

Cedar Lake Park

UPDATE

Summer/Fall 1998

Legacy edition

Volume 10, No. 3

First wildflower memorial plantings leave legacy...

BY NEIL TREMBLEY

Between May 17 and 30, 1998, more than 600 wildflowers were planted in the heart of the prairie north of the lake. The remote area was specially selected to be accessible mainly to the users of the pedestrian and bike/blade trails. Funds were provided by memorials sent in over the years to honor loved ones.

For some of the planters, it was their first time in the park. These were a small group of friends who saw this as a way to beautify the park and energize themselves. CLPA sees this as the dynamic of the future: individuals or groups of citizens stewarding small sections of the park and helping it to thrive. One of this pioneering small group has been known to come back to this area many times to pull weeds and nurture the wildflowers.

This planting was phase one. **The second phase (500 wildflowers) will be planted this fall, on Saturday, September 26 from 11:00 a.m. to 1:00 p.m.** For further information and to participate, please call me, Neil Trembley, at **377-0264**.

Initially, the second phase was to be a large planting of 2,000 wildflowers. However, the place picked to plant (just west of the I-94 overpass at the Kenilworth entrance) will be disrupted due to the construction of the Kenilworth trail. Therefore, there will be a third planting, which will take place in mid-to-late May 1999. Please come and join us!

Thank you, volunteers!



Planters dig in and leave a legacy of wildflowers to enjoy.



Milkweed in bloom.

Earlier in May, 46 volunteers—members and friends of the CLPA, the St. David's Society of Minnesota, CIDNA and Dr. Sue Galatowitsch's Restoration Ecology class at the University of Minnesota—joined forces to plant more than 550 wildflowers on the hillside between the Jones Harrison home and Cedar Lake Parkway.



A legacy called for by the land ...

BY KEITH PRUSSING, CLPA PRESIDENT

I've heard many reasons over the years why Cedar Lake Park should be saved. The one reason that I have found most intriguing is a description, offered in various ways by several people, of being called by the land to safeguard and preserve it.

Thirteen years ago, while riding my bike and exploring Minneapolis, I found a trail leading into a wood, and so I followed it to the grove of large cottonwoods in the area of Hidden Beach. I was amazed, not so much by their size because I've seen plenty of big trees, but by the fact that they, and the woods, existed in the middle of the city, just off a road.

I became a regular in this area and explored the greater park. I enjoyed the freedom to do what I wanted, because aside from minimal MPRB and police presence, it became apparent that this area was a place that received little attention. Park users, however, became more and more abundant, and the degradation that often attends use became more and more apparent.

I began to take action to protect the land, blocking trails, carrying logs and rocks and other materials and arranging them in ways that blurred the line between nature and artifice. Further, I transplanted hundreds of plants into the area near the beach, and all of this became the Zen Rock Garden.

I was once asked "why" by the superintendent. My answer was simply that it needed to be done. In hindsight, I recognize that the land called to me, asking for help. I believe that the call of the land is a spiritual thing, speaking to that part of myself that transcends my personality, opinions and desires.

I was invited to participate in the citizens' advisory committees that convened to consider the design for the Cedar Lake Trail and to vision the design principles for the greater park. Next, I became part of the writers' group that was creating the concept master plan, and I was invited to join the board of the Cedar Lake Park Association.

Now, I am president of CLPA and charged with park building, not at all what I set out to do. The friend who has gently coaxed me into all of this is another who has heard the call of the land, and heeded it.

Leaving a legacy, I believe, is a reflection of the spiritual part of ourselves because it carries the hopes and dreams and hard work of those who have come before, as well as nurturing forward into the future the dreams of the present.

Cedar Lake Park is legacy work for many of us, and if we get it right, now, we will have honored the voice of the land that has called to us, and created a special urban nature park that will continue to speak to all who listen...today and well beyond...



BY DAN DAILEY, TREASURER

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:

**In memory of their parents,
Sara and Melvin Dray**
Alison Dray-Novey and Philip Dray

**In memory of Don Beinborn's
daughter**
Kathryn L. Glessing

**In memory of Mrs. Constance Totten,
an avid gardener**
Cynthia Dillard

**In memory of Kathryn Glessing's
dog, "Trooper"**
Anonymous

Donors

Robert Andrews, Jr.	Barbara M. DeCosse	Betty Lillehei	Miriam Segall
Larry Baker	Steve Durrant	Minneapolis Hiking Club	Cheryl Simer
Bob Berkwitz	Tom Erickson & Kate	L. Marcella Nelson	Kristine Smith
Jonathon S. Bishop	Solomonson	William & Rose	Robert G. Taylor
S.J. Bunnell	James Gehrey	Nightengale	Mary W. Vaughan
Ron & Elaine Burton	Sally Heule	Jay and Rose Phillips	Steve & Mary York
Lynn Charlson	Marissa Lasky	Family Foundation	
Will & Jinny Craig	L.B. Levy	Debbie Reynolds	

CLPA honors activist Al Singer

If you've been biking, blading or walking the Cedar Lake Trail lately, you've probably seen the newest addition to the park. Where there used to be a rock and a bench, there's now a rock and a bench and an oak tree.

On May 30, 1998, a burr oak was planted on the north side of the Cedar Lake, west of the mound, where the paths come together. This is in keeping with the master plan, which envisions that area as "Oak Savannah" (largely an open, prairie-like area with an isolated oak tree every few hundred feet or so). In the future, we will be able to sit on the park bench and rest ourselves in the shade of this oak tree.

The tree was planted to honor Al Singer, a person who has done so much to nurture Cedar Lake Park. He is a staunch supporter of CLPA and its mission to empower citizens to "nurture nature." His advice and hard work have been critical to help make CLPA a viable partner with the MPRB and Public Works in the stewardship of Cedar Lake Park. Al has left his position at Minneapolis Parks and Recreation, where he oversaw the environmental concerns of the park board.

The MPRB's loss is the Minnesota Department of Natural Resource's (DNR) gain. Al has become the coordinator of the Greenways and Natural Areas Program: a state-wide initiative to protect the best remaining natural areas; connect these areas through greenways; and restore areas into more natural conditions within the urban core and other places.

Al hopes that many of the principles championed by the Cedar Lake Park Association can be embraced metro-wide to create a more sustainable living environment for all the people of the Greater Twin Cities area. Many thanks, Al, and keep up the good work!



Al Singer's oak, behind the rock and plaque, marks a fork in the road...for Al and the future of our fine city.



Al Singer addresses the audience on the environment.

BY KEITH PRUSSING

The Kenilworth corridor continues to evolve. Railway renovation is complete, and the arrival of train traffic will occur when the Hiawatha Project, run by MNDOT, severs the Sooline, or Midtown Greenway corridor. Present best guess is Fall, 1998. Bikeway construction is scheduled for autumn, and there has been a change of project engineers within Minneapolis Public Works. The corridor continues to be owned by Hennepin County Regional Rail Authority, with little discussion of what to do with these "surplus" lands that are an important part of the park.

The CLPA speakers' bureau is developing an outreach program to continue bringing the vision of Cedar Lake Park into the greater community. Earlier this year we successfully presented to the Minneapolis Hiking Club out on the trail, as well as to master gardeners in the Hennepin County Extension Service. We seek to identify and engage with stakeholders, such as neighborhoods, businesses and government, by sharing the history of the park, trail and association, and possibilities for the future.

On the northeastern waters of Cedar Lake an experiment in milfoil control is underway. Two dozen rectangular white floats are visible on the lake, and these structures extend to the lake bottom. Designed to exclude fish, these isolation areas allow for a type of weevil to be released, to determine whether they will munch milfoil without harming the greater lake environment.

Water quality in the lake is the best it has been in 30 years, thanks to the multi-faceted approach of the Clean Water Partnership. Swimmers, especially, are delighted with the dramatic improvements in water clarity.

We have been talking with the Minnehaha Creek Watershed District staff about proposed changes to Rule B, their storm water management criteria.

On another matter, they expressed strong concern about carp and other "rough" fish in the Cedar Meadows wetland. Carp are detrimental to water quality by habitually stirring up bottom sediments as they feed, bringing more phosphorus into solution. Further, they damage the shoreline plantings. The DNR would employ chemical means to remove them. We would like to see their levels controlled by non-chemical methods.

Look for improvements in the park at the gateway area of 21st and Upton Avenue South. Native plantings, new gates, a street light, a bench, a small tool storage area, a concrete slab for a more permanent biff, and a small information-type structure will be finished before the snow flies. Funded by Kenwood-Isles Area Association (KIAA) with NRP monies, supported by MPRB staff, and guided by CLPA according to the design principles



CEDAR LAKE BRIDGE, CIRCA 1900, background center, goes across the railroad tracks. Cedar Lake Road is to the left. Looking west shows the lake on both sides of the tracks.

contained in the concept master plan, this project is a wonderful example of the partnerships that are building Cedar Lake Park.

The initial phase of Big Woods I has been completed, and the full \$10,000 grant from the DNR has been received. The area represents the landscape mode envisioned for the entire park, containing lake, emergent shoreline, wet forest, maple basswood forest, oak woodlands and oak Savannah. Thanks to all who contributed.

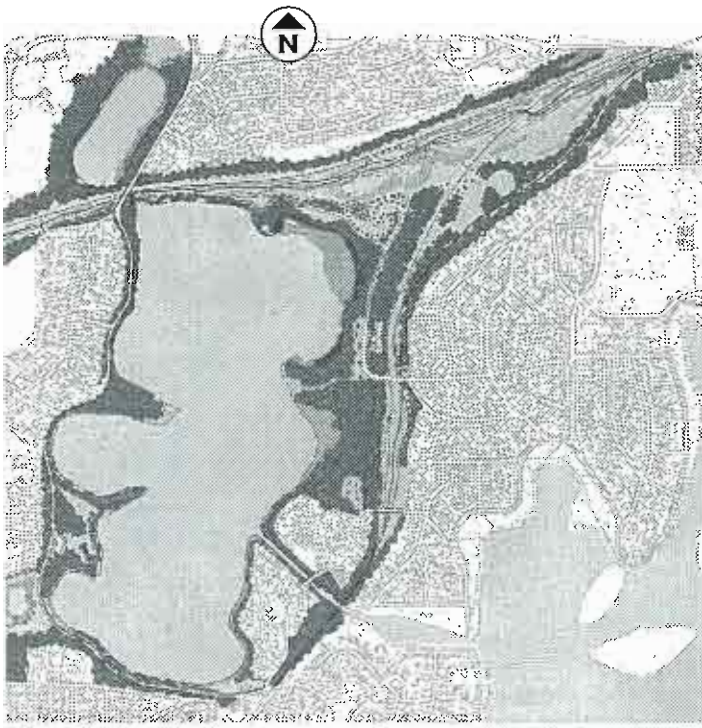
We have been informed by the DNR that Big Woods II has been placed on the recommended for legislative approval list of LCMR projects. This \$10,000 matching grant will further native landscape restoration into the Heart of the Park area. We are hopeful the legislature will act wisely when it returns to session.

Wildflower plantings are ongoing throughout the park. CLPA and MPRB are applying a model of establishing nodes of native plantings as a way of seeding the park landscape. This is also a way of engaging people to take responsibility for the well-being of areas that are special to them. Call for more information.

CLPA has committed to the creation of a Chronicle that tells the stories of Cedar Lake Park, past, present and future. We have acquired video equipment, and would love to hear your story.

The Kenwood Garden Club, in partnership with MPRB, has done a beautiful job cleaning and replanting the beds around the Kenwood Rec. Center with many native wildflowers. Thank you!

Construction on the completion of the Cedar Lake Trail to the river should be happening this fall. As a linear park running out of the Conservancy, the trail corridor is ready for softening and greening, utilizing



Cedar Lake Park Conservancy Area.

the tools and techniques CLPA is applying successfully elsewhere in the park. If you become a stakeholder anywhere along the trail corridor, eventually you will hear from us, or you can save us a call.

The Midtown Greenway project is underway and has received much well-deserved publicity for their efforts of the Greenway Coalition.

The Bassett's Creek Trail construction schedule says Autumn, 1998.

Thank you to **Rhonda Rae**, who as project engineer for Minneapolis Public Works helped build the Cedar Lake Trail, and helped bring the other trails to their present status. She has moved into storm water management for the city and will be missed.

Preliminary planning is underway for the mound project, concerning the high ground midway along the northern lake shore. This is a one-of-a-kind landscape, with many layers of meaning. All input is welcome. For more information call CLPA at 377-9522.

Surveying of the double spirals of the Cedar Grove takes place in later September. The ground will be cleared in five-foot swatches describing the spirals emanating from the center. Next, approximately 60 trees will be planted in mid October for honor and memorials. Finally, design plans for the markers are part of the Heart of the Park project and will be placed when those plans are complete.

Significant planning efforts are underway that are important to the Cedar Lake Trail. First, the City of Minneapolis is studying the best use of city property east of I-394, south of the railroad and west of Lyndale. Presently, this area is utilized by Public Works to store and recycle construction materials. Think of the large piles of concrete rubble north of I-394 out of downtown.

Also, **MPRB** is coordinating with the Walker Art Center, the Guthrie Theatre and the Dunwoody Institute to weave together the interests of these major stakeholders in the Sculpture Garden area. Further, MPRB has recognized that the vision for the entire Bassett's Creek drainage needs to be explored, including the possibilities of greenway connections and wetland restoration north to Plymouth Avenue. CLPA is represented in these endeavors, thanks to citizen volunteers.

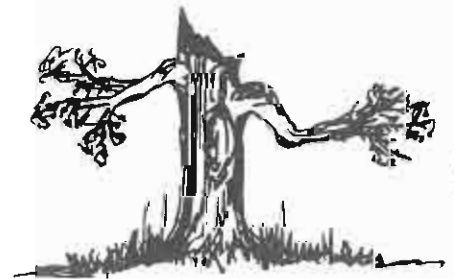
The citizens' advisory committee studying dog issues in the urban environment is preparing a proposal for MPRB and the City of Minneapolis recommending the first phase of a plan to establish sanctioned off-leash dog areas throughout the city. If approved, it is possible that 1999 will see the opening of one or more sites.

Storms damage trees and landscape

The successive storms of spring tore up the landscape throughout the park. Close to 200 trees were uprooted or broken. On the west side of the lake there are three major points, and the northern two were devastated. On the northern lakeshore, one could visualize how the winds blew across the lake from the south by how the trees fell facing to the north. Parts of the Cedar Lake Trail were temporarily closed, and the eastern mound and the north lakeshore trails continue to be closed. On the east side, trees were toppled and torn throughout the woods.

The fallen trees were mostly cottonwood, some boxelder and relatively few elms and oaks. Their removal creates new possibilities for planting and management. A planning effort is underway this fall to consider how to reforest the western points utilizing native materials. Further, consideration of altering standard forestry removal techniques will be given to avoid clear-cut areas and removal of standing dead trees that could be utilized as habitat.

The closing of the northern shore trail has been viewed with alarm by some people. However, this area is being evaluated as part of the Heart of the Park and Mound projects, and it makes sense not to remove anything until more design planning takes place. Some deadfall can be left in place, others can be utilized as timber to stabilize erosion and trails. Debris can be chipped, and decisions can be made as to the best route for the lakeshore trail. In other words, the north shore is in a temporary resting phase.



New garden beautifies Kenwood Recreation Center

BY CAROL WHITE

If you've driven past the Kenwood Recreation Center lately, you've noticed the profusion of bloom in the former lily weed patch. The new garden is a joint effort of the Kenwood Garden Club and the Minneapolis Park and Recreation Board.

Mary Lerman, horticulturist with the MPRB, met with some of us from the club and drew up a plan for the garden. Work on new "timbers," filling with good rich garden dirt and laying sod was done by park staff.

On June 13 garden club members with Mary Lerman planted donations from our gardens and some she had purchased. On June 20 we planted again, opening it up to the community to donate plants and planting time.

There is a mix of **native plants**, other perennials and annuals, making the whole a pleasing palate of blended colors, textures and heights.

The children with Rec. staff also planted a vegetable garden which is thriving and ready for harvest.

I have seen a member of the community come out of the garden with a handful of weeds. She pulled a few while waiting for her daughter's bus. Thank you! This is a garden for the community.

Money for the project came from our annual garden tour. We anticipate this effort to be an ongoing project. Do take a look, sit on a bench, enjoy and feel free to be a part of this community effort.

P.S. Plan to take in the garden tour each year as we have the privilege of visiting the unique design ideas of our neighbors.



The Kenwood Recreation Center front is in full bloom, thanks to the new garden planted by Mary Lerman and volunteers.

Goose News

There was a very informative meeting on geese August 11 at the Kenwood Community center. Moderated by Terry Gips, chair of the KIAA Environmental Task force, several experts talked to us about the area goose roundup.

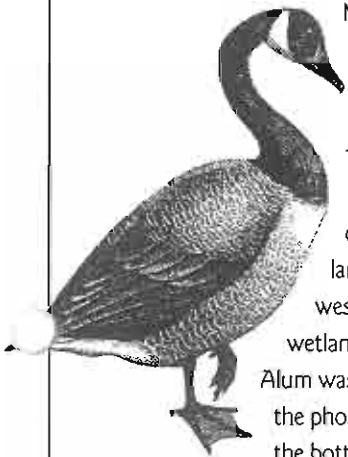
Kathy Don Carlos of the Urban Wildlife Office for Region Six, of the seven-county metro area DNR, spoke on the habits of geese and their adaptability. We humans furnish them wonderful habitat with our lawns around the lakes. They have an abundance of open water, good grazing and safe nesting on the islands.

Betty Parker of Minneapolis Environmental Health addressed the issue of swimmers' itch caused by goose dung. Jeff Lee of the

MPRB explained the goose roundup relative to water quality.

Many pounds of phosphorous go into the lakes from goose droppings. This causes a boom in algae growth. He mentioned that Cedar Lake is the cleanest it has been in 30 years. This is largely due to the wetland on the southwest side. There is also fencing in that wetland to keep geese out.

Alum was also added to the lake which causes the phosphorous to precipitate out and sink to the bottom. **Good news for Cedar Lake!**



Leave a Legacy

Complete the Circle of Life

Many people wish they had the kind of money to give generously to their favorite charities. There is a simple tool at our fingertips that makes just such a gift possible, easy and affordable. That tool is remembering a nonprofit organization in a will with a bequest. A new statewide program aimed at reminding people of the ease of doing just that is beginning.

The "Leave a Legacy Minnesota" program will be introduced in September and promotes interest in charitable giving by reminding people of average incomes that they have the ability to foster and continue important values by including a nonprofit organization in their estate plan.

Leave a Legacy Minnesota is a collaborative effort to educate the public and promote the idea of giving through bequests and estate plans by increasing awareness of and interest in charitable planning.

In the United States, at least 70% of households make charitable contributions annually, yet less than 6% of households give money to charities through bequests. In 1993, only 17% of the wealthiest Americans with taxable incomes exceeding \$600,000 left bequests to charities.

Individuals interested in leaving a legacy may contact the Cedar Lake Park Association by calling (612) 377-9522 or the Leave a Legacy in Minnesota office at (651) 917-6252.

Cedar Lake Park ASSOCIATION

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INSIDE

Wildflowers and Plants	1
Al Singer	2
Projects	3-4
New Garden	5

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 over 3,000 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

Designer: Pat Thompson

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Leaving a legacy

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

CALENDAR

CLPA Steering Committee

Second Monday of each month from 7:00 to 9:00 p.m. at the Kenwood Recreation Center. You're invited to participate.

Cedar Grove Surveying/Planting

After September 16. Call 377-9522 for details.

Exotics Workshop

(Non-native species) Saturday, Sept. 19, 10:00 a.m. to 2:00 p.m. Meet volunteer coordinator Maria Olson at 21st and Upton.

Wildflowers Planting

Saturday, Sept. 26, 11:00 a.m. to 1:00 p.m. Call Neil, 377-0264

Annual Meeting

Wednesday, Jan. 27, 6:30 to 8:30 p.m., Kenwood Recreation Center

Call CLPA at (612) 377-9522

Your support is important—

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



*Wild flowers fade against rolling clouds
but they return to bloom, year after year.*

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.