Cedar Lake Park

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Spring 2006

Celebration Edition

Volume 18, No. 1

On the Horizon

BY KEITH PRUSSING, CLPA PRESIDENT

elcome to Volume 18 of the Cedar Lake Park Update. It has been some time since the last issue. It is a large undertaking for the small group of volunteers who comprise our media crew. They deserve a lot of credit.

This issue is a celebration. 2005 was an amazing year for this Association, as you will see as you explore this newsletter. Enjoy!

Increasingly, our website is the place where we put things such as current events, appeals, news, photos and archival information (www.cedarlakepark.org). It is very cost-effective, expands our ability to serve the community, and reaches a broader audience, consistent with our mission. Be sure to look at the website news on page two.

We will be planting throughout the park this year. Sites will likely include the memorial Cedar Grove, Linda's Spiral, Burnham Uplands, W. 21st/Thomas Ave. S., Hidden Beach and the northern prairies. It is fun, and very rewarding. Come help. If you have extra native plants in your landscape, we would love to have them as a tax-deductible donation. If you are connected with a school, church or other youth group, we can create an educational workday. Kids benefit from outside physical activity that allows them to cooperate and learn.

Look for a summer event under the Cedar Lake Parkway bridge celebrating CLPA for winning a Fitness Minnesota award, as well as 18 years of successful citizen action. This will be a somewhat spontaneous event, alongside the Cedar Lake Regional Trail on Sunday, July 9, 2:00–4:00 p.m.

One thing that I have always enjoyed about this Association is that we do know how to celebrate!

Celebrate the Cedar Lake Regional Trail



The trail to the river will run to the right of the rails and beneath the bridge.

he year 2005 brought the vision of an off-road connection to the Mississippi River much closer to reality. The U.S government, in the omnibus transportation bill, appropriated \$3 million for the Cedar Lake Regional Trail. We are grateful to our elected federal representatives for providing these funds. The Minneapolis City Council, by unanimous vote, abandoned the on-road alternative, and declared the "in-the-trench" alignment to be the ONLY route to the river.

Presently, the funding action is at the state Capitol. Both the Minnesota House and Senate have approved \$1.8 million for the trail in their respective bonding bills. The measure is now in conference committee. We are grateful for the support of our local state representatives, as well as other key legislators, for including the Cedar Lake Regional Trail.

To ensure passage, it is important to contact the following people: Governor Tim Pawlenty at (651) 296-3391. The Governor did not include any funds in his own bonding proposal, and can line-item veto any individual project. Also contact Sen. Keith

Langseth (651) 296-3205 and **Rep. Dan Dorman** (651) 296-8216 who are co-chairs of the conference committee.

The \$1.8 million state money, added to \$1.5 million city funds, \$2.3 million TEA-21 and \$3 million ISTEA federal monies, will allow the construction of the trail to go forward in 2007. The Northstar Commuter Rail station, and the proposed Twins Stadium, will directly impact the trail, so keep checking our website for updates.

Thanks to everyone for their support!

Board Retreat News

At the annual CLPA board retreat April 15 the board elected officers: Keith Prussing, President; Bob Day, Vice President; Neil Trembley, Treasurer; Jim McPherson, Secretary. The board also began to look at the design of the north shore of the park between the mound and the memorial Cedar Grove.

Your support is important!Come to the park, enjoy its beauty, become a steward.

Gifts

BY NEIL TREMBLEY. TREASURER

Cedar Lake Park Association gratefully acknowledges contributions in the form of money, stocks, materials, volunteer time and in-kind services, memorials and gifts. Since the last Update, contributions have been received from:

David Abrahamson Ernst Abs Mary Adair Leah Albersheim Gretchen and Bob Amis Paul and Dell Askegaard Fay Atchison Audubon Society of Minneapolis

Edward Axt, Jr. Lawrence Baker Jennifer and Richard Bartholomew Tom Becker Carl and Lynn Beihl John and Élaine Bergquist Bob and Pam Berkwitz Joan and John Berthiaume Stacy Lynn Bettison Melissa Blais John and Mary Bond Win and Mimi Bowron Becca Brackett David Braslall Frank Braun Stephanie Brody

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Nancy and James Proman Keith Prussing Ernest Reinsmith Louise and Jerry Ribnick

Tom Rice Martin Richmond John and Martha Richter Sandra Riekki

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Joe Schmitz

Ruth Schneider Lawrence and Mary Schwanke Catherine Scott Pat and Tom Scott Skip and Dorene Scriven Kathryn Sedo

Miriam Segall continued on page 6

GIVE ONLINE AT www.cedarlakepark.org. All donations are tax-deductible.

Thanks to Volunteers



DAVID KLOPP (left) and RICHARD THOMAS (right) for their leadership in obtaining funding to complete the Cedar Lake Regional Trail to the river.



RUTH JONES (left) for helping Mary, guiding young people and spreading the word. MARY CONWAY (right) for removing buckthorn from

the South uplands near Burnham Bridge.

Volunteer Opportunities

There are a variety of ways to volunteer to keep CLPA moving forward:

- Database Management—experience needed with Excel and Access programs. Contact Bob Day for details.
- Plantings—taking place spring through fall. Contact Neil Trembley for dates.
- Leadership—a great way to leave a legacy. Contact Keith Prussing.
- Special Projects—watch our website, or contact us with your ideas.
- Media—contact Jim McPherson about the newsletter.
- Presentation/Tours—contact Keith.
- Political Activity—contact David Klopp or Richard Thomas.
- Group Activities—contact Ruth Jones.

Visit Our Website

Go to www.cedarlakepark.org for a wide variety of information on what the Cedar Lake Park Association is about. There you will find:

- This newsletter in **colour**.
- Photos taken throughout the park and trail.
- Stories about people enjoying and nurturing nature.
- History of the park.
- CLP Concept Master Plan.
- News of current events.
- Volunteer opportunities.
- Links and contacts with others.

If you would like to volunteer or contribute to your park, email us at info@cedarlakepark.org, call (612) 377-9522 or write to: Cedar Lake Park Association, 2000 Aldrich Ave. S., Minneapolis, MN 55405. Your funding can help us continue to maintain and expand our website.



Active Living Storybank

The activities of CLPA are featured in the Active Living Storybank, a searchable database of citizen action projects throughout the country.

The story can be found at: www.activeliving.org



CLPA friends celebrate the completion of the new Cedar Lake Parkway Bridge. The northwest corner should be completed spring 2006. Photo by Kurt Waltenbaugh.

CLPA Receives Fitness Minnesota Award

These awards are given to organizations that promote health and fitness in Minnesota.

We were graciously nominated by a long-time trail supporter associated with www.beactiveminnesota.org.

Look for and come to our celebration of this award Sunday, July 9, 2:00 to 4:00 p.m., beneath the Cedar Lake Parkway Bridge.

Hula Hoops, Ambush Bugs & Kindergarten Teachers

"Another Aster"—Prairie Survey, 2005

BY JOE SCHMITZ

Vadnais of Normandale Community
College and Valerie Galajda of MnDOT
and I conducted a plant species survey of the
CLP Prairie. We observed many interesting
sights and had encounters with the common
and uncommon, and species both human and

We observed nearly 40 wildflower species, natives and aliens: insect pollinators and their insect predators; and even a few wildflowers we were unable to identify confidently. "Another Damn Aster!" was a not uncommon cry when a specimen of this readily hybridizing plant family was found in a study plot.

Monarch and yellow swallowtail butterflies competed with bees and wasps, and bee mimics—hover flies for the nectar

available from the many wildflowers. On goldenrod plants ambush bugs, a type of "true bug" with front legs like Popeye's absurdly developed arms, lay in wait for any pollinator fooled by their pale yellow camouflage. When the moment was right they would jump on the backs of their prey and inject them with saliva, digesting a primordial soup of dissolved insect guts.

Bikers and walkers enjoying the trails through the prairie often stopped to gawk as Valerie side-armed our chosen tool of measurement (a peppermint striped hula-hoop encircling an area equivalent to one square meter) to select the next "random" study plot. All commented positively on the efforts of the

CLPA to enhance the trails and prairie.

By chance, we met up with a kindergarten teacher from Golden Valley who planned to bring her students to the prairie for a "grass identification" class unit. She expressed a growing interest at her school for connecting students with the readily accessible educational resource of the prairie. Obviously,

the prairie continues to grow, both as a natural and as a human "quality of life" resource.

It is hoped that this survey will serve as a baseline for future studies and evaluation of the prairie. The results were reported to the CLPA Board on 10/10/2005.

Volunteers Do Annual Wildflower Planting in the Cedar Lake Park Prairie

BY NEIL TREMBLEY

s the skies glowered and an early morning sprinkle came down, the project organizer despaired, "Can't I ever catch a break?" For the last two years, an intrepid band of laborers from Data Recognition Corporation braved torrential downpours to work in the Cedar Lake Park prairie. Some of them had grown openly contemptuous of the organizer's ability to pick a decent day to plant wildflowers.

But the weather gods relented this year, and Friday, September 16, turned warm and sunny. The diggers and planters toiled with gusto, and the 1,000 native-species plants were lovingly ensconced. This was the sixth year of the program whereby employees of DRC were paid by their company to perform community service in the Cedar Lake Park prairie. Each year the organizer's task gets easier as a core group of experienced hands return to mentor the new bloods. These veterans know the routine; they pitch right in from start to the clean up. Thanks to one and all.

This planting was done September 16, 2005. The prairie plantings were purchased by CLPA from Prairie Restoration, Inc.



DRC planters. Photo by Neil Trembley.

- Volunteer your time and talents.
- Donate goods or services.
- Coordinate a group; sponsor an event.



PROJECTS IN THE PARK PLACES Arol

The 2006 City of Lakes Loppet cross country ski weekend was a great success, due to the efforts of more than 700 volunteers. Our Association staffed and ran the end-ofrace refreshment stand in Calhoun Square, serving hundreds of tired, happy racers. During the previous autumn, we designed and implemented a new leg of the course in Cedar Lake Park in partnership

with MPRB and the Loppet (www.cityoflakesloppet.com).

This new section winds north-south, through the woods, parallel to the Upton Avenue service corridor, close to the railroad tracks in the Kenilworth corridor. We used the design principles contained in the Concept Master Plan (see CLPA website) in creating this trail.

Sulphur Shelf Lots of buckthorn, trash and illegal bikeways were removed, eroded hillsides were stabilized, a new low-impact recreational amenity was created, and the ongoing work of converting, restoring and enhancing degraded landscapes was furthered. New stakeholders were enlisted in working in the park. The future will see native plantings and exotics removal. Finally, in consultation with organized off-road cyclists (MORC), www.morcmtb.org) we are preserving a narrow, little-used corridor along the tracks for potential responsible, single-track riding, with the aim of restricting and policing the "ride everywhere" philosophy of biking that exists presently throughout the park.

The Southwest Corridor Transit **Study** has been ongoing, and is expected to be released in the late summer. It is likely to recommend light rail, and will either travel along the Midtown Greenway corridor through Uptown to Nicollet Ave. and into downtown, or will run up the Kenilworth Corridor along the east side of Cedar Lake Park, with a potential station at Penn Ave. The far suburbs of Eden Prairie and Minnetonka appear to favor the guicker Kenilworth route, while Minneapolis and Saint Louis Park like the Greenway alignment, as it will offer much more local service. Complex calculations of ridership, cost and transit times will go into the recommendations. CLPA continues to support the bigger picture of greenways and non-motorized transit corridors. with a light rail mix. We are a stakeholder in this process, and receive regular presentations from the study group. (More at www.south westtransitway.org.)

Work at the Prairie/Woodland restoration site at W. 21st St. and Thomas Ave S. is ongoing. Last autumn saw a new prairie installed at the south end of the site along Thomas. First, the area was burned, then plowed, and then seeded and planted with native forbs. There was good growth, and we look forward to the emergence

of greenery in the spring. We continue to work with Hennepin County in this area. Volunteers have marked exotics for removal, as well as native plants for preservation. Tree Trust, contracted with the county, has removed extensive stands of buckthorn and other non-native species, such as Siberian Elm. They also have committed to removing the female, fruit-

> bearing buckthorns north of 21st all the way to the Cedar Lake Trail. We also have been exploring, with the Kenwood Isles Area Association 💪 (KIAA), the possibility of NRP funding for this restoration project. There continue to be numerous volunteer opportunities for this project, including school kids coming on Earth Day this spring, as well as planting and landscaping. Please contact us if you are interested

The east side of Brownie Lake has seen the removal of most of the buckthorn along the lakeshore and up the hillside. Hardworking volunteers, along with the assistance of MPRB Forestry, have done a tremendous job, and the area looks beautiful. The west side of Brownie is a hilly, old wood landscape between the lake and the Target property at the top of the hill. There are drainage and erosion problems in the area, due to the runoff from the Target parking lots. Also, there is an extensive network of environmentally unfriendly bike trails through these woods. MORC, fresh from the success of the off-road trial area (which is quite nicely done) in Wirth Park near the par 3 golf course, has plans to restore and remove many of these trails. This will be done in coordination with MPRB. These kinds of trails are designated for both pedestrians and cyclists, and are much more harmonious and responsive to the natural and human environment.

Remember Ewing Wetland? In the mid '90s, this area along France Ave. and Ewing Ave. north to the trail was fought over in a nature-versus-development conflict that resulted in an agreement that allowed building several town homes on five acres, and the preservation of the remaining seven acres. The homes sometimes get wet feet.

In 2005, the County came to improve the corridor in conjunction with the reconstruction of the Cedar Lake Parkway Bridge. At the time, there was a five-foot paved path from the curb to the wetlands. The county, and bicycle advocates, wanted to increase it to more than 12 feet. With little notice, the neighbors collected signatures for a petition to protect the remaining wetlands, and slow the traffic. They reminded city and county officials of the agreement. And they were heard, the plan for the path was revisited, and no further encroachment was allowed.











and Cedar Lake Park and Trail











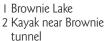








Key to locations



- 3 Prairie edge ski and walking trail
- 4 Sunset bench
- 5 CLRT looking downtown
- 6 Memorial Cedar Grove
- 7 Woodland path
- 8 Linda's spiral
- 9 Canoe connection

- 10 South swimming beach
- 11 St. David's Society daffodils
- 12 Picnic lawn
- 13 Cedar Meadows wetlands
- 14 Fishing
- 15 Boat dock
- 16 Across the lake to downtown
- 17 Saint Louis Park Western Extension





Please contribute to preserve your favorite places in the park!

Donate financial resources, such as cash, stocks, or bonds.

Transformation from 1991 to 2004



Note the emptiness in this 1991 aerial photo of the northeast part of Cedar Lake Park.



See the increased vegetation, the Cedar Lake Regional Trail and the spirals of the memorial Cedar Grove () in this 2004 photo.

Gifts continued from page 2

Robert Share Grace Sheely Pat and David Shirley Cheryl Simer Al Singer Kristine Smith Katherine Solomonson Kathleen and Jerry Sovell Sandra Stanley Dan Steinberg Michael Stern Melissa Stine Casey-Elizabeth Streich Paisley Svensson Bruce Tait Bob Taylor Richard Thomas Pat Thompson Jean Thomson Jean Thornton D'Ann Topuluk Neil Trembley Albert O. Trostel Allan Valgemae Ken Valley Mary W. Vaughan Myrtle Vikla Michael Vitale Kim Waldof Kurt Waltenbaugh Joyce Warshawsky David Weissbrodt Mark Wernick Bob Wheeler Jessica Wiley Sylvia Wilson Sandy and Rich Worthing Joseph Zetah Clement Zotta

Luce Line Trail Connecting Across Golden Valley

BY DICK ADAIR

he City of Golden Valley and the Three Rivers Park District signed a formal agreement on February 21 to construct the Luce Line Trail across Golden Valley. Construction will begin this summer. The trail will run east-west from Wirth Parkway, near the par 3 golf course, to Medicine Lake.

When this last missing link is complete, the Luce Line Trail will run more than 100 miles from downtown Minneapolis to central Minnesota. Bicyclists in Minneapolis will be able to pedal from the Cedar Lake Trail to Medicine Lake and Plymouth entirely off road. Suburban commuters will have a safe way to get downtown.

The Minneapolis segment of this trail, from the Cedar Lake Trail to Wirth Parkway, was completed in 2002. Initially named the Bassett's Creek Trail, the name was changed to Luce Line recognizing that this segment would eventually be part of this major state trail. Last

fall, signage with the new name was placed along the trail, helping guide users from the junction with the Cedar Lake Trail over the spiral bridge, through Bryn Mawr Meadows to Bassett's Creek Park and Wirth Park.

Nothing this complicated happens easily. A decade ago, stimulated by the success of the new Cedar Lake Trail, folks from Bryn Mawr and Harrison came together to advise the Minneapolis Park Board on how a trail could traverse the railroad lines and major roads in their neighborhood, and to lobby for funding of the segment built in 2002.

Then a group of bicyclists from Mineappolis, Golden Valley, and Plymouth met with the Golden Valley City Council to advocate for construction of the segment. In 2005, local citizens chose trails as a top quality-of-life priority in a process to envision the city's future.

The Cedar Lake Trail is a goose that keeps laying golden eggs.



Looking east, to the I-394 overpass: the Luce Line connection is just beyond, north and to the left.

Celebrating Wildlife Habitat

It's Bluebird Season

ВУ МАКУ McGEE

ast summer, the eastern bluebirds showed up again and settled in the same old nest boxes along the Cedar Lake Trail and at Brownie Lake. Three pairs successfully fledged a total of 13 young—in spite of the weird weather—at first too cold and wet; then too hot. The tree swallows were fewer then in the past. Piliated woodpeckers were seen and heard in the park this winter.

Dorene Scriven indicates that 425 reports were received by the Bluebird Recovery Program of the Audubon Chapter of Minneapolis, listing a total of 12,700 young bluebirds raised this year in Minnesota.

Many thanks go to volunteers Kurt and Barb Klussendorf, assissted by Joel and Lisa Swanstrom, who have been on the job of caring for the 12 nest boxes for five years now. That is a weekly task that involves ejecting sparrows and dealing with wasps, ants and blow-fly larva. However, they get to see and count those beautiful blue eggs and newborn young. The public is grateful for their devotion to the birds.

In March, the Chain of Lakes, including Cedar Lake, were designated an Important Birding Area (IBA) by the Minneapolis Audubon Society.







Access Ramp Completed

BY DAN STEINBERG

The city of St. Louis Park, working with the Minneapolis Park Board, has completed an ADA-compliant ramp from Cedar Lake Road to the Cedar Lake Regional Trail. Already, this has had a positive effect on all of SLP and the businesses that surround the area. People are ecstatic about the ramp and how they are able to get to the park to walk, run and visit friends around the area without getting muddy.

Photo by Dan Steinberg

Lake of the Isles Work to Be Done in 2006 When the Money Is Found

- Restore pedestrian trails and repair benches
- Plant trees on the north arm, west bay and south shore
- Naturalize shoreline on the northwest and south shore
- Renovate Kenilworth Bridge and South Bridge
- Improve and naturalize the south lagoon
- Restore islands' native wildlife habitat
- Repair Lake of the Isles Parkway

For further information, or to contribute, write to: Lake of the Isles Advocates, P.O. Box 300007, Minneapolis, MN 55403



Attending the Cedar Lake Park
Association's 2006 annual meeting,
left to right, are Park Commissioner
Mary Merrill Anderson, noted landscape architect Theodore Wirth III,
and long-time CLPA Director John
Richter. Photo by Dorothy Childers.

Annual Meeting Celebrates Many Accomplishments in 2005

The 2006 annual meeting, held on January 25 at Jones-Harrison Residence, was a celebration of our 2005 accomplishments. A great timewas had by all who attended. Business included the president's and treasurer's reports, as well as reports on trail and park activities.

Elections were held for the Board of Directors, and retiring board members Ned Foster, D'Ann Topuluk, Dan Dailey and Denver Kaufman were honored. Plan on attending the next annual meeting, January 24, 2007.



Vivian Mason



Tracy Nordstrom

MPRB Commissioners Mason and Nordstrom Appreciated

We want to express our appreciation to recently retired Minneapolis Park and Recreation Board Commissioner Vivian Mason for her many years of service to our city's parks and, in particular, for her long-standing support for CLPA and the Regional Trail. We also welcome Tracy Nordstrom, newly elected in November, to Vivian's District 4 seat on the Board.

Leave a legacy by including a bequest in your estate planning, or purchase a memorial or honorarium for a loved one.



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INSIDE Gifts, Website News2 Award, Survey & Plantings ...3 Projects in the Park4 Places in the Park4-5 Luce Line Trail6 Habitat, Ramp & Annual Meeting7 Calendar, Mission 8

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

Since 1989, CLPA has worked with individuals, neighborhoods, corporations, foundations, churches and schools, as well as with state, regional and federal agencies.

We have successful partnerships with the Minneapolis Park and Recreation Board and other city, county, regional, state and federal agencies.

Editor: Jim McPherson Photo editor: Meredith Montgomery © 2006 Cedar Lake Park Association

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

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CLPA Update, Spring 2006

If you're seeing this CLPA Update for the first time, contact us if you want to be added to our mailing list. Or if you would like an electronic version of this newsletter instead of paper, drop us an email at info@cedarlakepark.org

CALENDAR

CLPA Steering Committee

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

Ice Out of the Lake Friday, April 7, 2006

Girl Scouts Work in the Park Saturday, May 6, 2006

Justice Squared Clean-up Sunday, May 28, 2006, 4:00 p.m.

Summer Solstice On or about June 21

Bryn Mawr/CLP Bike Tour Saturday, June 24, 2006. Contact us FFI.

Award Celebration

Sunday, July 9, 2:00–4:00 p.m., beneath the Cedar Lake Parkway bridge, along the Cedar Lake Regional Trail.





Goodbye to Winter!

Photo by Meredith Montgomery

Cedar Lake Park Association Mission

- 1. Create and nurture a park at Cedar Lake with a thriving nature preserve and connecting trails and greenways.
- 2. Provide opportunities for people to learn to live in community with nature and one another.
- 3. Continue to foster citizen leadership and private involvement in the development and management of the park and trails.
- 4. Support similar efforts throughout the metro area and beyond.