KENNY NEIGHBORHOOD NEWSLETTER

FALL 2022

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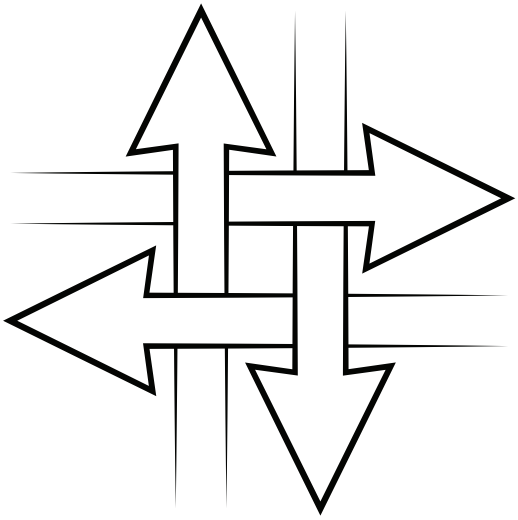
Comments, questions, ideas?
Contact Kenny Neighborhood Association: 612-392-4477 or info@kennyneighborhood.org

A publication of the Kenny Neighborhood Association. The Association is open to all Kenny residents. We meet to determine neighborhood needs and establish a sense of community.



KNA is at a crossroads

By KNA Board Members

The Kenny Neighborhood Association represents all residents of our neighborhood. KNA is your go-to source for advocacy with the city, for social events, and for creating a sense of community for all. We provide input on city initiatives and work with our elected representatives to share neighbor views.

KNA sponsors popular events throughout the year like the Ice Cream Social, Kenny Festival, New Neighbor and Renter Welcome dinner, Spring Clean-up, and Fire & Ice Skating Party. We also work with neighbors to expand and create new events, such as the Asian American Pacific Islander Heritage Month potluck. We strive to foster a sense of community and belonging for everyone.

KNA surveyed neighbors over the spring and summer, asking what you value and support in the neighborhood. Nearly 200 people completed the survey and we are grateful for your time and input!

Here's what you told us:

You value the people who live on your block and in the neighborhood; you value the connections made at KNA events; and you value the schools and the city in which you live.

You want KNA to be your advocate with the city.

You want continued work on environmental issues and public safety.

You like our printed newsletter mailed to every home.

You like our other digital channels — Facebook, Instagram, KNA eNews, and our website, www.kennnyneighborhood.org.

KNA is at a crossroads continued on page 4

Kenny Neighborhood Association
Office: P.O. Box 19593
Minneapolis, MN 55419
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KNA Board 2021-2022
Chairperson Carol Martinson
Co-Chair Jon Erickson
Secretary Scott Elton
Treasurer Nick Winter

Bruce Anderson	Jackie Moes
Barb Brady	Rick Oknick
Scott Elton	Chuck Ott
Chris Henjum	Nick Winter

KNA Coordinator
Lauren Anderson

All KNA meetings and events are accessible. Requests for accommodations are welcome. Please make requests at least 10 days in advance by calling 612-392-4477 or writing to info@kennyneighborhood.org.

Meetings are held at 7 p.m. on the third Thursday of each month and currently held on Zoom. Visit www.kennyneighborhood.org and click on "Calendar" for Zoom meeting information or contact us at info@kennyneighborhood.org for the following:

- For interpreters, listening devices, and/or readers
- To place an item on the agenda or for further information
- To attend the meeting

Newsletter Team
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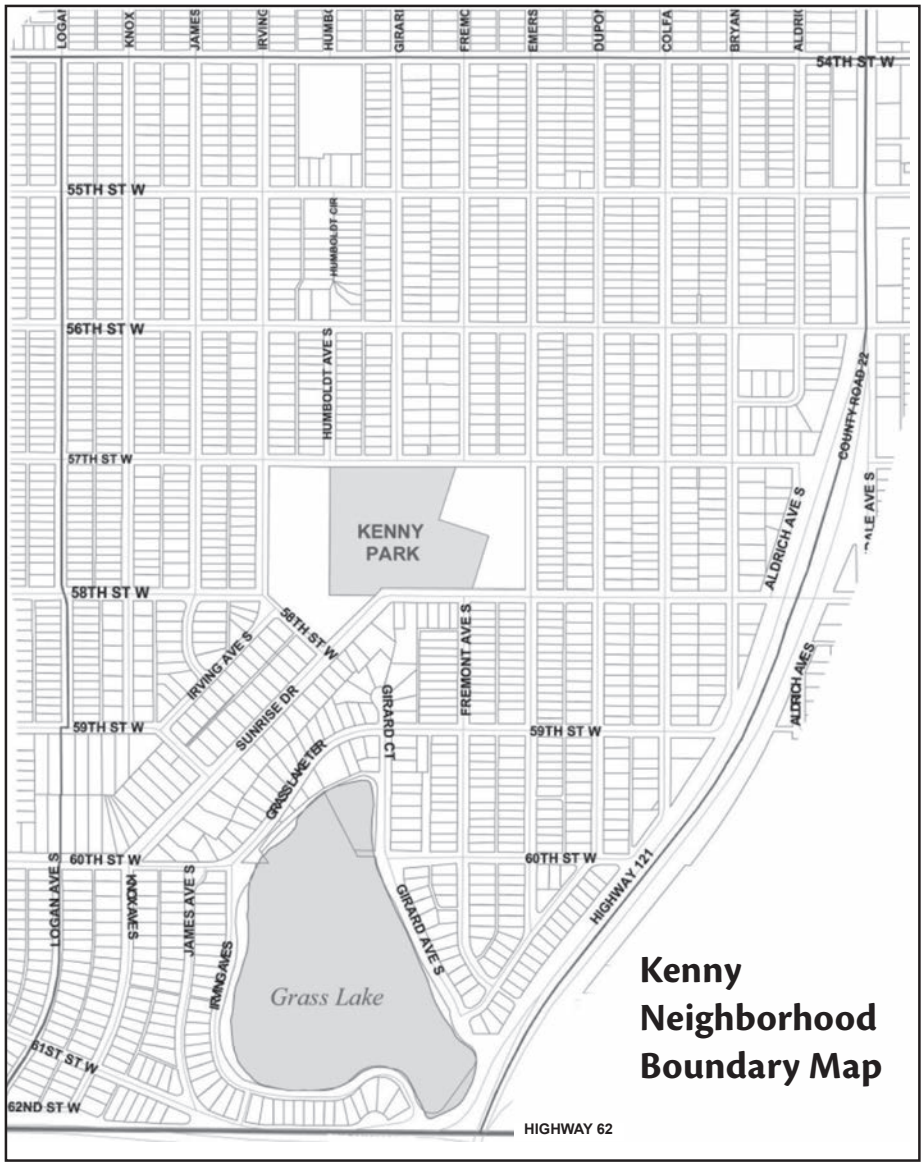
Kenny Neighborhood Newsletter is published four times each year. The newsletter is sponsored by the Kenny Neighborhood Association, donations from neighbors, and support from our advertisers. To place an ad, contact Lauren Anderson at info@kennyneighborhood.org.

KNA Board Members Needed
For more information, call KNA: 612-392-4477 or email: info@kennyneighborhood.org.



KNA Committees & Working Groups

GENERAL INQUIRIES AND QUESTIONS: info@kennyneighborhood.org.

Community Engagement: Meets the first Monday of the month. Goal is to develop and support opportunities for all neighbors to gather. Contact Barb Brady, bbrady127@gmail.com.

Crime & Safety: Currently in development. Looking for neighbors who want to promote a safe secure, and resilient neighborhood. Contact info@kennyneighborhood.org.

Environmental: Meets the second Monday of the month. Goal is to develop and support education, learning opportunities, and activities that support a green environment. Contact Bruce Anderson, Anderson.brucep@gmail.com.

GARDENING OPPORTUNITIES FOR ALL:
Kenny Garden Club & Grass Lake upkeep: Contact Bridget Rau at bridgetrandyrau@gmail.com or Ann Davenport at afdavenport@gmail.com.

Kenny School Gardens: Contact Sarah Staab, sarah.m.staab@gmail.com.

(KORE) Kenny Organizing for Racial Equity: Purpose is to foster a spirit of anti-racism in the Kenny neighborhood building a welcoming, safe, and healthy community/city/state/country for all. EMAIL: kennyforracialequity@gmail.com. FACEBOOK GROUP: https://www.facebook.com/groups/KOREmpls

KORE Book Club: Meets the first Saturday of every month behind City Church, 8:15–9:45 a.m. Contact Janet, JLDahlem@stkate.edu if you prefer the Zoom link.

Letter from the Chair

By Carol Martinson
Kenny Neighborhood Association Chair

Everywhere I look — I see neighbors helping neighbors

Did you know we have a trail maintenance crew that takes care of Grass Lake? Or crews that weed the gardens at Fixt Rite, the north side of Grass Lake, and the Kenny School gardens?

It is neighbors helping neighbors — stepping in when they see a need. And it is not just gardening or landscaping where neighbors help neighbors every day. It is offering to take someone to a doctor's appointment, an emergency run to a veterinary clinic with a sick cat, or stopping by the grocery store or pharmacy. Or maybe it's just sitting on the porch, greeting walkers, sharing stories over a bonfire, or just checking in.

It is that spirit of 'volunteerism' that makes Kenny special and a wonderful place to live and work.

As chair of the Kenny Neighborhood Associations (KNA) I ask that you think about volunteering for the neighborhood in a more formal way — consider joining the KNA board (two-year terms, meet monthly, help at events) or being part of one of our working groups — Environmental, Community Engagement, and Crime & Safety. We also have short-term working groups looking at our communication strategy, fundraising, and collaboration with other neighborhoods. Our first collaboration with Armatage is the joint Halloween Decoration Tour in October and the Holiday Light Show in December.

Reach out to me or any of the board members through our phone number or email address to ask questions and learn more about opportunities to be involved.

May you have a grateful Thanksgiving,
Carol

To keep Kenny strong, we need to look at how we engage and bring value to each other. Please join in that effort as your interests and schedule allow. We need you!

New This Year: HOLIDAY LIGHT TOUR!

Enjoy our neighborhood's colorful streets and light displays this holiday season! KNA is SO excited to announce that we are partnering with our friends in Armatage to bring the popular Holiday Light Tour to Kenny this year.

The Holiday Light Tour is self-guided and runs each night 5-8 p.m., Friday, December 9, through Sunday, December 18. The tour map and list of participating addresses will be available at www.kennyneighborhood.org a day ahead of the tour so you can plan your route. Visitors will also be able to vote for their favorites online. The displays with the most votes will each get a gift card to a local business.

Please be courteous and respectful of neighbors on your adventure and minimize the amount of time your car is idling.

LOVE decorating for the holidays?
Visit our neighborhood site: www.kennyneighborhood.org to sign up to be a part of the Holiday Light Tour by Dec 6.

KNA is at a crossroads continued from page 1

Moving forward

The KNA Board of Directors is taking your input to heart, and we are working to implement your priorities, but we face many challenges as we stand at a crossroads. One road takes us forward but requires investments from neighbors and others. The other road leads to less programming and advocacy.

Your ideas need funding and volunteers to become reality. The KNA, and all neighborhood associations, have depended on funding from the city and donations from residents to operate. Unfortunately Kenny, like many neighborhoods across the city, faces significant reductions in city funding starting January 1.

In the past, the KNA received $25,000 per year to support activities. In 2023, that funding will fall to $14,000. We do have reserves that we will use sparingly to cover expenses, but the reality is that we need to find new revenue to ensure that we remain a viable association beyond the next three years.

Our other choice is to significantly cut programming, but we are hoping to avoid that route.

To tackle this issue, we have put together three short-term working groups:

- COMMUNICATION STRATEGY. Develop plans to communicate our situation and solution and support other work groups
- FUNDRAISING. An immediate need is neighbors with fundraising experience. How do we identify businesses or groups that we can work with and leverage to ensure we can cover our expenses AND be able to fulfill your priorities?
- COLLABORATION WITH OTHER NEIGHBORHOODS. In order to reduce administrative expenses and to expand the quality and quantity of our community programs, we need volunteers to help the board of directors investigate and recommend how we can cooperate and coordinate with other neighborhood associations.

The key to moving forward is you!

These groups need neighbors to help think through and plan our future. To make the process as efficient and simple as possible, please express your interest to volunteer and support this critical initiative by emailing our Neighborhood Coordinator at info@kennyneighborhood.org or by calling our message line at 612-392-4477 with your contact information and where you believe you can best help us to address this urgent situation.

We also need neighbors to step up to be on the KNA Board, volunteer at activities, or participate in our standing committees.

We are grateful for the support and commitment of all our neighborhood residents.The goal is to use this difficult transition period to build a more inclusive, inviting, and supportive community and Kenny Neighborhood Association!

Thank you for raising your hand and stepping forward with your time and skills to make sure the KNA is on the right road moving forward to support the neighborhood.

KNA is at a crossroads continued on page 6

DONATE TODAY!

Your Financial Support is Essential

Our goal is to raise $5,000 through donations over the next three months and we need your support!

Every donation big or small supports the KNA's advocacy and work in our community as we face a severe loss of city funding. We need neighbors to step up and help fill the gap.

As a 501(c)(3) nonprofit organization, donations to the KNA are tax-deductible and eligible for employer matching. Your financial contribution will fund this neighborhood newsletter, communications that help you stay informed and engaged, and community-building events like the Earth Day Clean-up, Ice Cream Social, New Neighbor & Renter Gathering, and more!

Make a tax-deductible contribution to the Kenny Neighborhood Association by sending a donation in the enclosed envelope or by scanning the QR Code at right to make a secure donation through GiveMN.org.

Thank you for supporting your neighborhood.

Neighborhood Update

By Lauren Anderson
Kenny Neighborhood Coordinator

Keep leaves out of the street

After the fall colors fade, please do your part to protect our local waterways and keep your leaves out of streets and storm drains.

Collect leaves and other yard waste and place them next to your regular recycling and garbage containers for city crews to haul. This year, weekly yard waste collection continues through the week of November 28 to catch all those final leaves. You can also use leaves as mulch in your garden, mow them into your lawn, or add them to your backyard compost.

In Minneapolis, it is illegal to rake leaves from your yard into the street (Title 17, § 427.270 of the Minneapolis Code) so please rake, sweep, or blow your leaves, grass clippings, and other organic matter back into your yard and encourage your neighbors to do the same.

Why keep leaves out of the street? Decomposing leaves wash into storm drains and eventually end up in Minneapolis' lakes, streams, and the Mississippi River. Leaves over-fertilize and help harmful aquatic plants and algae thrive. The result is murky water that isn't good for swimming or fishing and harms wildlife.

Allowing yard waste into the street or down the storm drain can also cause blockages or serious damage to the storm drain infrastructure. In Minneapolis, storm water is not sent to a wastewater treatment facility.

Thanks for doing your part this fall! Visit **minneapolismn.gov/solid-waste/yardwaste/** for more information or call 612-673-2917.

Also, speaking of water quality, did you know that only 28% of Kenny storm drains are adopted? Head to **adopt-a-drain.org** and sign up to help out. It takes just 15 minutes a month to keep leaves and debris out of a Kenny storm drain and protect our waterways.

ONE FINAL THANK YOU!

We were blown away by the response to the Electronics Recycling and Paper Shredding event in September. Thanks to everyone who participated and especially to KNA volunteers Bruce Anderson, Scott Elton, Jo Ann Erickson, and Jon Erickson for making the event possible!

Fall Events Thank You!

Thank you to everyone who joined us for the Kenny Movie in the Park way back at the beginning of September! It was an action-packed ending with the wind knocking the movie screen over right before the end of "Paw Patrol," but we are so grateful for the beautiful evening we got to spend outside with neighbors.

Special thanks to KNA Board members Barb and Bruce (pictured here) for all their help and to Kenny Park for sponsoring the popcorn!

Thank you also to everyone who participated in this year's Kenny/Armatage Halloween Tour! It was such a great chance to get out in our neighborhoods and appreciate the amazing Halloween displays.

To see which addresses received gift cards generously donated by Book Club Restaurant, head to www.kennyneighborhood.org. We're looking forward to the Holiday Light Tour!

KNA is at a crossroads continued from page 4

KNA Board members share why they volunteer

"I have lived in numerous communities in various locations of the US, México and France. Some were pleasant experiences and some were not. The one common aspect of all of the positive experiences was that the entire community or neighborhood was involved in the community and supported the other residents. This creates a welcoming and inclusive neighborhood. I recently moved back to Minneapolis after being gone for almost 40 years and I volunteered to be on the KNA Board of Directors to give back to the community that was critical to my development as a person. I firmly believe that everyone needs to participate in our community to the extent that they have available time in order to ensure we are a welcoming, safe and supportive neighborhood."

— Jon Erickson

"There's few things better than getting involved in our neighborhood — it's a small time commitment but it's been hugely rewarding. And, it's been great to meet our awesome neighbors!"

— Chris Henjum

"I volunteer with the KNA to make our neighborhood a nicer place to live. It has been a blessing to meet new neighbors and make new friends in the process."

— Jackie Moes

"Serving on the KNA Board has been a great way to connect with others who care deeply about our wonderful neighborhood."

— Scott Elton

"I volunteer with KNA to help bring a sense of community and engagement to Kenny residents. And I also enjoy meeting neighbors at KNA events I haven't met before."

— Bruce Anderson

"I volunteer for KNA because I value the programs and opportunities it provides. The summer social events bring people from the entire neighborhood together, from young families to people who have lived here for decades. KNA helps create a sense of community that makes our neighborhood so great."

— Barb Brady

"I volunteer with the KNA to make our neighborhood a nicer place to live. It has been a blessing to meet new neighbors and make new friends in the process."

— Nick Winter

Volunteering and Assistance

1. Join the Crime and Safety Committee
2. Volunteer to be a Regional Group Leader
3. Help us create and present a new corporate sponsorship program.
4. Help us work with other neighborhood associations to reduce administrative expenses and expand our programs and events.
5. Join the Community Engagement Committee.
6. Consider joining the KNA Board of Directors.

Kenny neighbors have fun all year round!

Kenny Neighborhood Association sponsors a variety of events for the community. They include: Movies in the Park, Fire & Ice, Sustainable and Alternative Lawn workshop, Ice Cream Social and the Kenny Festival.

KENNY NEIGHBORHOOD

Grass Lake: A tranquil, wildlife-abundant wetland

By Steve Paquin

"I always felt sorry for Grass Lake because it just sits there unused," mused the Southdale Library information desk attendant, a former Kenny resident.

"I assume Grass Lake is just a low spot that serves as a pond for water runoff from Crosstown," laughed my friend, a proud Kenny homeowner who is always active in neighborhood improvement causes.

"Well, Grass Lake was pretty much a cattle pond that had access from all the neighboring farms," said an original neighborhood resident with family ties to the land on which the neighborhood was created.

Now wait just a minute, folks. I come to praise Grass Lake, not bury it. It's true that Grass Lake is a storm water collection point. Water flows into the basin from a 327-acre area around the lake and enters through 10 outlets on its perimeter. But more importantly, Grass Lake is a healthy wetland that's home to a wide variety of plants and animals (bird photos are featured on page 15 of this issue), and the ongoing efforts of Kenny residents continue to improve its condition. I think it's time to shed some light on our little 27-acre gem.

Grass Lake is far from a ditch that was accidentally filled with storm water runoff. As a body of water, it is identified on maps dating to the mid-1800s, drawn adjacent to its neighbor, Wood Lake, in the huge agricultural community of Richfield. Originally, Grass Lake was more than twice its current size, spanning the area between what are now 59th and 66th Streets. It appears to have legitimately earned its label as a cattle pond, with plots of land converging around its perimeter.

As Minneapolis spread southward, agricultural land gave way to new housing. Part of the huge Bachman farmstead around Lyndale Avenue was sold to developers, and in 1927 the Richfield land between 54th and 62nd Streets from Fort Snelling to Xerxes Avenue was annexed by Minneapolis, creating the current border between those communities. Grass Lake straddled that border, setting the stage for its future altered layout. The north portion of the lake was shallower than the south, and for a while it was drained and farmed, holding water only in very wet years. Minneapolis plat books from the 1940s show the early Kenny neighborhood laid out as far south as 60th Street, with Grass Lake labeled only as "Dry Lake Bed."

The 1950s ushered in a building boom in Southwest Minneapolis and Richfield, leaving Grass Lake with new homes around its periphery. A storm water management system brought water back into the lake, and the dirt removed from the excavation of home foundations was added to the banks, raising the basin's depth. The construction of State Highway 62 in 1963 raised the water level and established the current footprint of the wetland, cementing Grass Lake's division into two bodies of water that exist today — Grass Lake in Minneapolis and Richfield Lake in Richfield.

Grass Lake and Richfield Lake still share a connection through underground storm water drain tiles, but they are municipally managed in very different ways. Richfield Lake is surrounded entirely by city-owned land and has been turned into a public park with asphalt paths, foot bridges and an amphitheater. The annual Urban Wildland Half Marathon course runs around the lake. Outside the park boundaries, the lake is bordered primarily by commercial and multi-unit residential properties.

Grass Lake, on the other hand, has been tightly enclosed by city streets and single-family residences on 90% of its shoreline since the 1950s. The west shore slopes steeply up to Grass Lake Terrace, the

Grass Lake continued on page 9

Grass Lake continued from page 8

north shore has six private properties that abut the lake, and much of the south and east sides border on state highways. Based on these factors, Grass Lake was never added to the Minneapolis Park system and has been left to develop as an urban wetland, largely unchanged since the original Crosstown construction.

So who is responsible for Grass Lake?

The lake and most of the surrounding property are owned by Minneapolis, and therefore under the control of the Minneapolis Department of Public Works (DPW). Since all trees in the city are the responsibility of the Minneapolis Park & Recreation Board (MPRB), it manages Grass Lake's forestry. The water quality is monitored by the Minnehaha Creek Watershed District (MCWD), an agency created in 1967 to manage all water that drains into Minnehaha Creek and the Mississippi River. Water quality testing is performed every other year by the MPRB in conjunction with the MCWD. Water quality and clarity are also tracked by the Minnesota Department of Natural Resources (DNR) and Minnesota Pollution Control Agency (MPCA). At the southern tip of the lake, the Minnesota Department of Transportation (MnDOT) reconfigured the stormwater drains and regraded the land as part of the Crosstown Commons reconstruction project. And you thought nobody was paying attention to Grass Lake!

For all practical purposes Grass Lake is anonymous, overshadowed by the larger, more popular recreational lakes to its north. First-time visitors to my home always comment that they didn't even know Grass Lake existed and can't believe that a tranquil, wildlife-abundant wetland sits immediately adjacent to the Crosstown Commons. Grass Lake doesn't have crowds of runners and rollerbladers dodging pelotons of bicycles, roads closed off every weekend for fun runs, or streams of people coming from around the city to picnic on its shores.

The residents of Kenny can take a lot of credit for keeping Grass Lake and its surroundings in good shape. The southernmost portion of the lake is undeveloped, with a walking trail connecting Girard Avenue on the east to 61st Street on the west. Although it's technically under the purview of the MPRB, Kenny volunteers have long been in charge of keeping the brush trimmed back from this trail. After the Crosstown Commons construction was completed, a group of volunteers coordinated with MnDOT to remove and replace old fencing. The Kenny crew pulled all the old chain link fence down and MnDOT removed the fenceposts and footings, though it was technically not a MnDOT responsibility. Trail improvements are ongoing and are largely coordinated and completed by Kenny residents.

That is not to imply that the maintenance of the Grass Lake environment falls completely upon the volunteer efforts of Kenny residents. In addition to its ongoing water quality testing and forestry management around the perimeter of the lake, the Minneapolis Park & Recreation Board's Kenny facility has hosted an annual Earth Day event that includes a Grass Lake cleanup initiative. Families get up early and head over to Kenny Park, line up to receive garbage bags and gloves and then tromp around the shores of Grass Lake to clean up a winter's worth of trash.

The Minnehaha Creek Watershed District also provided extra assistance in 2006, when the Kenny Neighborhood Association was given a Cynthia Krieg Memorial Grant to tackle extensive landscaping work around Grass Lake. The grant allowed the KNA to contract with a firm to add shoreline plants that slow storm water runoff and reduce the severity of algae blooms. While adding beneficial plant species, the contractor also removed buckthorn from around the lake, eliminating an invasive plant species that could overrun the area if not controlled. Additional "buckthorn busts" have since been organized by neighborhood volunteers to slow the species' spread.

Clearly, Grass Lake is a far cry from an unattended, overlooked cattle pond. Through the coordinated efforts of government agencies, neighborhood groups and volunteers, it has grown into a tranquil haven for both people and wildlife. So, here's to the continued health of our wetland. Long may its cattails wave!

QUICK FACTS ABOUT GRASS LAKE

- Grass Lake is a Type 5 wetland, defined as open water less than 10 feet deep, with vegetation borders of cattail, reed, bulrush and spikerush
- Average depth: approximately two feet
- Maximum depth: approximately five feet
- Average first date without ice: April 1
- Average first date with ice: December 1
- Some of Grass Lake's wildlife as reported and photographed by residents: muskrat, fox, painted turtle, snapping turtle, bald eagle, osprey, cormorant, catbird, hawk, pileated woodpecker, egret, heron, wood duck, hooded merganser, mallard, Canada goose, gull, pelican and trumpeter swan

Heat Pumps 101

By Jesse Amdahl and Vicki Olson

What is a heat pump?

A heat pump is an electrically powered heating and cooling system which can be used as a direct substitute for common heating and systems found in homes, like natural gas powered furnaces or forced air AC units. Essentially, a heat pump works much the same as a standard AC system in most homes, except that it has the additional ability to work in reverse, using the same cooling mechanism as an air conditioner to move cool air out of your home when heating is desired.

How are they used?

One of the primary benefits of heat pumps is their versatility. As mentioned earlier, heat pumps can work both to heat and to cool, so they can be ideal replacements for either apparatus if one were to fail in your home. Heat pumps use air outside the home to either cool or heat, which makes them very effective in cooling in our Minnesota climate. They are also able to draw heat from outside in extremely low temperatures, making them effective in the winter as well, though it is very important to properly size this system given how cold it can get here.

Why is it useful?

Fossil fuels are one of the main reasons for producing emissions and contributing to global warming. Electrifying buildings is the key strategy for transitioning to clean energy. If the electricity used is from a renewable source such as wind or solar, even better. If every single family home in the US adopted heat pumps, it would be the equivalent to taking 32 million cars off the road as reported by Rewiring America, a non-profit dedicated to electrification. An added benefit is that it is healthier than using natural gas in the home due to the lack of fuel combustion.

What is the savings?

There is an upfront cost but that is paid back though reduced utility bills. Heat pumps are the most efficient option even when looking at other electric options such as baseboard heating but is certainly cheaper than natural gas options. It is estimated that in some environments it can save $1,000 on average per year compared to oil heat or $500 per year as compared to electrical resistance heating.

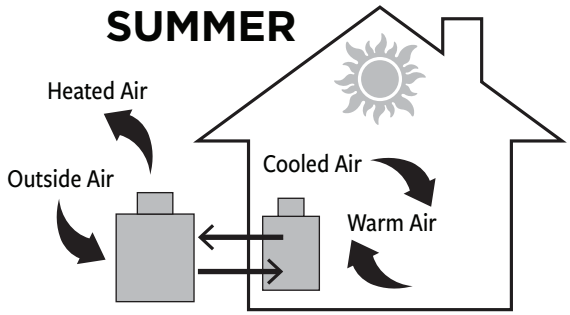
How does this relate to the Inflation Reduction Act (IRA)?

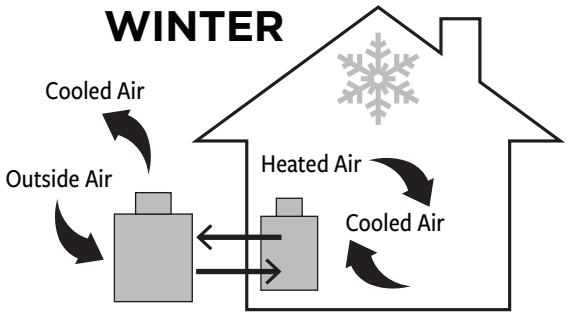
There are tax credits and rebates included in the IRA bill that was passed this year and savings can add up to thousands of dollars. It is not clear yet when they will go into effect but likely tax rebates will apply to 2022 and rebates will go into effect after the state plan is approved in 2023.

Do people like them?

Emphatically yes, for me (Vicki). I have a 1 ½ story house with a dormer, and I put in a ductless mini split on the second floor. Previously, there was only one vent for forced air in the stairway wall, so all the heat & cold (depending on the season) went down the stairs. Needless to say, it was a deterrent for spending time in my loft office/family room space in the middle of winter or summer, and I was concerned about temperature control when my little grandchildren stayed overnight.

The beauty of a ductless system is that no construction is necessary — the ductless system is able to hang on the wall and the vent to outside can be easily done by trained HVAC employees. The heat pump is outside, and the tubing runs between the heat pump and the wall unit through eave spout-like coverings. In my case, I had one heat pump outside that fed the three wall units, one for each room upstairs (which was not needed from a square footage aspect but gives me more control of the temperature of each room). It is comfortable and quiet and has increased my usage of the upstairs year-round by providing both heating and air conditioning.





HOW TO WASTE LESS FOOD

By Jo Ann Erickson

I have to admit that in my many years on this Earth, it has only been in the last four or five that I have been become more conscious of how much food I have thrown away. Not only is the impact of this waste financial (food prices have risen greatly) but it has tremendous social and environmental harm. When we waste food, we waste all the energy and water it takes to grow, harvest, transport, and package it. If the food goes to the landfill and rots, it produces methane — a greenhouse gas even more potent than carbon dioxide. I am grateful to say that I have made many strides toward being less wasteful — and you can too.

Here are a few simple ideas that have helped me that you may want to adapt for your families:

1. **Be intentional about your purchases and plan ahead for meals.** This may seem like a lot of work, but believe me, it makes meal preparation and shopping much easier. First, outline a meal plan for the week. It should include what meals you will make, how many people will eat each meal, and how many leftovers you have for days when the kids or you have after-school activities. This will minimize your time in the store since you have a list and a meal plan. Next, check on what you've got in your freezer, pantry, and fridge to see what you can use up. Once you've planned your meals, figure out how much food you will need and make a shopping list.

2. **Find ways to use all the food that you bring home.** You can make it fun by asking family members to help with ideas. Stale sandwich bread becomes the basis for Sunday's French toast. Left-over grilled veggies are a great start for an Italian frittata that is center stage for a mid-week dinner with a salad and bread. Peel REALLY ripe bananas, put them in the freezer, and use them for an after-soccer match smoothie.

3. **Include leftovers in your meal plan.** This is a lifesaver for families with kids and their busy schedules. When you set up your meal plan, double one or two of your recipes and set aside time to prep and freeze the extras. Label containers with the extra meals using the date and serving size and make sure that family members who help with meals know where and how to get them on the table.

4. **Make friends with your freezer.** The freezer is a waste-free kitchen's best pal. Freezing produce, meat, dairy — even lightly beaten eggs — is basically like hitting the pause button. My favorite foods to freeze are dark leafy greens that are starting to wilt. I simply chop them up, put them in a plastic bag in the freezer, then use them by the handful in smoothies, sauces, and curries. Freeze in portions, use airtight containers to reduce freezer burn, and survey what's in the freezer every once in a while, since nothing lasts forever!

ENERGY TIP

KNA Environmental Committee

Consider modifying the settings on your washing machine and dryer

- Your washer's "auto-sense" feature fills your machine with the correct amount of water for your load size, saving water and money
- Using cold water instead of hot cuts a load's energy use in half
- Using lower heat settings in your dryer uses less energy, regardless of the drying time

IS YOUR HOME ENERGY EFFICIENT?

You can request an energy audit to find out how efficient your home is.

Contact the Center for Energy and Environment at **www. mncee.org** and request a visit from the Home Energy Squad.

Word on the Street

Pat and Brenda asked:

What are your plans for this fall season?

Dane, Drew, Marie on Sunrise Drive

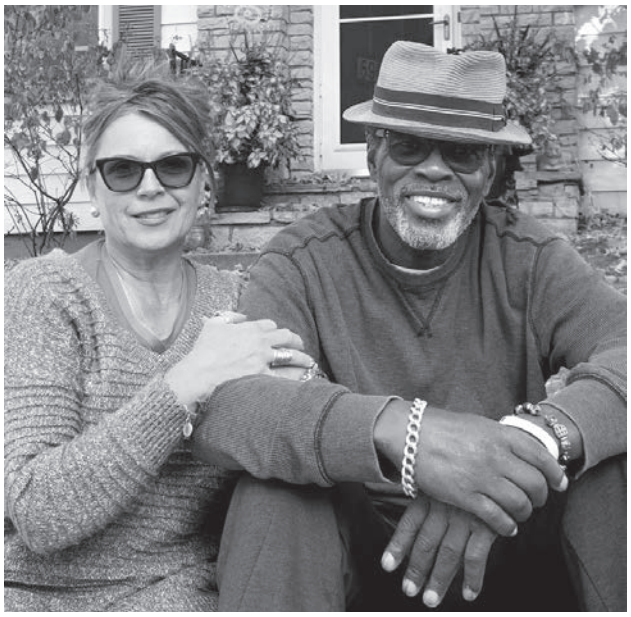
We are starting the hockey season and playing soccer. We are helping parents after the hurricane in Florida. Planning a trip to Costa Rica

Kirky on 61st Avenue

Working on many gardening projects. Spring clean up from 2020 and working with KNA Garden Club.

Erin and Marvin on Colfax Avenue

We will be visiting our daughter in Chicago. Going fishing at Horseshoe Lake. Doing yard work and raking leaves. Have a Halloween party.

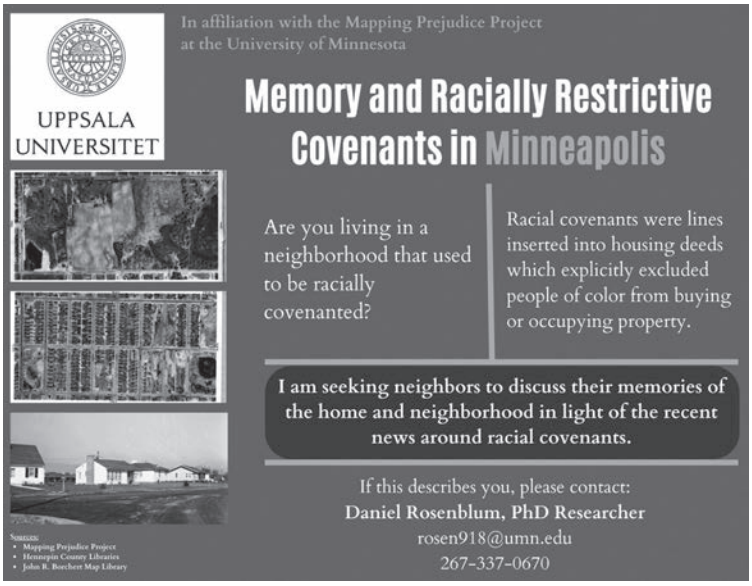


Genevieve and Little Dog on James Avenue

Planning on doing home remodeling with a new deck and looking for a new car.

HELP NEEDED: Racial Housing Covenant Interviews

Daniel Rosenblum, a visiting Ph.D. researcher working with the University of Minnesota's Mapping Prejudice Project, is looking to interview Kenny residents who live in homes with racial housing covenants. You can check whether your home once had a racial housing covenant at **https://mappingprejudice.umn.edu**



This is a great opportunity to share your perspective on your home, neighborhood, racial covenant histories, and recent events in Minneapolis in relation to covenant data compiled by the Mapping Prejudice Project. To sign up, contact Daniel Rosenblum at rosen918@umn.edu or 267-337-0670.

The Minneapolis Just Deeds Project can help you formally renounce your home's racial housing covenant.
Visit https://bit.ly/mplsjustdeeds to apply.

Find the Kenny Neighborhood on Facebook and Instagram!

Did you know that KNA is on Facebook and Instagram? Find and follow us to keep updated on all things Kenny. You can also reshare content and help us reach even more neighbors. We're also looking for volunteers from the neighborhood who can share photos from around Kenny while they're out for a walk, at park activities, and more. Email us at info@kennyneighborhood.org

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Kenny Park News

By Dillon Clements, Interim Recreation Supervisor

Kenny Park Update

We are wrapping up fall youth sports. The season has been a success and most of our teams have fared well on the field. Between Armatage and Kenny, there were 47 teams in flag football and soccer. Winter registration opened October 26. The winter sport will be basketball; other programs include preschool, school release programs, and youth arts & crafts. For the latest program listings, please visit https://www.minneapolisparks.org/activities/. For more information on MPRB's COVID response and latest updates, visit www.minneapolisparks.org/coronavirus-covid-19-information.

Winter Sports Registration for Armatage and Kenny Parks

Registration opened October 26 for youth basketball. To register for flag football, visit www.kennyarmatagesports.com. If you have any questions or trouble registering, contact Armatage Park at 612.370.4912 for more information. We offer teams for kindergarten through 12th grade.

Preschool KIDS focuses on the importance of social interactions and social skills for preschool-age children, with an emphasis on sharing, working together, taking turns, problem solving, listening and following multistep directions. We will also include academic curriculum into our day, such as working on letters, numbers, colors and shapes and incorporating a weekly concept such as "I can do it," "marvelous me," opposites, sorting, and seasons.

Join our qualified, wonderful instructor, Ann Horn, in making new friends and fun memories. Classes are Monday through Thursday from 9 a.m. to noon. Kenny Park, January 9-May 25.

Fire & Ice Family Skating Party

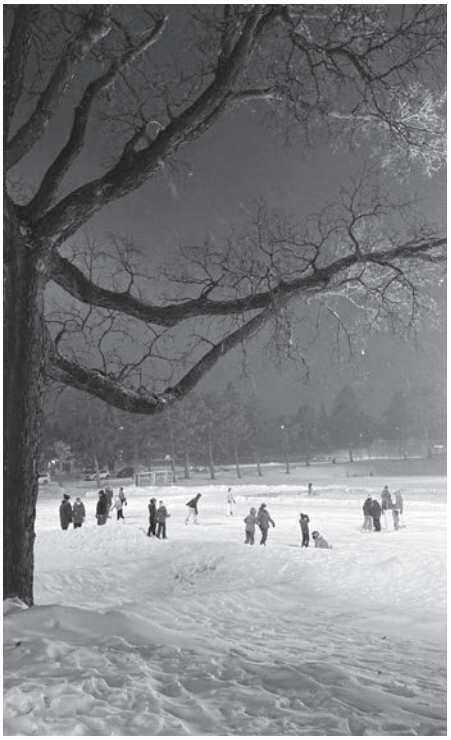
On Friday, January 20, please join us at Kenny Park for our annual Fire & Ice Family Skating Party! Grab your mittens and hat for this outdoor neighborhood celebration. Enjoy a night with your family and friends skating or keep warm with hot chocolate and a bonfire. No registration is required, just come on down!

Kenny Park Recreation Center

1328 W. 58th St.,
Minneapolis, MN 55419
612-370-4901

RECREATION SUPERVISOR
Dillon Clements
(Office) 612-370-4785
DClements@minneapolisparks.org

SCHOOL YEAR HOURS:
Sep. 6, 2022–June 15, 2023
Monday–Friday 3–9 p.m.
Saturday noon–5 p.m.



Sign up for Snow Emergency Alerts: SNOW SEASON IS HERE!

Avoid a ticket and tow, and help crews do a complete job plowing our streets by moving your car when a Snow Emergency is declared.

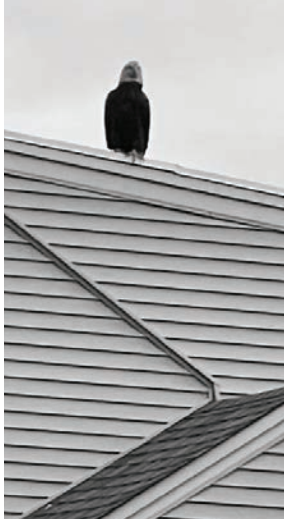
Sign up for text or email alerts to make sure you don't miss a snow emergency at **www.minneapolismn.gov/getting-around/snow/**

Birds of Grass Lake

Grass Lake is listed as a hot spot on the app eBird with 160 different species identified

By Kat Baumtrog

A Great Blue Heron



Bald eagles are frequently seen at
Grass Lake and around the neighborhood

1,000 gulls visited the lake

A pair of Trumpeter Swans were residents this summer

Wild Turkeys

"Being a firefighter and dealing with the pandemic, opioid crisis and George Floyd's murder, it was a blessing to be able to take a walk around the lake and let it go. It was great to see an increase of families enjoying Grass Lake."

– Kat Baumtrog

KENNY NEIGHBORHOOD
Kenny Neighborhood Association

P.O. Box 19593
Minneapolis, MN 55419
Message Line: 612-392-4477

info@kennyneighborhood.org
www.kennyneighborhood.org

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