bars. They were wonderful, and it's fun to know that the lemons came from someone Diane knows in Florida.

Neighborhood Watch Committee – All present

Nothing new to report except for the drug bust on the Point.

Program Committee - David Poulin

The Fire Department will speak to the group on rescue rings at the April meeting.

Rummage Sale – David Lavamaki

Nothing new to report. [See report on Page 1 of this issue.]

Summer Youth Program – Sally Buck and Rhonda Strum

Currently, the chairpeople for the Youth Program are interviewing two candidates for the positions of Director and Assistant. A motion was made and seconded to authorize up to \$2500 for extra expenses that may occur during the length of this program. Membership votes were all ayes. [See report on Page 5 of this issue.]

Sunshine Committee - Pam Griggs

One get well card sent this past month.

Old Business

Nothing new discussed.

New Business

The **Minnesota Point Preservation Society** will be working on obtaining grants for environmental efforts along the shoreline, nature trails and sand dunes. Motion was made and seconded to support this endeavor. Membership votes were all ayes.

Greg Peterson from the Duluth Rowing Club gave an update on the **new Rowing Club building**. The old building has been torn down, and they are currently working on permits for the new building. The shell of the building should be up by the first part of June. Their \$1,000,000 building campaign fund has reached 70 - 80% of its goal.

A motion was made and seconded to adjourn the meeting at 8:30 PM. Membership votes were ayes.

PPCC Summer Youth Program

Planning for the 2017 Park Point Community Club **Summer Youth Program** is underway. The Committee is hiring new staff, as Chloe and Abbi have moved or moved on to new jobs. The PPCC approved up to \$2,500 in funding at the March Club meeting; as always, a second vote will be required at the next meeting.

The program is for ages 5 years old (completed Kindergarten) thru 12 years old, and kids who want to have an especially amazing, action-packed super summer from June 12th thru August 10th, (CLOSED July 4th). The fun will begin at 8:00 a.m. and end at 4:00 p.m., Monday through Thursday at the Lafayette Community Center, 3026 Minnesota Ave. Children can plan to spend the entire summer or just a few weeks; the choice is up to families. The Program includes gardening at the PP Edible Garden, going to the Beach, field trips, educational sessions, crafts and many other activities at Lafayette.

Cost for the nine week program is \$450.00/summer for the first child per family, \$350.00 for any child thereafter within the same family; or \$60 per week; \$20 per day. Field trip costs have additional fees, and are the responsibility of the child's family.

Registration forms will be posted on the PPCC website in April and an email will be sent to all PPCC members and 2016 participants. Please remember that space is limited to 30 children, giving first priority to Park Point residents and relatives of Park Pointers.

Questions: please contact Sally Buck at timnsalbuck@gmail.com or http://www.parkpointcommunityclub.org Submitted by Sally Buck

Environmental Report

Spring seems to be here already! I do believe in global warming...everything seems to be ahead of time but me.

The Hearding Island eagles are back in their nest, and there are already many species of birds going through on their spring migration. I saw four swans about the third week in March, and lots of robins, grosbeaks, blackbirds, etc. The increasing number of crows is becoming quite a problem, as they are bird nest predators. They eat eggs and baby birds from almost all of the smaller birds' nests. Please Don't Feed the Crows!

Three hundred white pine seedlings will be here on or about May 14th. If you can help by planting a bundle of 25, please give me a call @ 727-4067. All you need is a pail, a shovel and somewhere to plant them on the point. Please talk to a member of the Environmental Committee to find the highest priority locations. The trees are making a big difference here on the Point.

Submitted by Dick Gould

Lafayette Rentals

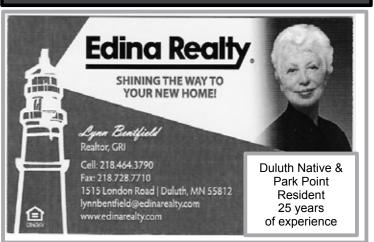
Lafayette is a great place to hold weddings, reunions, parties, meetings, workshops, etc...

Rental fees are as follows: up to 50 people - \$100.00 50-100 people - \$200.00 100-125 people - \$300.00

There is a damage deposit of \$100.00, which is refundable, after cleaning & inspection.

Hours available are 8:00 a.m. - 10:00 p.m.

Contact: Missy LePage at 218-208-9545 or by e-mail at ppccdlh@gmail.com



The mission of the Breeze is to serve the community by:

- 1. Publishing the minutes and financial statements of the Park Point Community Club.
- Informing the community of upcoming meetings, events, happenings and projects.
- 3. Providing a forum for Park Point residents to air their concerns.
- 4. Sharing the history, stories and anecdotes that make Park Point a unique place to live.



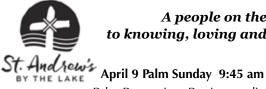
We Need You!

We are looking for a new volunteer to deliver the Breeze for the 3700-3800 blocks.

It only takes about 30 minutes once a month to deliver for an area of 2 blocks.

For questions or to sign up, please contact Diane Gould at 218-727-4067 or rgould@chartermi.net

Thank you!



A people on the Way to knowing, loving and serving God.

Palm Procession, Passion reading

April 13 Maundy Thursday 5:45 pm AGAPE MEAL

"Agape" meal—a family supper intertwined with Eucharist and washing of hands, held in the Mission Hall. The Altar will be stripped as a symbol of the desolation of Gethsemane.

April 15 Great Easter Vigil 7 pm HE IS RISEN!

Fire, water, dramatic stories and song. This year it will begin in the Mission Hall around the new fire, and conclude with a wine and cheese reception.

April 16 Easter 9:45 am HE IS RISEN!

And because He lives, we do too. Where is Jesus? No longer on the cross, but in the world.

> June 9 & 10 Brats & Books Sale during the Park Point Rummage Sale

Sunday Eucharist Service at 9:45 a.m. The Rev. Marta Maddy

standrewsbythelake.org 2802 Minnesota Ave 218-727-1262 standrewsbythelakeduluth@gmail.com



EXTENDED BY POPULAR DEMAND!





Rowing Club Fundraising Party

Attention all Pointers: Join us for a fundraising party for the Campaign for the DULUTH ROWING CENTER! Everyone is welcome to attend an evening of generous appetizers, silent and live auctions, and fun. Come to the first annual **ICEBREAKER** at Greysolon Plaza!



As Park Pointers, we all welcome the open water, the return to boating, and the start of a new rowing season. Let's celebrate by raising funds to complete Phase III of the Duluth Rowing Center. This phase is to finish the Clubhouse, which is the final building of the project. Anyone who has traveled to the end of Park Point has seen that Phase I (building the Joseph M. Krmpotich Boathouse) is done, as well as Phase II (tear-down and removal of the old DRC Boathouse.)

The DRC is ready to break ground on the Clubhouse portions of the project in April/May, but there is still a need for funding and donations to complete state-of-the-art locker rooms and bathrooms that will cost an estimated \$60,000. These will be modern. handicapped-accessible rooms with separate areas for bathrooms, showers, and lockers. All donations raised at the Icebreaker will go toward construction materials, fixtures, plumbing, lockers, and benches. The Clubhouse construction labor will be donated by Duluth Rowing Club and community members. One generous donor has already stepped forward with a \$10,000 contribution for the locker rooms!

At the Icebreaker, you'll enjoy a short program about the history and value to our community of rowing, especially our growing Youth Rowing Program. You'll get information and progress updates about the new Duluth Rowing Center, and - most of all - you'll mix and mingle with friends who share your love of our beautiful waterfront, while promoting the sport of rowing. The fundraiser will feature delicious food and a chance to bid on unique auction items while you support a great project. Bring your friends and family; everyone is welcome.

Date: April 28th. Time: 5:00 - 8:00, p.m.

Place: Grevsolon Plaza Moorish Room, 231 East Superior Street, Duluth

Reserved Tickets: \$35. Tickets at the door: \$40. Reserve your tickets now to help us plan the party. Tickets may be pur-

chased online at https://www.eventbrite.com/e/duluth-rowing-club-icebreaker-tickets-32559636750

If you have event questions, please contact Jenny Peterson @ 218-391-0331 or jennympeterson@charter.net

Submitted by Tom Rauschenfels

PPCC Membership Additions since March Breeze List

Alspach, Edward and Elourine Archbold, Sarah Baypoint/Shoreline Estates Bjorgaard, Mary Blevins, Kerrianne Brown, Susan Brostrom, Stephanie and John Bruno, Fred

Carmack, Bob and JoAnn Cervenka. Debbie

Gould, Dick and Diane

Griggs, Patricia Hall. Beth Harsha, Nate Heck, Doug G. Heide, Kimberly Heyeson, John and Kyle Johnston, Nancy L. Kaim, Lyn Kerns, Carolyn and Gordon

Kennedy, TJ and Val Kerns. Gale and Jeri

Krenelka, Glen and Rene Mancuso, Tony and Marianne McGough, Maureen and Larry Medlin, Joe Pearson, Steve Peyton, Beryl Price, Jack and Marian Renken, Arlene Schmidt, Carolyn

Sedgwick, John and Nancy Sherman, Phyllis

Shimmin, Dale

Silverness, Don and Debra Slattery, Karen and Terry

Slattery, Sue Spear, Jeff and Kari Stuermer, Jeff and Laura

Walstrom, Mike

Wickstrom, Beverly and David

Wise, Gary and Ann Witvinoff, Arlene

T'AI CHI CHIH AT LAFAYETTE COMMUNITY CENTER

Monday, Wednesday, Friday 10 a.m. to 11 a.m. 8 sessions: May 8, 10, 12, 15, 17, 19, 22, 24 (no class the last Friday) \$90 Bring fee to first class (cash please)

Join certified instructor, Laura Star, on 8 mornings in May at Lafayette Community Center to learn T'ai Chi Chih ("tie chee cha"). This set of 19 movements and one pose is a gentle, flowing, moving meditation practiced by thousands of people around the world. The movements are easy to learn and bring many benefits including peace of mind, improved health, balance and joyl The primary purpose of T'ai Chi Chih is to circulate and balance the body's energy or Chi (Life Force), resulting in a state of health and well-being.

T'ai Chi Chih requires very little space, no bending or stretching, and no special clothing. T'ai Chi Chih does not require a particular level of fitness or coordination. The movements may be adapted to your comfortable range of motion.

For those with physical limitations, movements may be done seated. Completely flat shoes (no athletic shoes), or no shoes, are worn to maximize balance and connection with Earth energy.

To register, call or email Laura at Lstar23@gmail.com

The Breeze

Park Point Community Club P.O. Box 16326

Duluth, MN 55816-0326



Park Point Resident

Numbers you can use

Got (non-emergency) issues you'd like to discuss, but don't know whom to call?

Here are some helpful contacts:

Lift Bridge Supervisor: Dave Campbell 723-3387

Community Police Officers: 218-730-5656 or email at cnagorski@duluthmn.gov

Dog issues: clane@duluthmn.gov

City Councilor Em Westerlund: (218) 355-1137 ewesterlund@duluthmn.gov



June 24 & 25, 2017 Duluth MN





10am - 5pm • Park Point Recreation Area

115 of the region's finest visual artists and craftspeople local music, food vendors, art making & demonstrations in the pines on the nation's largest freshwater sandbar.

free admission and parking parkpointartfair.org

