

LIVING ROOM SAILING AHEAD IN NEW DIRECTIONS

July 16, 2012, marked the Living Room's last day as a drop-in center. Despite this change, the Living Room will continue to serve as a community gathering space. Regular group meetings, as well as *Crunch Zip Zoom* and STEM education programs will continue to take place in the Living Room.

Since its inception in April 2009, the Living Room has served not only as a community gathering space, but also as a place where community members received job search assistance and training while enjoying meals and making social connections. Throughout 2009 and 2010, the Living Room and partner organization Daily Work walked alongside community members as they overcame barriers to finding employment. During 2011 alone, 3209+ visits were made to the Living Room by neighbors for job search support, access to educational opportunities, housing searches, or meetings.

Moving forward, we are excited to be able to use the Living Room space for intensive and extensive programming such as Pedal Power (STEM programming for 4th through 6th grade girls), nutrition classes, gender-based community organizing, and voter registration. A task force within the Redeemer Center for Life Board of Directors has been convened to research models combining community engagement and sustainability.

RCFL extends a sincere thank you to our Living Room hosts, whose leadership touched many lives. Aster Nebro served as a host for over 3 years and Sharon Petersen shared that role for over 1 year. We will continue to look to them for their leadership within the Harrison neighborhood.



ARE YOU A THRIVENT MEMBER?

Thrivent Members can designate Redeemer Center for Life through the new giving program at Thrivent Choice online or call 800-THRIVENT (800-847-4836) and state "Thrivent Choice." Thanks to all the Thrivent donors who have contributed through this fund!

YOU'RE INVITED

to the **10th Annual Redeemer Block Party on August 15, 2012 from 6-8 PM!** Join us for a fun community event in Redeemer Lutheran Church's backyard – 1800 Glenwood Ave., Minneapolis 55405. There will be food, games, music, and more!

The Redeemer Health Ministries Team is organizing a "Know Your Numbers" campaign, and NorthPoint, the Freemont Clinic, Allina Health, and Fairview Health Services will be on hand to perform blood pressure, glucose, and cholesterol checks! Attendees will also have an opportunity to identify their BMI numbers.

The Annual Redeemer Block Party is a collaboration between RCFL, Redeemer Lutheran Church, and the Harrison Neighborhood Association.

Want to get involved or need more information? Please call Babette at 612-374-4139.

A worker adds final touches to Venture North, Oct. 8, 2012.



VENTURE NORTH CELEBRATES 1ST BIRTHDAY – SAVE THE DATE!

On **Saturday, October 6, 2012**, Venture North Bike Walk & Coffee will celebrate its one-year anniversary! One year after the shop's kickoff celebration (October 8, 2011), VN will recognize individuals in the community who provided hope as we ventured forward with our vision. Look out for more details in upcoming publications!



SUMMER 2012

CITY OF MINNEAPOLIS SELECTS RCFL AS A HEALTHY LIVING HUB

Redeemer Center For Life (RCFL) is proud to announce its Healthy Living in Harrison project. In May 2012 the Minneapolis Department of Health and Family Support selected the Harrison Agency Collaborative, composed of RCFL, the Harrison Neighborhood Association (HNA), and the Lao Assistance Center (LAC), as one of four groups to participate in the Minneapolis Healthy Living Hub project through September 2013. RCFL, HNA, and LAC are working together to increase access to healthy eating, physical activity, and smoke-free living by connecting residents with the knowledge and resources they need for healthy living and by engaging them in community dialogue about health.

In keeping with our mission of being a beacon of hope in the Harrison Neighborhood, we are working to carry out our strategic vision of creating a Healthy Living District through our various areas of programming, which include the Urgan Garden, Venture North Bike Walk & Coffee, the Living Room, and Housing and Transition.

In the coming months, look for the Healthy Living (HL) logo (above) throughout Harrison and on our publications to identify activities that are part of this initiative.

For more information, please contact us at 612.377.4476.



HL

Above: community members socialize at a Community Cookout. Below: Crunch, Zip, Zoom participants harvest vegetables in the Urban Garden.



YOU'RE INVITED

Please join us for the **10th Annual Block Party on Wednesday, August 15, 2012, from 6-8 PM.** Further details about this and the **one-year-anniversary of Venture North's opening** are available on page 4.

ALL FIRED UP FOR SUMMER

We had great fun this summer organizing and directing **Crunch, Zip, Zoom** summer camp, **Bike Fest 2012**, and the **Annual Community Cookouts!** Look inside to find out what's been cooking this summer (pages 2 & 3)!

A NEW LIVING ROOM

The times, they're a-changing for the **Living Room** at RCFL! Read about these changes on page 4 of this issue.

Also in this issue: enjoy the same **healthy recipes** that *Crunch, Zip, Zoom* campers learned to make this summer!

IN THIS ISSUE

CRUNCH, ZIP, ZOOM AND COMMUNITY COOKOUTS 2012

Crunch, Zip, Zoom's (CZZ) third year of operation brought **45 children** ages 5-12 together for 3 weeks of fun and learning. CZZ, a summer day camp based on STEM learning (Science, Technology, Engineering, and Math), is designed to help kids develop skills for college while forming healthy habits. The camp's theme changed weekly, ranging from Asian to African to Latin American culture. Wondering what a week in the life of a camper looks like?

- MONDAY: Music and art with Dr. Mikyoung Park, Redeemer Lutheran's Music & Arts coordinator
- TUESDAY: Weekly adventure to the Minneapolis Sculpture Garden, the French Regional Park, and the Mill City Museum
- WEDNESDAY: Garden, harvest, and explore veggies' nutritional value at the Redeemer Urban Garden. With a guest chef's guidance, use vegetables from the garden to prepare nutritious meals to be shared with the community during the Redeemer Community Cookouts.
- Thursday: Earn a lock and bike helmet by participating in safety bike courses and in bike rides to Cedar Lake and the Theodore Wirth Parkway.

RCFL extends a sincere thank you to all staff who helped make camp a reality, including our STEP UP students and Camp Directors, and to the guest chefs who participated in this year's CZZ.

Debra Robertson of Miss Georgia's Soul Food Cuisine worked with campers to make Southern-style collard greens and corn muffins. Linda Rawson of The Petite Linda and her partner Mike rolled out hand-made spaghetti with the campers, topping it with squash, peppers, basil, and parmesan. Redeemer's own Aster Nebro wrapped up the camp season with a delicious cucumber and tomato salad recipe.

Thanks to our partners and donors, we were able to accommodate **80% more campers than last year!** Sponsors for CZZ 2012 included the Wedge Community Co-op, Milda's Café, Barnes & Noble, the Brain Injury Association of Minnesota, the American Academy of Neurology, and Quality Bicycle Products.

RCFL joined Redeemer Lutheran and partner congregations in hosting the **5th annual Redeemer Community Cookouts**. From June 27th - August 1st, the cookouts provided approximately **375 meals** and a safe space for community gathering while making fresh, healthy foods accessible to Harrison residents. Once a week, neighbors savored veggies from the Urban Garden prepared by *Crunch, Zip, Zoom* campers! We are grateful to our partners, including Calvary Lutheran Church in Golden Valley; Faith Evangelical Lutheran Church in Waconia; Edina Community Lutheran Church; and Immanuel Lutheran Church in Eden Prairie for collaborating with us by providing food, volunteers, and planning for the cookouts. One of the cookouts even included free health screenings for community members! Allina Health funded the cookouts' "Wellness Wednesdays"—thank you, Allina!



MAYOR RYBAK




Mayor Rybak stopped by Bike Fest 2012 to meet participants!

VENTURE NORTH SEEKS BIKE DONATIONS

Since June 2012 Venture North has worked with 22 Earn-A-Bike students, all of whom earned a fully tuned up bike. Through the Earn-A-Bike program, kids learn how to work on their own bikes and about bike safety.

We are currently in need of bike donations in order to continue this program. If you are able to contribute a bike to this cause, please check out our website, **venturenorthbwc.org/donate** for donation policy specifics and for guidelines on making a donation.

Questions? Please contact Casey at 612.377.3029.

 To learn more about programs and classes like Earn-A-Bike, All About Bikes, Open Shop, Basic Bike Maintenance, and Free Fix a Flat Fridays, visit us at **venturenorthbwc.org** or **facebook.com/venturenorthbwc**.

Volunteers are crucial to the success of Bike Fest. Thank you to Bike Fest 2012 volunteers for their hard work!



BIKE FEST 2012




From late May through June, 166 children from 13+ neighborhoods came out to North Minneapolis parks to participate in Bike Fest 2012. Venture North staff performed free safety checks, minor repairs, tune-ups, and adjustments to children's bikes. By partaking in the fun events that our Service & Education Manager planned for Bike Fest, kids had the opportunity to earn a free helmet and lock and to sign up to win a free bike.

Kids visited multiple "safety stations," where they learned about basic bike maintenance and safety, eventually earning a Golden Ticket, presentable to Venture North for admission into an Earn-A-Bike class!

Venture North and RCFL thank our many volunteers, who were indispensable to the success of Bike Fest 2012, for their hard work and time. We further thank our

partners and donors for their support for Bike Fest 2012. Bike Fest 2012 was underwritten by Quality Bicycle

Products; additional sponsors included the Pohlad Family Foundation, the Brain Injury Association of Minnesota, the American Academy of Neurology, and the Minneapolis Park & Recreation Board.

 Cycling can strengthen your immune system and protect against certain kinds of cancer.

WHERE DO BIKE FEST 2012 PARTICIPANTS COME FROM?

- North of Lowry Ave
- North of Olson Hwy
- Harrison
- South Minneapolis
- Other/Unknown

