

# Cedar Lake Park

UPDATE

Winter 2002

Urban Refuge Edition

Volume 14, No. 1

## Cedar Lake: A Place of Respite

BY NEIL G.C. TREMBLEY,  
CLPA SECRETARY

**S**ince their inception in the 1800s, parks have always been a place for people to get away from the worries and troubles of urban existence to rest and rejuvenate themselves. Prior to the advent of the industrialized city, there were no parks, as we know them. Most people lived on farms and had no need to get away.

The rich had parks on their estates in the city or countryside to ride around in and play at being rustics. (Marie Antoinette and her ladies-in-waiting spent many an idle hour playing shepherdesses in a little park called Versailles.)

**When New York City** began to swell in population in the early 19th century, a revolutionary idea was born from the need for all those people to have somewhere to go to let off the steam of urban life. In 1859 Central Park in New York City became the first landscaped public park in the United States.

About the same time changes were occurring concerning burying and remembering the dead. Prior to the 19th century, people were buried in churches, on church grounds or in potter's fields. Owing in large part to the transcendentalist movement, there grew a desire to venerate loved ones in a serene setting where one could visit them and commune with nature. Most of the urban cemeteries now exemplify that spirit.

**Cedar Lake** has always been a place tucked away from the swirl of city life. Even in pre-European times it appears Cedar Lake was far less trodden than its sisters in the Chain of Lakes. In fact, there is no mention of our Cedar Lake in the book on Ojibway place names found at the downtown Minneapolis Central library.

And although the legend of the famous European explorers, Sven and Ole, naming the lake (by Sven saying to Ole, "See, der lake") is



**The Cycle Rest. [aurant], situated on the south beach of Cedar Lake, served bikers, hikers and boaters around the turn of the last century. Historical Photos By William Wallof**

possibly a myth, there is no doubt that our lake has always been a haven for those who seek to rest their spirits.

**The first refuge** built near Cedar Lake was the famous hexagon structure known as "Oak Grove Home". Built soon after the first railway swung its tracks down the eastern shore of the lake in 1867, the hotel was famed as a "haven for consumptives" and lodged several famous personages.

By the end of the 19th century, formal campsites were developed near the mound area on the north shore of the lake. There, well-to-do young people would spend the summers boating and tenting and "roughing it." The less well-to-do could rent boats at Dingley's docks and boathouse and while away the hours fishing or exploring the still rural areas around the lake.

*continued on page 6*

You are cordially invited to attend the Cedar Lake Park Association's

## 2002 Annual Meeting

Wednesday, January 23, 2002,

6:30 to 8:30 p.m. at the  
**Jones-Harrison Residence,  
3700 Cedar Lake Avenue.**

Call 612-377-9522 for information.



## On the Horizon

BY KEITH PRUSSING, CLPA PRESIDENT

**W**hen a few concerned citizens began to conceive a vision in 1988, this represented the beginning of stage 1 in the development of this association. It was a period of education, consensus-building, mobilization and action.

The results were extraordinary! Please visit our website for the details of this process as contained in the concept master plan.

Stage 2 commenced in 1995-96, after the completion of the Cedar Lake Trail, as the glory began to fade, and as people began to drift off into their lives. Park-building was the focus, and the implementation of the shared vision has resulted in many wonderful improvements that nurture nature.

Moreover, the excitement and passion of the Stage 1 grand acquisition and design has been consolidated into a working organization able to function effectively in a variety of situations. CLPA became the people to talk to at Cedar Lake.

Where are we now? I believe that Stage 3 is arriving. Unfinished business is being completed. A web presence reaching a wide audience has been established. Relationships are good with MPRB, neighborhoods and other levels of government.

The Cedar Lake Park model of place, people and partnership is being studied for potential regional applications. Where we go from here is being examined by the core group of people who have labored mightily throughout stage 2.

We continue to be an all-volunteer organization, and as such, continually are in need of renewal and rejuvenation. Our mission is alive and important.

There continue to be significant issues to address. Ours is a unique and vital place in the community. Hope to see you in the park, or along the trails.



## Special Gifts

BY STEVE DURRANT, TREASURER

Cedar Lake Park Association gratefully acknowledges recent contributions for memorials, tributes and gifts to loved ones. Since the last Update, from 8/21/01 to 12/1/01, memorials and gifts have been received from:

### CLPA Donors Since the Last Newsletter

Ted Axt  
Bruce and Mary Bean  
Bob Berkwitz  
Carol Chomsky and Steve Liss  
Brad and Nancy Colehour  
David and Vanessa Dayton  
George V Doerr, Jr.  
Evan Ellison  
Gregory Froehle and Michelle Connor  
William Gilbreath  
Bob Glancy  
Helen Haugland  
Michael and Michele Hu  
Linda Huhn  
Jerome Ingber

Michael Kukielka  
Jean McIntosh  
Sandy and Bob Morris  
Janey Nelson  
Jackie Rust  
John Sandbo  
Susan Sanger  
Dorene Scriven  
Kathleen Sovell  
Arlene E Swenson  
Bruce & Julia Taber  
Kristin Tillotson  
Mark S. Wernick  
Christopher Cardozo  
—Linda Jadwin Memorial  
B.J. French  
—Linda Jadwin Memorial

### Thanks to Volunteers!

**M**uch of the work done in Cedar Lake Park is done by volunteers—both groups and individuals—to whom we are also most grateful. (See volunteer names noted throughout.)

## Website Update

BY MEDIDITH MONTGOMERY

**I**n the coming months we plan to include more prose about the fascinating history of Cedar Lake Park. As always, we welcome your comments and suggestions. Send email to [webmaster@cedarlakepark.org](mailto:webmaster@cedarlakepark.org).

One of the reasons we created the Cedar Lake Park web site was to communicate the remarkable vision behind the park's creation and share the values that inspired its founders. Another was to make the park's history — as well as the history of the CLPA — more easily accessible. Over the last year, we have done both. Our site is still growing — though slowly — and we invite you to explore it.

As this issue of the Update goes to print, we are working on several new pages — bluebirds and buckthorn head the list! (See related articles in this issue.) We're also adding new links, updating the calendar, and planning ways to support CLPA's commitment to environmental stewardship. In January, look for an index to historical articles previously published in the Update. Again, if you have comments or suggestions about the web site, please send e-mail to [webmaster@cedarlakepark.org](mailto:webmaster@cedarlakepark.org).



Visit our site at [www.cedarlakepark.org](http://www.cedarlakepark.org)

# Enjoy Winter Wildlife at Cedar Lake Park

BY DORENE SCRIVEN

Some people, and many birds, retreat to southern climates in winter, but at least 27 different species of birds, and all the mammals, of Cedar Lake may remain to be enjoyed. Winter does not deprive us — look for the following — and let us know if you have more to add:

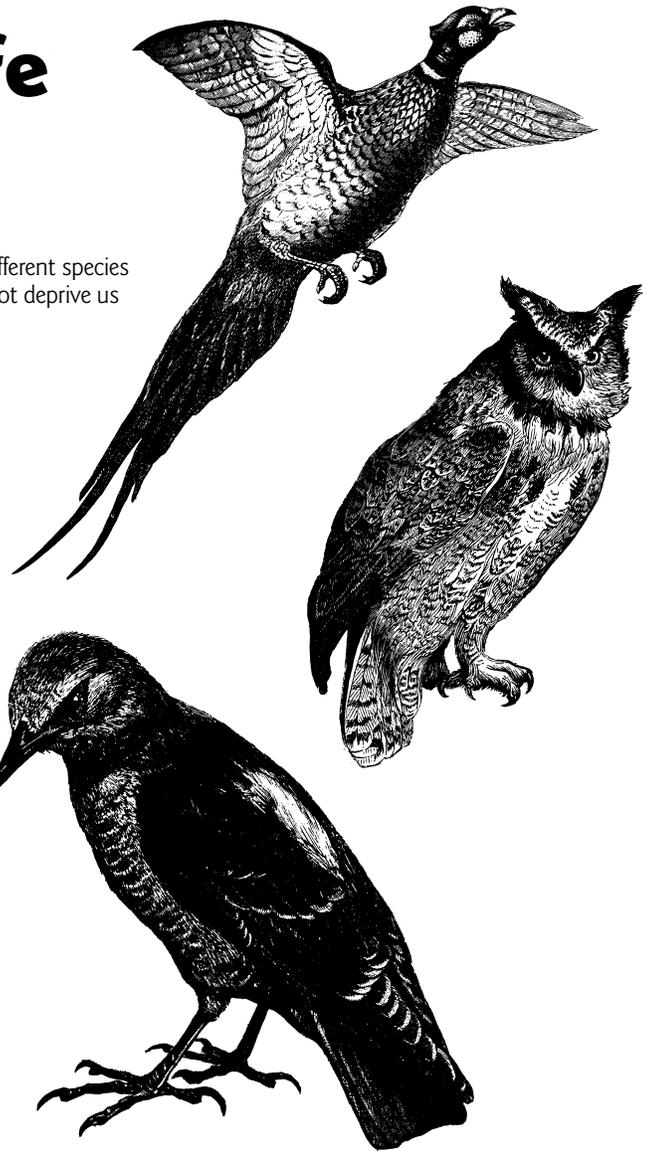
red-breasted nuthatch  
 white-breasted nuthatch  
 varied thrush  
 junco  
 hawks:  
 red-tailed; Cooper's; kestrel,  
 peregrine; gyrfalcon  
 owls:  
 barred; great-horned  
 woodpeckers:  
 downy; hairy;  
 red-bellied; pileated  
 brown creeper  
 pine siskin  
 cedar waxwing  
 cardinal  
 pheasant  
 blue jay  
 tree sparrow  
 goldfinch

house finch  
 rock dove  
 mourning dove  
 robin  
 (sometimes all winter long!)  
 eagle  
 osprey  
 house sparrow\*  
 European starling\*

*\*These last two birds are invasive and destructive.*

During migration or breeding times, 133 species of birds have been identified around Cedar Lake Park. This includes 19 species of warblers, and 27 different birds which can be found near the water. If you would like a complete check-list of all our birds here, send \$2 and a self-addressed, stamped long envelope to:

Mary McGee  
 2801 Burnham Blvd  
 Minneapolis, MN 55416



## Buckthorn is a Noxious Weed

BY RUTH JONES, CLPA

**D**id you know that, while buckthorn is the most common hedge in the twin cities, it is also on the State's noxious weed list. Because of its invasiveness, it is no longer sold in nurseries and is not recommended for planting. Buckthorn may seem harmless in the neighborhood, but it is devastating the river bluff and parklands by invading the understory of native communities. Birds eat the berries then spread the seeds in their droppings. Bird droppings falling in unmowed areas (woodlands, wetlands, bluffs and lakeshores) grow into a dense wall of vegetation destroying wildlife habitat and ultimately become a quiet killer of native



plants. Help Minneapolis parklands. Remove all buckthorn from your property. Removing buckthorn increases habitat for songbirds and wildlife, reduces erosion and increases scenic views. Replace hedges with native shrubs that won't become pests in parklands or in your neighbor's yard.

Need more info? Call 612/370-4900 for additional literature about buckthorn. Visit the Friends of the Parks and Trails of St. Paul and Ramsey County website at: [www.friendsoftheparks.org/MRBR.html](http://www.friendsoftheparks.org/MRBR.html) for a color picture. Or call the DNR at 651/296-6157 and request the 93 Common Buckthorn Fact Sheet 94.

# PROJECTS IN THE PARK

BY KEITH PRUSSING

**T**he first snowfall of the season in late November transformed the park into a winter wonderland. The wet, heavy snow draped branches for several days, creating an intricate woven tapestry of white and dark. The weight of the snow proved to be too much for some branches that fell to the ground, blocking trails in a few areas. Unfortunately for lovers of winter, the temperatures rose, and the snow disappeared.

**While walking along** the lakeshore on a warm December afternoon, I heard the lake singing. Small pieces of ice had been pushed up against the eastern shore, and the light northwest wind blowing up against the floaters created a wavering, high-pitched hum. Later, on the burned prairie, I could see the tunnels of voles and mice open to the sky as they wound across the ground. I encountered people regularly, and never felt crowded.

**On a bright sunny day**, Sunday October 28, nearly 80 people gathered in the park for the dedication of the public art for Linda spiral-seating area. Located south of W. 21st St, Upton Ave. S, along the lakeshore trail overlooking the south marsh, it consists of thirteen large rocks of descending sizes arranged in a spiral. The largest rock at the center, weighing 3000 pounds, is inscribed with inspirational verse.

The ceremony was moving and interactive, and introduced many people to the park for the first time. One man was heard to remark how amazed he was that a wild place like this existed so close to downtown Minneapolis.

**Installation took place** in early October, and was successful due to the efforts of many dedicated volunteers, including a bobcat wizard whose ability to maneuver the heavy rocks into position was amazing. The impact on the land was minimal, and virtually invisible after cleanup. Native plantings of trees and shrubs will take place in the spring. Please come help. Thanks to all who have participated in this wonderful addition to the park.

**There is lots of activity in the area of the Kenilworth Canal** between Cedar Lake and Lake of the Isles. On the Isles end, dredging activities have enlarged the water area into the often-flooded grasslands to the north to increase capacity, stabilize shoreline, and establish native plant communities. Towards Cedar, studies are

underway to determine what rehabilitation needs to be done to fix the deteriorating plank retaining walls. Once the costs are determined, MPRB will find the money to perform the much-needed repairs. The canal was first dredged in 1911, dropping the water level of Cedar Lake by several feet. The original plans included a parkway alongside the canal from Lake of the Isles to Burnham Blvd. Storm sewers for this road can still be seen in the area. MBRB continues to own right-of-way on both sides of the canal and around the entire lake.

---

*The Parkway bridge project will include an improved non-motorized environment and good access to the Cedar Lake Trail.*

---

**There are numerous improvements coming to the South(Main) Beach** swimming area, including a water pump, native plantings, and benches and tables. This worthwhile project, conceived and funded by the CIDNA neighborhood utilizing NRP monies, and utilizing the efforts of MPRB staff, other professionals, and neighborhood volunteers. Next summer should see an enhanced beach ambience that also results in improved water quality by slowing the runoff down the large sloping beach.

**The Cedar Lake Parkway bridge project** over the CLT/railroad corridor continues to anticipate a spring 2002 start date. Originally envisioned to start in 2001, this major reconstruction and realignment of the parkway and connecting roads and pathways was postponed in order to meet historical preservation and other requirements. It will include an improved non-motorized environment at bridge level, and good access to the Cedar Lake Trail. As this bridge is the only north/south connector between Hwy. 100 and Lyndale Ave., one lane will remain open throughout construction, and every effort will be made to complete the project in 2002.

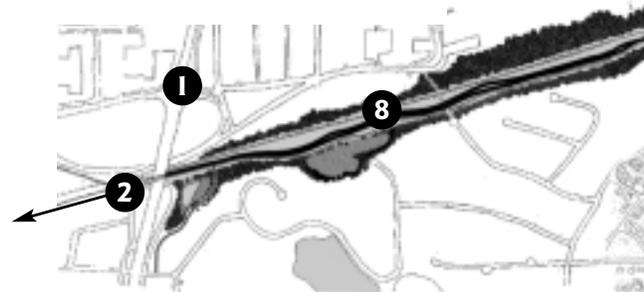
**The Hutch(inson) Spur was officially opened** in mid September at a noontime ceremony in St Louis Park. A caravan of enthusiasts biked and rolled west from Cedar Lake Park to attend this event marking (in our eyes)

## Cedar Lake Park

Cedar Lake Park is a popular destination for a rapidly growing number of park users. Hikers, bicyclists, bird watchers, anglers, dog owners, swimmers, in-line skaters, canoeists, cross-country skiers, and many others enjoy the special features of the park. In order for the park to realize its full potential as a place to harmoniously balance human use with the natural environment, its design is consistent with the principles described in the 1993 Citizen Advisory Committee's Statement of Philosophy.



### Western Extension



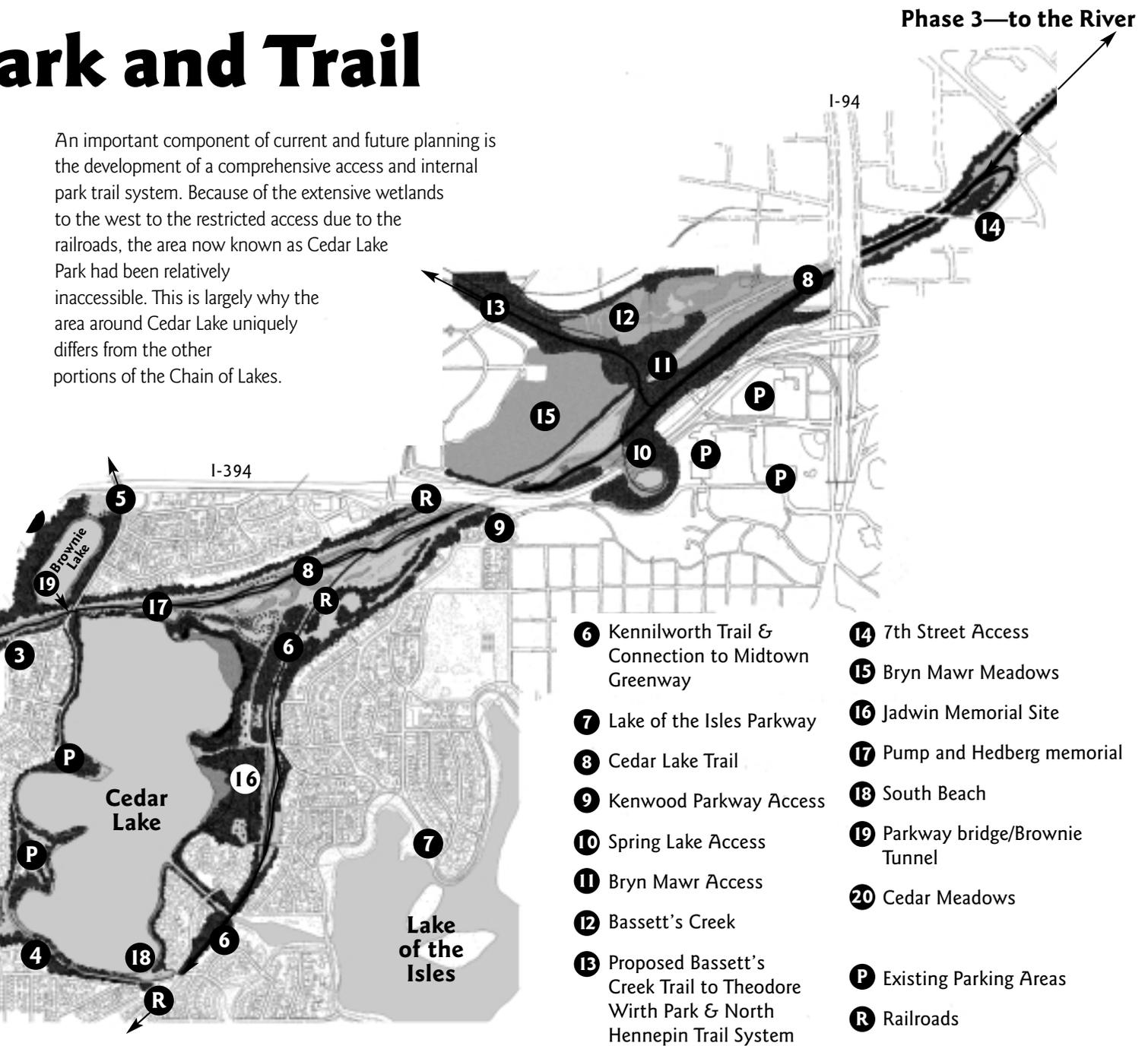
- 1 Highway 100
- 2 Hutch Spur Connection to Hopkins & Carver County
- 3 Ewing Access
- 4 Cedar Lake Parkway
- 5 To Theodore Wirth Parkway & Park

the western extension of the Cedar Lake Trail and its vision of connection and linear park greenways envisioned from the earliest days of park buying and building by CLPA. The Hutch Spur runs diagonally through St. Louis Park in an interesting alignment to Hopkins, where it connects to other trails, including the county trail that runs east towards the junction of the 29th St. (Midtown) Greenway and the Kenilworth Trail.

Thus, there now exists a 15-mile off road loop to be enjoyed. There continues to be a 5-mi. gravel section at the Minneapolis border, and the county promises that it will be paved in 2002. The Hutch Spur will be administered and maintained by Hennepin Parks. Other trail news includes the closure of the CLT at the Royalston Ave. bridge down-

# Park and Trail

An important component of current and future planning is the development of a comprehensive access and internal park trail system. Because of the extensive wetlands to the west to the restricted access due to the railroads, the area now known as Cedar Lake Park had been relatively inaccessible. This is largely why the area around Cedar Lake uniquely differs from the other portions of the Chain of Lakes.



town to allow for the safe reconstruction of this bridge, and the promise that 2002 is the year for the Bassett's Creek Trail running from the CLT to Wirth Park and beyond.

**Prairie activities this autumn** included burning of the Cedar Lake Trail corridor grasslands, now in their sixth year. Hampered in other years by early snows or lack of sufficient organic materials, MPRB was able to successfully accomplish this vital task. Without fire, trees, shrubs, and other invader species quickly move into prairie areas. Native prairie plants are deep-rooted and unharmed by fire, and benefit from the release of nutrients and the removal of

cover. The large stretches of blackened ground and the lingering smell of fire were quite striking. One could see more clearly just how much contour had been put into the land when the trail was constructed, and the thinness of the soils of the former railroad yards. Other burned areas included the oak savannah at 21st/Upton S., and the hillsides along the parkway on the northwest side of the lake. Finally, volunteers installed a large prairie planting in September, north of the memorial Cedar Grove. This successful project was a partnership effort between CLPA and the Data Recognition Corp. A good time was had by all.

**Hopefully, by now there is snow cover** throughout the park. With the snow emerges an extensive network of ski trails throughout the park and on the frozen lake, allowing for miles of travel for traditional and skate cross-country skiing. Under the right conditions of wind and freeze, ice skating is possible without having to shovel, and a few areas are maintained by stalwart skaters. Snowshoes allow a person to wander, the main trails are quickly flattened and passable, and ice fishing becomes a popular activity. All of this

*continued on page 6*

## A Place of Respite

*continued from page 1*

With the cupola-topped Kenwood Station servicing the area around 21st and Upton, the nearby Hotel Kenwood (built in 1895) hoped to succeed as a resort for vacationers coming out from the city. (It soon became a tenement servicing the railroad workers laboring at the Cedar Lake Yards and Shops to the north.)

**Today, more than ever**, citizens choose Cedar Lake as an area where they can remove themselves from the bustle of the city and contemplate nature. Many of us pride ourselves in promoting the view that our lake is different from those other lakes in the Chain.

At Cedar Lake we seek an inviting natural setting less encumbered by human artifacts — a lake to go to, not around. For many of us it has come to be a place of peace and tranquility, a haven where we can rejuvenate ourselves and commune with our loved ones, both those still with us and those who have gone before.

**This is a vision** the Cedar Lake Park Association has fostered since its inception. It is one to which we still adhere.



**The people in the picture above, landing on what was Louise Island before the lake was lowered eleven feet (in the early 1900s), turning the island into a peninsula now known as Cedar Point or North Point.**



**These early campers take refuge on Cedar Lake, circa 1900.**

## Projects in the Park

*continued from page 4*

takes place within a tranquil natural landscape where the activities of the animals are more visible due to marks in the snow. It is a nice time of year in the park.

In our view, **the route of the Cedar Lake Trail from east of Washington Ave.** to the Mississippi River continues to be uncertain. Minneapolis Public Works has decided upon a surface alignment paralleling 4th Ave N. that crosses street intersections, including W. River Rd., to link with the parkway. This route has been submitted to the US Dept. of Transportation for federal funding. CLPA, however, continues to push for the original vision which called for an off-road connection which follows the rail line.

We have recently funded engineering studies that revealed that the costs of the two routes are comparable at \$2+ million, which in our opinion addresses a significant Public Works objection. Further, we have unearthed a document from 1991 calling for an off-road connection, signed by then Council president Sharon Sayles-Belton, Mayor Donald Fraser (sp?), and MPRB President Scott Neiman. Other remaining issues include railroad and adjacent private landowner cooperation. Several MPRB Commissioners and City Council

Members support our view.

**The new pump along the CLT**, a partnership effort between CLPA and MPRB, has been well received by trail and park users. In November, the handle was removed and the well was closed due to bacterial contamination.

*CLPA is working to ensure that any actions taken are in harmony with the design principles contained in the concept master plan.*

tion. While not an uncommon occurrence in the wells throughout the park system, this problem reminds us of the ongoing threats to urban water quality. MPRB has treated the well with chlorine, and will monitor this well, and all the others around the park system, on a periodic basis.

**The Kenwood Isles Area Association** (KIAA) has been holding a series of meetings this fall to address the matter of Hidden Beach and its impact on the neighborhood. It is hoped that a multi-faceted solution will emerge that allows for the histori-

cal uses of the area while reining in the excesses that concern the neighbors during the summer months when usage is high both day and night. CLPA is working to ensure that any actions taken are in harmony with the design principles contained in the concept master plan.

**St. Louis Park** has sold a seven-acre parcel of land west of Brownie Lake and the Target building to the Jewish Community Center. The JCC plans to expand their facilities, including new surface parking. CLPA has been involved in the public process. This property extends to the border of Golden Valley, where there were many neighbors concerned about the impacts on their quality of life of this land transfer. To the south, the property abuts the railroad right of way and the CLT corridor. We hope that the JCC will be good stewards. It is always problematic for water quality when porous green space gives way to impervious hard surfaces.

**Buckthorn removal efforts continue** throughout the park. Since 1996, CLPA, working in concert with MPRB, neighborhoods, and many volunteers, has directed the ongoing transformation of buckthorn woodlands to a variety of native landscapes done in a gradual and patterned manner to preserve the ecosystem and maintain the wild aesthetic. Buckthorn is a major problem on public and private lands. Look at the in-depth article elsewhere in this newsletter.

## Milfoil Update

BY RAY NEWMAN

**A**s you are aware, milfoil was dense again at Cedar. We do not have the numbers worked up, but biomass should be similar to 1999 and 2000. We did see a few weevils in our (non-stocked) survey sites, but the densities were very very low. We initiated our fish enclosure/weevil stocking project earlier this summer. We have 20 cages - 10 open to fish and 10 closed that exclude fish. (We remove the fish). We stocked half of each cage type with milfoil weevil larvae and adults. Weevils established in the cages and densities of adults and larvae



Remained higher in stocked closed cages than in unstocked and open cages. It does not appear we are going to see significant differences in milfoil from these experiments, but they do provide further evidence that high sun-fish densities likely limit weevil populations in lakes like Cedar Lake. Our most recent report on our work at all sites during 2000 and previous years is available in pdf at <http://www.fw.umn.edu/research/milfoil/milfoilbc/currentresearch.html#report>

Ray Newman, Assoc. Prof.  
Fisheries, Wildlife & CB  
University of Minnesota  
1980 Folwell Ave.  
St. Paul, MN 55108-6124

[www.fw.umn.edu/Personnel/Faculty/Newman.html](http://www.fw.umn.edu/Personnel/Faculty/Newman.html)

*Le hasard ne favorise que les  
sprits prepares*

Chance only favors  
the prepared mind

—Pasteur

# More Summer Fun

Photos by Meredith Montgomery and Jim Mcpherson

**This past summer CLPA volunteers and many others got out on the trails to enjoy the lake and park. Here are a few captured moments:**



**CLPA volunteers, left to right, Carol White, Ruth Jones, Steve Durrant and Neil Trembley gather to bike out to St. Louis Park to celebrate the Hutch Spur connection with Cedar Lake Trail.**



**Meanwhile, St. Louis Park residents gather to meet them for the Hutch Spur ribbon-cutting ceremony.**



**Bobcat operator Cy Johnson and Jadwin memorial artist/sculptor Jim Johnson (no relation) ride with two of 13 rocks for the installation. (See map, page 4)**



**MPRB Commissioners Walt Diedzik (sp?) and Vivian Mason, left to right, join Cedar Lake area residents to dedicate the Jadwin memorial.**



**Neil Trembley's fellow employees from Data Recognition Corporation volunteer to plant wildflowers in the prairie. (?)**



**The new water pump**

# Cedar Lake Park ASSOCIATION

2000 Aldrich Avenue South  
Minneapolis, MN 55405  
(612) 377-9522  
www.cedarlakepark.org

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT #2543  
MPLS., MN 55401

## INSIDE

**Our Thanks to . . . . . 2**  
**Buckthorn, Wildlife . . . . 3**  
**Projects in the Park . . 4-5**  
**Historic Photos . . . . . 6**  
**Milfoil, Summer Photos . . 7**

*Cedar Lake Park Update* is published seasonally by the Cedar Lake Park Association (CLPA).

CLPA's mission is to create and nurture the nature park at Cedar Lake and the connecting trails and greenways.

Since 1989, CLPA has built a membership of thousands of households, developed a successful partnership with the Minneapolis Park and Recreation Board and other city, county, regional and state agencies, and raised money for acquisition and development.

Editor: Jim McPherson  
Design: Triangle Park Creative  
© 2001 Cedar Lake Park Association

**(612) 377-9522**  
**info@cedarlakepark.org**  
**www.cedarlakepark.org**

Printed on recycled paper made of 50% recycled/10% post-consumer waste.

## CLPA Update, Winter 2002

*If you're seeing this CLPA Update for the first time:  
Call to let us know if you want to be added to our mailing list: (612) 377-9522.*

## CALENDAR

### CLPA Steering Committee

Second Monday of each month, from 7 to 9 p.m. at the Kenwood Recreation Center. You're invited to participate.

### Annual Meeting

Wednesday, Jan. 23, 2002, 6:30 to 8:30 p.m., Jones-Harrison residence, 3700 Cedar Lake Parkway

### Winter Solstice

Date/Time

### Spring Equinox

Date/Time

### For more activities

Call CLPA (612) 377-9522.  
Or check our web site: www.cedarlakepark.org.

## Spirals

Around  
we go in  
Circles  
and  
Ascending  
Cycles of  
Ongoing  
and  
endless  
energies

—Jim McPherson



## OUR VISION

Our vision for Cedar Lake Park is to restore the lands and waters and create a new community with nature through which we can transform ourselves, our city and our society.

## OUR GOAL

Our goal for Cedar Lake Park is to bring people and nature together in harmonious community... a goal symbolized by the spiral.

### Your support is important—

Send your tax-deductible contribution TODAY  
to Cedar Lake Park Association  
2000 Aldrich Avenue Minneapolis, MN 55405.