

Save Cedar Lake Park

UPDATE

Fall 1995

Volume 7, No. 1

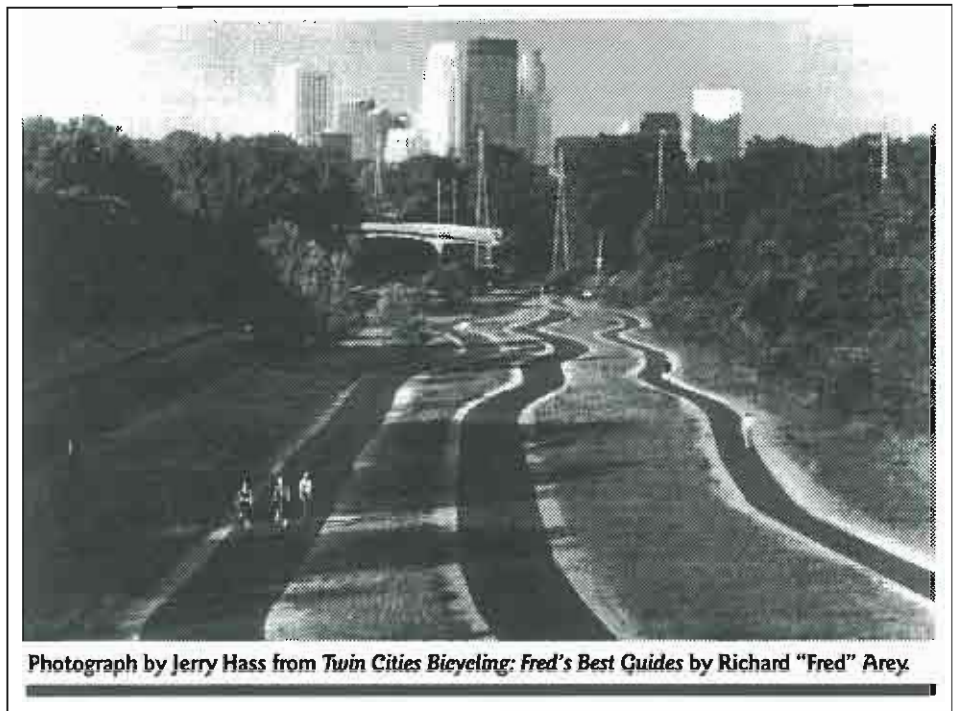
Cedar Lake Trail Celebrated

Even the weather cooperated for the dedication. Sunny blue skies and smiling faces enhanced the Cedar Lake Trail Dedication, Saturday, September 9.

From beginning to end, from vision to construction, from citizens' initiative to Federal involvement, collaboration has been the order of the day for several years.

Starting with a vision of a nature park with connecting trails, a small group of citizens enfolded individuals, groups, organizations, businesses, agencies, cities, county, region, state and federal government into the vision. As a result, we have land set aside for an urban nature park and we have a unique commuter trail.

The ribbon-cutting celebration started
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Photograph by Jerry Hass from *Twin Cities Bicycling: Fred's Best Guides* by Richard "Fred" Arey.

Our Next Big Project: Restore the Big Woods!

BY JOHN PERENTESIS

When the first French explorers began traveling through this region of North America during the 17th century, they encountered dense forest which they named "Boise Grand" or Big Woods. Extending between Faribault and St. Cloud, this 3,000-square-mile area formed part of the band of hardwood forest running the entire length of the state. The Big Woods was distinct, both in being the largest continuous stand of maple/basswood forest within this band, as well as softening the abrupt separation from surrounding open woodlands and prairies.

The Big Woods extended in present Hennepin County as far east as the Chain of Lakes and the Mississippi River. Several dif-

ferent forest communities evolved around Cedar Lake, depending upon topography and soil type. Wet forests of silver maple, ash, elm and cottonwood grew in saturated soil adjacent to shorelines. In upland areas, oaks dominated. The maple/basswood forest evolved in sunny areas with moderate moisture and soil.

These rich forests provided essential resources and shelter for the native people prior to European settlement. Foods such as acorns and maple syrup were gathered seasonally; game animals were hunted regularly. Then pioneer settlers began moving in and the forests were dramatically changed as trees were cut for valuable building materials and the resultant clearings turned into small and large scale agriculture. Population increases resulted in roads, new towns,

businesses and suburban growth, destroying more and more forest. Less than 1% of the original maple/basswood forest remains now. Similar transformations are taking place in tropical rain forests today.

The Cedar Lake Park Association is undertaking an ambitious project: The Maple/Basswood Restoration is the major capital

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Looking East

BY DAN DAILEY, CLPA PRESIDENT

This has been an extraordinary year for Cedar Lake Park and the Cedar Lake Park Association. The transformation of the old railroad yards into undulating prairie and wetlands and the construction of the Cedar Lake Trail absorbed much of the attention (and passion) in our community. In April, the trail, apparently the first of its kind in the nation, won the accolades of our landscape architects in Minnesota and the transportation architects in Washington. People have even come from as far as Korea and the Czech and Slovak Republics to see our project!

Other developments have been taking place in the Park — quietly and with less show, but just as important as our new and now-famous urban trail. All summer long, young people from the park board's Teen Teamworks program worked hard to restore parts of the Park to its natural condition. Beginning in June, eight young people from the Bottineau neighborhood in northeast Minneapolis devoted most of their summer to Cedar Lake Park. If you walked along the north shore trail, you may have met: Joe, Eric, Dionte, Jenny, Tammie, Yarrow, Tom, and John.

Transformations have taken place: tons of concrete, asphalt, railroad ties, metal and glass were removed from the woods and

shoreline; the trail newly chipped; restoration of the mound began. But these are not the most enduring accomplishments; the Team Teamworks program offers positive work and learning experiences to Minneapolis young people ages 14 and 18. Through park-based work projects, they develop new learning habits, teamwork, and work skills that will help get jobs, keep them, and gain satisfaction from them.

The program at Cedar Lake evolved from a task list suggested by the Cedar Lake Park Association's steering committee. Important values (respect, caring, cooperation, creativity, safety) were promoted through adult example. A "Core Mentor Team" consisted of Teen Teamworks supervisor Bob Quance, college interns Heather Cummings and Sarah Ryan, Jim Gambone and me. No young person was asked to do any work assignment unless an adult worked side-by-side.

The team worked 3-4 days a week, 9 until 2:30 p.m. Heat and mosquitoes were endured at times; only rain cancelled their efforts. Changes were visible daily.

One of the most rewarding projects of the summer was removal and rebuilding a badly deteriorated north shore bench. Working with a park board carpenter, the youngsters learned to measure, design, and build the bench. They found out how the carpenter learned his trade and how much money he makes.

Celtic wood-carver Dr. Tom Davis helped the crew make the bench more beautiful and the young workers learned about carving tools, to use them safely and to make something of beauty requiring time and a lot of self-discipline.

Work also involved getting the new prairie ready for planting. The group learned from Jeannie Larson, at the Minnesota Landscape Arboretum, how prairies live and die. They also visited the Sojourner senior day care center in Spring Park to learn about Native American earth traditions from Kendell Rice, who explained how plants and nature can be used in the healing process. Karen Shanberg of Wood Lake Nature Center took them on a hike through Cedar Park to collect edible plants. And Sgt. Loren Evenrud of the Park Police discussed safety.

These young people can now identify with an eco-curriculum of Cedar Lake Park, based on restoring an abused and neglected piece of land. (They themselves have first-hand knowledge about the results of abuse, violence and neglect in their own communities.)

The program was not over with the arrival of autumn. We are now working with the young people on Saturdays. In partnership with the Minneapolis Park and Recreation Board, we will continue to bring these young people together with community mentors — adults willing to make a commitment to the program and to building long term relationships with the young workers.

We also would like to involve young people from the Cedar Lake neighborhoods. If you are interested in helping with this important work in any way, please contact Dan Dailey, 377-2004.

The Big Woods

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improvement planned for 1996. The objective of this long-term project: to actively begin the transition from the present, low-quality woodland in the park to a diverse forest community. Using the few maples and basswoods still found in the park, forest areas will be cleared of non-native species such as buckthorn and honeysuckle. Shade-tolerant maple and basswood seedlings and saplings will be planted in the under story. As the existing box elders and cottonwoods age and die, the desirable species will become the predominant trees. Ferns, spring ephemerals such as trillium, hepatica, jack-in-the-pulpit and violets will be planted. A carpet of flowers will



eventually cover the forest floor in springtime. The dense summer canopy will give way to spectacular yellows, oranges and scarlets in the fall. To begin this restoration process, as well as bring people together, we

will develop a plant "nursery" within the park for eventual transplanting. School classes, garden clubs, service groups, scouts and the general public will be involved in an effective and significant way.

A goal of \$15,000 has been set to establish and develop the half-acre site, purchase a small metal shed for a hand tool "library," water storage, composting bins, interpretive signage and native plant stock including tree seedlings, shrubs, ferns and wild flowers.

To sample the experience of the grandeur of the maple/basswood forest, visit Nerstrand Woods State Park near Faribault. Al Singer from the Minneapolis Park and

Recreation Board is also planning to lead trips to both a maple/basswood forest and an oak savanna next year. Watch for the announcement.



The Cedar Lake Park Maple / Basswood Forest Restoration Project represents one of the most ambitious forest restorations in the country. We invite YOU to join us in this exciting re-creation! Send in your tax-deductible contribution to CLPA today!



Trail Celebration

continued from page 1

with a bike parade, coordinated by Minnesota Coalition of Bicyclists, from Highway 100 to the festivities at the present downtown trail end near the Target Center. The parade was led by John and Jean Hedberg along with Dan Buettner, John Richter and Mike Ruedy on a bicycle-built-for-three.

Former Minneapolis Mayor, Don Fraser and the Minneapolis Municipal Hikers led walkers to the festivities from Linden Yard Station.

Speakers representing CLPA, Minneapolis Park & Recreation Board (MPRB), trail designers, the cities of Minneapolis and St. Louis Park, Hennepin County and its Regional Rail Authority, Minnesota's Environmental Trust Fund, State Department of Transportation and Legislators, Congressman Sabo and the Federal Highway Administration all spoke of the unprecedented collaboration on this trail project.

Buettner, Maya Quest Expedition Leader and dedication Master of Ceremonies, said: "I have had the good fortune to have ridden over 53,000 miles on five continents, but the most gratifying was the last 3.5 miles I rode this morning on the Cedar Lake Trail." Buettner made two additional points: "a bike is 53 times more efficient than an automobile," and "bike riders need to take responsibility for the balance between nature and usage in the park."

CLPA President Dan Dailey commented on the thousands of volunteer hours spent on the project and stressed the importance of public-private partnerships. Fraser confirmed that we can work together horizontally rather than hierarchically and explained, "the civic culture is nurtured when citizens step forward without waiting for government leadership." Fraser and MPRB Commissioner George Puzak also pointed out that this project underscores the desperate need to diversify the way in which people get around in the metro area.

Council member Pat Scott thanked, among others, "the people of the 7th ward for their boundless energy...truly a project of the people, by the people and for the people."

Hot off a bike, Hennepin County Commissioner Mark Andrew described the project as, "a wonderful thing for our neighborhoods, communities and the environment ... the increased interest in linear parks really builds community."

Although out of town, Representative



Photograph by Kathryn Gleasing

Allan Steger of the Federal Highway Administration presented plaques to CLPA and MPRB's other partners in the Trail collaboration: Pat Scott, accepting on behalf of Minneapolis Public Works, Peter McLaughlin of the Hennepin County Regional Rail Authority, and Rob Urquhart of the Minnesota Department of Transportation.



Photograph by Kathryn Gleasing

Nurture Nature shirts were the apparel of choice: Allan Spear, with Naomi Loper, sports the look (left). David and Greg Klopp showed their support with two generations of t-shirts.

Dee Long sent a greeting that referred to the project as "common ground." Senator Ted Mondale stated, "Cedar Lake Park & Trail is not just a place, but an idea that can transform our whole society." And bike parade participant, Senator Allan Spear said, "Today we are celebrating the best of the political process."

"Citizen participation really does work."

FHA Division Administrator Allan Steger presented Environmental Awards to CLPA and MPRB's other partners on the trail project: Hennepin County Regional Rail Authority, Minneapolis Department of Public Works and Minnesota Department of Transportation

Collaboration on the project continued

through the dedication. AT & T Wireless Services (formerly Cellular One), MPRB and Summit Envirosolutions supplied spectacular gateways at each end of the trail for the ribbon-cutting. Conveniences and decorations were provided by Jones and Jones and Stgar-Roscoe-Fausch. Bruegger's, Glenwood Inglewood and Hardrives, the general contractor, furnished refreshments. Gate prizes and/or demonstrations were contributed by Alternative Bike Shop, Bennett Cycle, Erik's Bike Shop, First Team Sports, Hoigaard's, Kenwood Cyclery, Now Sports, Penn Cycle, Rollerblade, Inc. and SOfa and Chairs.

Volunteers from the Minneapolis Chapter of Audubon, Cedar Lake Park Assn., Freewheel Bicycle, MCB and many others contributed to the celebration.

Part of Sen. Spear's speech provides a fitting conclusion: "Unfortunately, cynicism regarding our government is sometimes justified; however, the process for this project that led us here today demonstrates that working together can make a difference. Citizen participation really does work."

Images of Celebration



Dan Buettner, emcee, checked out a truly alternative form of transportation.

Photograph by Don Beimbom



The Minneapolis Hiking Club walked with hikers from Linden Station to the festivities.



A cyclist on a recumbent bicycle gave the Trail a try out.



Photograph by Kathryn Gies

The camera found CLPA Board Members Neil Trembley, Ruth Jones and John Perentesis as they enjoyed the celebration.

Help Plant a Grove of Cedar Trees in Cedar Lake Park

Give a living gift for the holidays: give a cedar tree as a memorial, or to honor a loved one or your own family.

It's not too late to give a cedar tree to the cedar grove. After the long-awaited cedar grove site had been determined, the required ground preparation needed more time and resources than was left this season. As a result, the cedar grove will be planted next September.

At that time there will be a planting celebration to honor or memorialize tree recipients. All donors and interested people will be invited.

The cedar grove site was selected with the

aid of Steve Durrant with the design firm Jones & Jones and Al Singer, naturalist with Minneapolis Park & Recreation Board. We know it is a good location because there are several volunteer cedar trees at the site. The grove will be located northeast of Cedar Lake where the two informal existing trails form a "Y."

Help give Cedar Lake back its namesake and give a living gift at the same time.

Your tax-deductible donation of \$300 or more will provide for the planting and nurturing of a cedar tree in honor or memory of someone you love. Your gift of \$150 or more will provide for the planting of native wild flowers and other ground cover suitable to the grove.

Gift recipients, or their families will receive an acknowledgement of your thoughtful gift. Portions of the above gifts will be used to fund the general work of Cedar Lake Park Association.

Dan Dailey Receives Minneapolis Award

Recently, CLPA President Dan Dailey received a 1995 Minneapolis Award for his contribution towards making the city a better place to live. Dan was honored at the eighth annual Minneapolis Awards ceremony for his work on Cedar Lake Park and Trail.



Special Gifts

Cedar Lake Park Association gratefully acknowledges recent contributions for memorials, tributes and gifts to loved ones. Since the last

Update, the following memorials and gifts were received:

Cedar Grove

Dan Dailey's gift memorializes Phillip Otis.

Cedar Trees

Pete & Louann Jacobson's gift will plant a Cedar Tree in memory of Pete's grandmother Margaret Sween Jacobson Olson

Cedar Tree Funds

Gifts from the following are in memory of Paul Anderson:

Carolyn and Charles Daniels
 Maria Hanft
 Julianne V. Sinykin
 Edna L. Stegmuller
 J.C.B. Waddington

Gifts from the following are in memory of Cindy Graff's mother Lila Strobel Thoren:

Janet M. Grew Hayman
 Margaret A. Kohring
 Jerrilyn & Paul Thompson

Wild Flowers

Scott Anderson's gift will plant wildflowers in memory of his mother Dorothy N. Anderson.

Arne & Jessica Cook's gift will plant wild flowers in honor of the Birds, Bees & Butterflies

Duane & Mary Alyce Krohnke's gift will provide plantings to honor their family.

Dick & Laurie Lundy's gifts will provide wild flowers:

- in memory of long-time friend, Dennis Dunker's mother Olga.
- to honor the marriages of: Lori Lyons & Kip Bruce and Larry & Mary Weisgram
- to honor the graduation of D'Ann Topoluk

Gifts from the following will plant wild flowers in memory of Myrtle Matteson:

Shiela A. Bjore
 Susan & Keith Bottge
 Michael Lazaretti
 Corky & Doris Peterson
 Margaret Just

Other Gifts & Memorials

Jim & Shelby Andress' gift memorializes Jim's long-time colleague in education, Vincent Carlson.

Janine Pratt & William Hyman's gift honors the wedding and first anniversary of Lisa Genis & Steve Pratt, who were married in the clearing by Brownie Lake May 19, 1994.

Nick and Virginia Puzak's gifts are in memory of:

Leslie E. Fellows
 Lorraine K. Kelly
 William A. Madir
 Arthur G. Murray

CEDAR TREE FUND FOR

CINDY GRAFF'S MOM

Cindy Graff has been a friend so long it's hard to remember all the times we've shared. Her mother, Lila Strobel Thoren, had fought cancer for years, years that Cindy fought to find a better relationship with her mother. With her mother finally gone, what words—what gesture would make a difference? Then, a wonderful idea took shape. Cindy often bicycled through Cedar Lake Park to work. Knowing that riding the trail refreshed her, we thought, perhaps, the gift of a cedar tree growing in the in the park would remind her of the good times with her mother. Lila had a great interest in adding beauty to her surroundings. For example, Cindy remembers all the time her mother spent landscaping each of their new homes. Yes indeed, a handsome cedar tree in her mother's memory, to grace a path that many share, would make us all smile—Cindy, her caring friends and her mother.

—Jan Hayman,, Peg Kohring & Jere Thompson

Ed. Note: You may send contributions to the tree fund for Cindy's mom or Paul Anderson in the enclosed envelope. Mail to 1101 Cedar View Drive, Minneapolis, MN 55405. Please designate fund.

CEDAR TREE FUND FOR

PAUL ANDERSON



A tree fund has been established for Paul S. Anderson, a longtime Kenwood resident who died of cancer September 11, 1995.

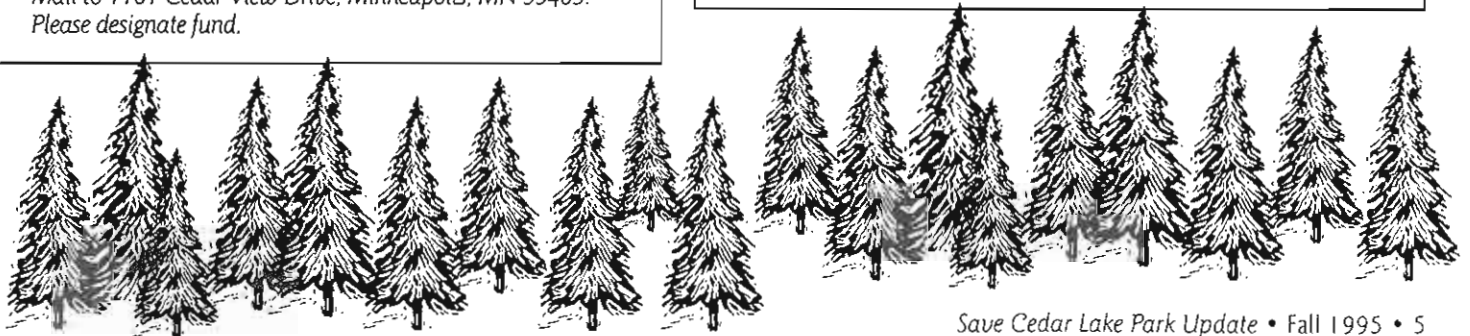
Paul was a social anthropologist and consulting sociologist who had the rare ability to see the underlying pattern of human social organization and decision-making. Since 1967 his consulting practice, Socius, provided research and strategic guidance to businesses, school districts and municipalities. Paul was a brilliant researcher. His

insights, for example, led to the creation of the Kroy lettering machine, a successful product of the 1980s.

Paul was born in Minneapolis March 23, 1927, but he lived most of his childhood along the upper Mississippi River, where he developed a lifelong love for the rivers, lakes and woods of northern Minnesota. He was also an early supporter of Cedar Lake Park.

He is survived by his wife Carla, and by his son Nels, of London, England. He will be deeply missed by his family, clients, neighbors and friends.

—Dan Dailey





Special Projects

Wallace & Mary Lee Dayton's gift kicks off the drive for capital improvements in the nature park.

Georgie Dhein's gift joins Ruth Jones' gift for plantings near the downtown trail exit.

Greater Kenwood Botanical Association's gift provided native plant demonstration plots in settings of 3 differing conditions.

A gift from the Jay and Rose Phillips Family Foundation will establish a memorial grove.

St. David's Society of Minnesota's gift will plant 1,200 daffodils by the trail near downtown.

Phyllis Kahn' gift initiated the fund for fence vines. Additional gifts for fence vines followed:

Bill Hanson
Jeni Mitchell
Steven & Cynthia Mueller
B.K. Nelson & Robert G. Taylor

The following contributed to a successful trail dedication celebration in September:

Alternative Bike Shop
AT&T Wireless Services
(formerly Cellular One)
Bennett Cycle
Bruegger's Bagel Bakery
Erik's Bike Shop
First Team Sports
Freewheel Bicycle
Glenwood Inglewood Co.

Hardrives, Inc.
Hoigaard's
Jones & Jones
Kenwood Cyclery
MN Coalition of Bicyclists
Mpls. Park & Recreation Board
Mpls. Public Works
NOW Sports
Penn Cycle
Rollerblade, Inc.
Sofas and Chairs
Stgar-Roscoe-Fausch
Summit Envirosolutions

These retired railroad workers sent gifts for the Linden Station Railroad Memorial project:

Jay M. Anderson
Richard Anderson
Karl Barnes
James Connors
Joe Cunningham
Richard Dedina
Roland (Andy) Devine
John H. Fox
Robert Gardner

James Gehrey
Paul Green
John Grogan
Harland Hanson
John A. Herman
Paul Ollanketo
Lillian Kyllonen
Frank Lozekar
Donald Messerly
Emmett Muehlberg
John Mulvhill
Calvin Nerland
Grant L. Putnam
Manford J. Reitan
Leon Setten
Walter Steiner
William Tanberg
Albert Terwedo
William Thibodo
Elmer Vines
Vaughn R. Ward
Bruce Warren
Mr. C. B. Wenn
Chester White
Larry N. Wigfield

Other contributions received since the last Update are gratefully acknowledged:

David Abramson
John & Helen Ackerman
David Adamson
John & Evelyn Anderson
Bob Andrews
Mitchell Bender, MD.
Lewis Bernier
Rebecca Biderman
Helen Brooks
Clarice Brown
Richard Brown
Jon Erickson
Larry Cole
Ronald Coltman
Patrick Corrigan
Joe & Jean Crocker
Dan Dailey
Daily Printing, Inc.
Larry & Joy Davis
Bob Day
Douglas Dayton
Barbara M. DeCosse
George Doerr
Gail Dorfman
Frank Dosal
Nancy L. Evans
Lorene Falk
Bob Ganz
Kathryn Glessing
Raymond Gooderl

Martin Green & Bonnie Carlson-Green
Mary & Don Haas
George E. Harding
Dick Hartman
Gordon & Wini Hed
JoAnn Heintz
John & Diane Herman
Art Higinbotham
Katherine Hoover
Stephen Huey
Kathleen & Wally Hyser
Ernest & Anna Ibs
E. F. Infante
Ann Jackson
Helen B. Jackson
Ralph & Norma Jacobson
Scott & Carolyn Jacobson
J. Michael Jeffrey
Susu Jeffrey
Edith L. Johnson
Kevin Johnson
Ward Johnson
Ruth Jones
Bill Joyce
Peggy Kaplan
Shirley & Arnold Kaplan
Mariam & Erwin Kelen
Lester & Katie Kephart
Kathy Kerber
Donald & Lois Kjellman
Doreen Kloth
Mary C. Koehler
Frederick Kottke
Mary Lahiff

Ted & Kate Lang
Sandra Larson
David Lasky
Susan Lauer
Floreine Leighton
John & Searcy Lillehei
Barbara Longfellow
Tom Loyas
Dick & Laurie Lundy
Deb Marzec
Marcella Mathews
A. Reid & Anne McFarlane
Mary McGee
Kathleen McGree
Jean McIntosh
Chet & Miriam Meyers
Mona Moede
Matt Monsein
Sandy & Bob Morris
Steve & Cynthia Mueller

Terri Palmquist
George Weaton
Sara Weiner & Janci Curiskis
Lloyd & Carol White
Brian & Linda Willette
Williams Uptown Pub
Ben Wright
Suzanne & Ted Zorn

And, thank you to First Bank for providing a corporate match for employee contributions.

Ed. Note: Hence forth, all donors will be listed in the newsletters. Please list your name as you wish it to appear. Donors prior to this newsletter will be listed at a later date.

Fence Vines Fund

Phyllis Kahn has started a fund for vines and other plants to cover fencing that separates Cedar Lake Trail from the railroad tracks. The chain link fence was necessary in some areas where the trail was not a safe distance from the tracks: near Highway 100, under Cedar Lake Parkway, and other areas closer to downtown. Phyllis felt the vines would be easier on the eyes than the bare fence, and made a contribution towards vines, kicking off a drive for fence plantings. You, too, can help by making a contribution in the enclosed envelope, with a notation "fence plants." All contributions are tax-deductible. 15% will go to fund the general CLPA work.



BY LAURIE LUNDY

Volunteers are the heart and soul of any Cedar Lake Park & Trail project. Many projects have produced many volunteers. Volunteers do a wide range of tasks: from

Neil Altenhofen
Lance Anderson
Mark Andrew
Chris Armstrong
Tom Becker
Don Beimbom
Mary Paulson
Beimbom
Susan Bottge
Ron Bowen
Craig Bowron
Frank Braun
Bill Bruneau
Andrew Bruski
Dan Buettner
Teresa Cain
Mike Carlson
Dan Christensen
Jean Conroy
Jean Crocker
Gay Cross
Jim Dahlseid
Dan Dailey
Bob Day
David Dayton
Frank Dosal

Roger Downey
Dennis Duerr
Steve Durrant
Jim Dustrude
Tom Erickson
Lorry Falk
Greg Finstad
Martin Fowler
Don Fraser
Mary Furon
Ryan Gabel
Steve Gabel
Sara Gabel
Phyllis Galarneault
Joe Gellings
Lisa Genis
Kathryn Glessing
Dorian Grilley
Chris Grunke
Matt Grunke
Jeff Haberer
Dick Hartmann
George Haun
Joe Hines
Joel Itman
Judy Jacobs

Barbara Johnson
Gregg Johnson
Annika Jones
Bruce Jones
Ingrid Jones
Mike Jones
Ruth Jones
Dean Kaese
Beth Kelly
Dave Kelos
Katie Kephart
Doug Kline
Karen Kloser
Peg Kohring
Mary Alyce
Krohnke
Jim Lenfestey
Kim Lenzen
John Levine
Dee Long
Jan Lubov
Ethel Lumbar
Dick Lundy
Laurie Lundy
Tom MacDonald
Dee Marks

Gloria Maurer
Mary McGee
John McLaughlin
Peter McLaughlin
Ken Meter
Bob Michaels
Linda Michurski
Chris Mommsen
Mike Mommsen
Kathy Mommsen
Tony Mommsen
Mike Monahan
Ted Mondale
Louis Moore
Conan Morales
Thor Morales
Karl Narveson
Gene Nessly
Peter Neubeck
Ray Newman
Steven Olivo
Matt Olson
Bekah Padilla
Mitzi Patterson
Kray Pavlik
Matt Pavlik

research on bittersweet plants, to coordinating wild flower demonstration plots, to planting wild flower seedlings. Or a project may range from writing an article for the newsletter, to editing or proof reading, to attaching labels to the finished product. Or projects may be ongoing, such as book-keeping and writing thank you notes.

Some efforts are not organized and therefore not recorded but appreciated nonetheless. (I saw you, Mary Jo Schifsky, toting

that big bag of trash on your way home from a walk.) And, there are other unknown volunteers in our beloved park—other unsung heroes. Call the office, 377-9522, if you or someone you know is one of those unsung heroes or you wish to volunteer.

Since the last *Update* the following heroes have been the heart and soul of Cedar Lake Park & Trail:

Rob Pavlik
Michael Peck
John Perentesis
Gary Perrault
Jack Phillips
Steve Pratt
Jim Preston
Keith Prussing
Mary Lynn Pulscher
Cathie Wadden
Puzak
George Puzak
Luann Quigley
Rhonda Rae
Casey Randahl
John Richter
Donna Rowe
Paul Rybak
Mike Sachi
Mike Schmidt
Darrell Schultz
Aaron Schumacher
Emily Schwingler
Pat Scott
Dorene Scriven
Jason Seemann

David Sessoms
Pat Shirley
Al Singer
Gary Sjoquist
John Skare
Allan Spear
Allen Stegar
Larry Stevens
Jere Thompson
D'Ann Topoluk
Neil Trembley
Jerry Urbaniak
Robb Urquhart
Sue Verrett
Jerry Walker
Jan Wells
Polly Wells
Bob Wheeler
Carol White
Wes Wiggins
Craig Wilkins
Brian Willette
Brian Wold
Steve York

Did You Know: **Volunteers Are Needed!**

*Have fun —
feel useful and closer to the land —
feel spiritual — and meet people!*

Now that we are turning our attention to the nature park, we need more and more volunteers for:
(1) small tasks that take a short time—a one time shot; and
(2) to carry out on-going tasks. YOU PICK!

It not only helps, it is fun! When we were planting wild flower seedlings in October, one volunteer said, "This is fun. Ya know, this is my way of going to church. I feel very spiritual doing this, and I feel very close to the land." Another volunteer said, "I'm new here; I saw the signs and thought it would be a good way to meet people." Indeed, he did. There were 21 of us there.

You, too, can have fun, feel useful, feel spiritual and meet people. Call the office today, 377-9522 to let your interests be known. Or ask questions. Tools and training will be provided.

Help is needed for the following:

Administrative

Archives, bookkeeping, correspondence, data base data entry, filing, library, mailings, newsletter, office projects, sending out notices, telephoning, thank you notes.

Committees

Flora & Fauna, Fundraising, Steering, others occasionally.

Park & Trail

Adopt-a-trail, ground preparation, making signs, monitoring, planting, putting up signs, small park projects.

Planning

Annual meeting (Jan.), planting, celebration, spring clean-up.

Three Two Awards for Cedar Lake Park & Trail

Cedar Lake Park and Trail recently received two prestigious awards, establishing it as one of the premier environmental projects in the state and nation.

At the 25th anniversary celebration of Earth Day in Washington, D.C., the Cedar Lake Trail received one of the first-ever **Environmental Excellence Awards** from the Federal Highway Administration. At a ceremony on April 21, Deputy Administrator Jane P. Carver presented the award to Cedar Lake Park Association President Dan Dailey and Minneapolis Park and Recreation Board Superintendent David Fisher, who received the award on behalf of the unique public-private partnership that made Cedar Lake Park and Trail a reality.

This first year Environmental Excellence Award was given in response to a mandate by President Clinton to the Department of Transportation to better balance the transportation needs of the nation with the needs of the environment and natural world. Of more than sixty U. S. nominations, the Cedar Lake Trail was one of only eight projects to have been honored in several categories including air quality improvement, water quality improvement, recycling, public involvement, etc. The Cedar Lake Trail was singled out as the top urban bicycle/pedestrian program.

The Cedar Lake Trail was designed, in part, to encourage bicycle commuting. The 3.5-mile trail extends from Highway 100 in St. Louis Park to Seventh Street in down-

town Minneapolis, and provides two one-way bicycle and skate paths and a separate pathway for pedestrians and joggers. It also features a 30-acre prairie restoration project that features a dramatic re-contouring of the land that will support diverse plant and animal communities. The Cedar Lake Trail is an outstanding example, said Garvey of "an efficient, effective intermodal transportation network that fits harmoniously with our natural environment, our neighborhoods and our communities."

A week later in St. Paul, Cedar Lake Park and Trail was again singled out for environmental excellence when the Minnesota Chapter of the American Society of Landscape Architects presented an **Environmental Awareness Award** to the Cedar Lake Association. Accepting this award for the association, Dan Dailey explained that establishing Cedar Lake Park has involved the sustained efforts and sacrifice of many hundreds of people over more than six years. "One thing that keeps our spirits up and our hopes alive is the recognition by knowledgeable people like the landscape architecture profession that we are making a valued contribution," said Dailey. "That this project is being recognized by disciplines as different as highway engineers and landscape architects is a source of great satisfaction," said Dailey. "Now, we are looking forward to when the prairie grows up and the wildlife returns. Then we'll know we've



In Washington, Dan Dailey presents CLPA T-shirts to Morton Downey, Assistant Secretary, and Jane Carver, Assistant Administrator, of the U.S. Department of Transportation.

achieved the level of environmental balance and harmony that has always been our goal."

As we went to press

Another C.U.E. Award

The City of Minneapolis Committee on the Environment just announced on November 6 that it has given another C.U.E. Award to Cedar Lake Trail. The first, given some time ago, was for collaborative fund-raising efforts. This second award is for completion of the first phase of separate paved trails from Highway 100 to downtown through a rich green space in the city. "Hundreds of users, especially bicyclists, are finding the trail a fast, safe, and pleasant route to commute into Downtown Minneapolis."

The Eagle Scout Service Project

BY RYAN GABEL
TROOP #268, GOLDEN VALLEY

On a hot, humid day last August, eighteen scouts from the Viking Council undertook a massive cleanup of a section of Cedar Lake Park to begin ground preparation for native plant restoration.

The project was pursued to fulfill my Eagle Scout requirements. An Eagle Scout is the highest rank in Scouting. The requirements for an Eagle Scout Service project are: to plan, develop and give leadership to others in a service project of significant benefit to a religious institution, school or community. An Eagle Scout project must be more meaningful than ordinary service projects and be approved at numerous levels.

During planning, development and implementation, I worked with my dad, Steve, Laurie Lundy and Dan Dailey of CLPA, and Al Singer of the Minneapolis Park & Recreation Board (MPRB).

In addition to a lot of broken glass, we collected old bottles, cans, shoes, broken concrete, metal, clothing, and miscellaneous



Seated: Jason Seeman, David Sessoms, Andy Bruski, Neil Altenhofen, Aaron Schumacher and Steven Olivo. Standing: Steven Gabel, Ryan Gabel, Kray Pavlik, Thor Morales, Greg Johnson, Conan Morales, Rob Pavlik, Matt Pavlik, Mike Jones, Matt Grunke, Matt Olson. Not pictured: Chris Grunke

articles, filling 100 trash bags that were picked up by the MPRB. After our hard work, we had treats, played volleyball, toured the park and received "Nurture Nature" t-shirts in appreciation. By the end of the day, we were tired but felt good about the project.

Looking Back

BY NEIL G.C. TREMBLY

Cedar Lake was the most important railroad yard west of Chicago, and its railroad connections contributed much to making Minneapolis the greatest Midwest metropolis.

Essentially, cities exist as places for people to bring goods and services to be traded for other goods and services. Minneapolis owes its rapid growth in the late 19th century to the power generated by St. Anthony Falls making possible the milling of timber and, more importantly, wheat. What made the city become nationally prominent was the ability to bring wheat to the city's mills and the processed flour to the rest of the country via the railroads.

For almost a century from its inception in 1871, the Minneapolis and St. Louis Railroad (M & St. L.) brought raw material from the surrounding countryside into our city. It also took finished goods back to the outstate area and beyond. Equally importantly, it served as a vital means of communication and transportation for the people of rural Minnesota.

According to Phil Qualy, a former M & St. L. employee, "Cedar Lake shops and yards were the home terminal repair point for M & St. L. and C & W wedge plows. For decades this equipment came in weather beaten and war torn in the spring."

Later, in early October, the same equip-

ment would depart for points in Iowa, Minnesota and the Dakotas. These plows kept the line open in the worst blizzards. Snow plowing was dangerous but exhilarating.

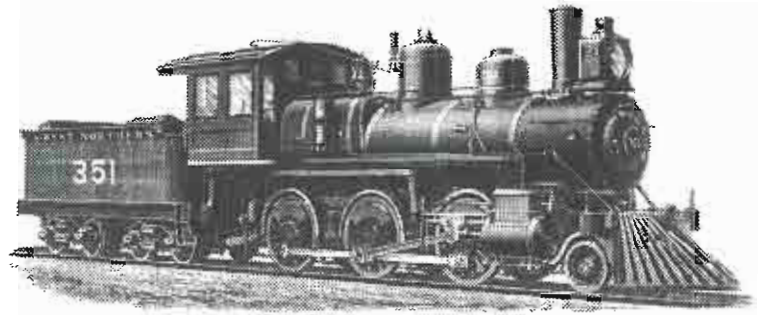
Often, when we think of railroads we consider the engines, tracks, shops and yards, but the soul of any railroad is the people who run it.

Many of the former M & St. L. employees have shared memories of their beloved "Louie." Brakeman Don Messerly recalls:

"Certainly not my fondest, but most vivid memories of the St. L. were busting snow between Spencer, IA and St. James, MN. Some drifts were so high when you plowed through them it became totally dark in the middle of the day. There was a cut between Spencer and Terril, Iowa we had a lot of trouble with. We had spent all day trying to get through this. Our equipment was an Alco Engine and a Jordan Ditcher. We were on a five m.p.h. track and weren't having much luck busting through.

"We could see an airplane circling our location. To our surprise, the plane landed in a farm field beside us on the snow. Stomping over to the train came our superintendent Mr. D. L. Perrin. He told the engineer to back her up a couple of hundred yards and hit the drift as fast as we could turn a wheel. He didn't give a darn what the speed limit was.

"Mr. Perrin got up in the Jordan Ditcher and we hit the cut at about twenty five miles an hour. That ditcher went straight up



in the air and looked like an F-14 leaving an Aircraft Carrier. Mr. Perrin got out of that Ditcher, climbed down the snow bank (he was about as white as the snow!), never said a word, walked over to his airplane and took off.

"We worked over sixteen hours that day and went without dinner but we did make Spencer that night. Of course this is only one memory of the St. L. But there aren't enough pages in this tablet to record all the fond memories I have of the men of the Louie."

Phillip Qualy and John Fox have contacted many of the former M & St. L. employees.

Fund-raising efforts continue for the Minneapolis and St. Louis Railroad memorial at the Linden Yards Station. Funds and stories are needed for historical displays. Funds are also needed for landscaping and to place railroad memorabilia in the area. If you would like to contribute contact the CLPA office.

A Prairie Experience: Bicycling Through

BY RICHARD ADAIR

There is a place, riding west from downtown along the Cedar Lake Trail, where the city quite suddenly stops and the prairie begins. There is not much preparation for this bit of magic. Lee's Liquor Bar gives way to kids playing basketball in the playground of "Mary's Place." Public works storage (garbage containers, and their separate wheels in large cardboard boxes) gives way to the first few trees along the freeway embankment. Under I-394, a rise in the trail and a small pond — then, crossing the tracks, the landscape suddenly widens out and there is grass as far as the eye can see, a rolling prairie red in the low west sun except for a row of backlit cottonwood trees marking the shore of Cedar Lake.

Maybe I like this place because I've been



Photograph by Jerry Hass from *Twin Cities Bicycling: Fred's Best Guides* by Richard "Fred" Arey.

reading Willa Cather's novels about the Nebraska prairie and its pioneers. For whatever reason, whenever I reach this particular spot I am aware of the vast prairie that used to stretch westward from Minneapolis, and of the years stretching back into our past.

As Cather wrote in *My Antonia*, "As I looked about me I felt that the grass was the

country, as the water is the sea. The red of the grass made all the great prairie the colour of wine stains, or of certain seaweeds when they are first washed up. And there was so much motion in it; the whole country seemed, somehow, to be running."

"Birding" in Cedar Lake Park

BY DON BEIMBORN

Among the many natural pleasures in Cedar Park is "birding." The area hosts at least 78 resident species and over 50 migrant birds.

Mid-May is the height of the northward Warbler migration in Minnesota, while mid-September brings them south again. The warblers spend most of the year in the rain forests of central and south America. Most head to northern Minnesota for breeding, nest making and raising young. Cedar Lake Park is an important stop-over while they find food for another flight to their nesting area.

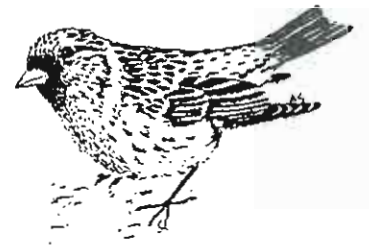
On a fine wind-free morning last May, a group of "Save Cedar Lake" people gathered for a bird hike through the park, led by veteran birder Peter Neubeck. A perfect, quiet day made it easy to locate and see the birds. Birders generally identify more birds by sound than by sight, so the quiet was welcome. By mid-May, some of the resident birds, those that nest in the area are defend-

ing territories and starting to nest.

One stop was at a pair of bluebird houses at the edge of the new excavations and grading. A pair of Tree Swallows claimed the boxes. One box had a nest with a single swallow egg. As the group watched, a pair of Eastern Bluebirds perched nearby. Hearing a Yellow-headed Blackbird, more commonly found in marshes in the prairies, was an unusual treat.

The group got a good look at both Magnolia and Wilson's warblers. They saw several migrant thrushes and inadvertently flushed a female wood duck from a nest box and met other birders who were also searching for warblers. One man had identified 14 warbler species that morning. In all, our group identified 40 different species:

Kestrel, Robin, Crow, Redstart, Barn Swallow, Black-capped Chickadee, Blue Jay, Brown-headed Cowbird, Brown Thrasher, Chimney Swift, Grackle, Downy Woodpecker, Eastern Bluebird, Starling, Golden-winged Warbler, Gray Catbird, Great Egret, Great Blue Heron, House finch, House



Drawn by Al Singer

Wren (heard only), Indigo Bunting, Killdeer (heard only), Least Flycatcher, Magnolia Warbler, Mallard, Mourning Dove, Nashville Warbler, Northern Oriole, Cardinal, Orange-crowned Warbler, Overbird (heard only), Red-winger Blackbird, Rock Dove, Rose-breasted Grosbeak, Song Sparrow, Swainson's Thrush, Tree Swallow (including a look at the nest and eggs), Warbling Vireo, Wilson's Warbler, Wood Duck, Yellow-headed Blackbird.

The hikers included Mary Ellen Bartel, Don Beimborn, Kathryn Glessing, Mary McGee, Laurie Lundy, Dorene Scriven, and Carol White.

If you would like to join a small birding group in the spring, call Dorene Scriven, 922-4586.

Some Special Birds

BY MARY MCGEE

For eight years Eastern Bluebirds (*Sialia sialis*) have nested at Cedar Lake Park. Mary McGee started the "trail" of nest boxes in 1987 under the auspices of the Bluebird Recovery Program of the Minneapolis Chapter of the National Audubon Society. When the bluebirds returned this spring, they were in for a surprise — trail construction! It was necessary to relocate four of the bluebird nest-boxes out of the immediate construction zone over to the adjacent railroad right-of-way, where twelve trains pass daily within 40 feet.

When heavy equipment began tearing up the surrounding terrain, the nestboxes were again moved to provide parking space for the machines. A very narrow strip (50 ft. long and 4 ft. wide) with one tree, some shrubs and grass was left for the birds.

To everyone's surprise, a pair of tree swallows nested in this hectic situation. Then a pair of bluebirds were observed. Even more astonishing, each bluebird of the pair wore a U.S. Fish and Wildlife Service band on the right leg. The chance of seeing one banded bluebird is unusual; a banded pair is rare in the extreme. These two were not only unusual but persistent. They drove off the swallows, and appropriated the nest con-

taining one swallow egg. By May 27, five bluebird eggs were laid and volunteers began a daily watch.

The eggs hatched about June 11 and the parents began feeding. Lois Nissen, who has worked with bluebirds, daily photographed the birds' activities. By mid-June the trails had been blacktopped and construction abated somewhat, although the disking and seeding of the prairie was yet to come.

Then — record heat wave imperiled the young nestlings! To provide protective shade, an umbrella was rigged up over their nest box. Once more the parent birds had to contend with alteration of their normal environment. The young were banded by a U.S. Fish & Wildlife licensed bander before they fledged (left the box) on June 29.

When the adults' leg band numbers were finally obtained (by momentarily trapping the adults), it was expected that they would be revealed as some of the more than fifty birds that had been banded at Cedar Lake. To our surprise, the numbers did not match any of the previous bandings here. According to the Federal Bird Banding Laboratory, the female was banded in Fari-bault in 1992. But the male's band number we reported was that of a white-throated



Photograph by Lois Nissen

sparrow banded in Alabama in 1986! We're still trying to straighten that out!

The pair re-nested in late July and five more young were banded and fledged. Because of the dedication of the project volunteers, and the cooperation of the BN Railroad, the construction workers, the Park and City staff, the park users and its sponsors, a most unusual pair of bluebirds successfully survived a crucial summer at Cedar Lake and are the stars of a beautiful documentary which will be premiered at Bryant Square Community Center December 8 at 1:00 p.m.

The Cedar Lake Park Prairie

BY CAROL WHITE AND
DORENE SCRIVEN
WITH LLOYD WHITE CONTRIBUTING

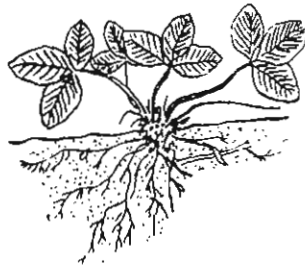
Cedar Lake Park is not only for people, but for nature. The "natural" part began eroding even before the railroad appeared. The last bobwhite disappeared in the 70's, the last pheasant shortly thereafter, and we rarely see fox now. We can't reverse the trend completely, but we can slow its progress and bring back a little nature. A supreme example is the return of the eastern bluebird after a 30-year absence.

Another example is the summer prairie planting. Soon we'll be trekking along gently undulating trails through the waving grasses and fragrant meadow flowers. By fall there already appeared green prairie seedlings alongside the trails and over the berms.



What has been planted? Three types of seed mixes:

- wet mix for the depressions
- dry mix for the berms
- medium (mesic) mix for the rest of the area.



Drawing by Al Singer

The planting mix for each acre consists of twenty-two pounds of grass seed; two to three pounds wildflower mix with ten pounds of oats for a cover crop. Oats provide quick greening and shade so the soil won't dry out; erosion control the following spring; and finally, organic food for the soil. The oats are then mowed before they go to seed.

On the berms and outside the trails, a tall-grass prairie started sprouting various grasses like big bluestem, switch grass and Indian grass; flowers included butterfly weed, aster, ox-eye daisy, tall blazing star (liatris), prairie clovers and black-eyed susan.

Some of the same grasses are also in the wet prairie area, as well as cord grass, wool grass, and blue joint grass. Here too are seeds of swamp milkweed, Joe-pye weed, wild bergamot and wild iris. In the short grass prairie, we'll see shorter grass like blue grama, June grass, dropseed, little bluestem. In addition to the above mentioned wild flowers, the mix contained stiff tickseed,

bush clover, hoary vervain, azure aster.

In the park, native flowers, vines, shrubs and trees will provide a year-round benefit to butterflies and moths which not only like the native prairie and woodland wild flowers, but also trees such as oak, pin cherry, hackberry, willow, aspen, birch and box elder.

Hummingbirds will benefit from the same



flowers and vines. Orioles may increase with such naturals as turk's cap lily and wild cherry and plum trees. Fruit and berry plants attract dozens of bird species, in addition to deer, grouse, fox, pheasants, etc.

Ed note: This article contains excerpts from preliminary findings of the "Flora and Fauna Committee." To participate, call the office at 377-9522.



Prairie Wildflower Demo Plot Initiated

Kee an eye on the wild flower demonstration sites near the trails in the prairie adjacent to the railroad switch box east of Cedar Lake Parkway. Provided by Greater Kenwood Botanical Society (GKBA) and planted in October by volunteers, these prairie flowers should start putting on a show for us next spring, summer and fall. Then, each growing season thereafter will provide us with even greater pleasure.

According to GKBA president Gloria Mauer, "The Cedar Lake Park project is near and dear to our members, and it seemed fitting to contribute money for prairie wildflowers."

Gloria and another GKBA member, Carol White, were among the Cedar Lake Park Planting Committee who accompanied Al Singer of the Minneapolis Park &

Recreation Board Naturalist to select the demonstration sites.

Ron Bowen, Prairie Restorations, delivered the plants from Princeton; and he and Al provided technical expertise on planting day. 21 volunteers had a good time planting nearly 1300 wild flower seedlings (see related story on page 7) under Volunteers Needed).

There are three different demonstration sites. Al stated that the plants for each site differ according to moisture requirements. He also recommended a long list of wild flowers for each site that will enhance the native prairie grasses and wild flowers already planted.

Anyone wishing to contribute time or money for plantings, please call 377-9522.



Phyllis Galameault and Carol White, GKBA, were among the 21 volunteers that planted wild flower seedlings in October.

Save Cedar Lake Park Update is published seasonally by the Cedar Lake Park Association (CLPA). CLPA 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 over 3,000 households, developed a successful partnership with the Minneapolis Park and Recreation Board and Department of Public Works, and raised money for acquisition and development. Laurie Lundy, Project Coordinator; Dorene Scriven, Editor; Pat Thompson, Designer. © 1995 Cedar Lake Park Association

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PAID
PERMIT #2543
MPLS, MN 55401

1101 Cedar View Drive
Minneapolis, MN 55405
(612) 377-9522



Random Acts of Kindness: A Turtle Tale

BY JOYCE O. GORDON

Sometimes we have an opportunity to share a totally gratuitous act of kindness. In this tale, the object of kindness is a humble turtle.

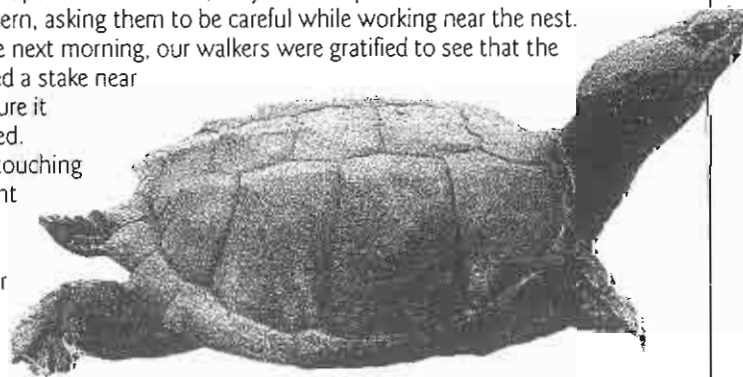
This summer, two of our regular Cedar Lake Trail walkers were out for their customary early morning walk, when they observed a large snapping turtle, busily engaged in laying her eggs right beside the path.

At the time, the Cedar Lake Trail construction crew was putting bituminous surfacing on the paths, and these kind-hearted conservationists immediately became concerned about the safety of the nest. Our walkers found a discarded railroad "J" hook and placed it by the eggs.

When they came upon the work crew, they told a supervisor about the nest and expressed their concern, asking them to be careful while working near the nest.

On their walk the next morning, our walkers were gratified to see that the work crew had placed a stake near the nest site to be sure it wouldn't be disturbed.

A simple act, but a touching response to the plight of the Cedar Lake turtle who inadvertently put her nest in a position of danger!



Fifth Annual Meeting

January 24, 1996

6:45 – 8:15 p.m.

•
Lurie, Besikof,
Lapidus & Co.
2501 Wayzata Blvd.,
Minneapolis

•
Watch for notice
in January