

CITY OF FALCON HEIGHTS



Weekly Newsletter:
2/20/23 - 2/24/23

2077 Larpenteur Avenue West, Falcon Heights, Minnesota 55113
| 651-792-7600 | <https://www.falconheights.org/>

State Fair Policies and Procedures Review Task Force

The City of Falcon Heights is establishing a task force to review the city policies and procedures regarding the Minnesota State Fair and fairground events.

[If you are interested in participating, please fill out the interest form here.](#)

WE'RE HIRING!

The City is currently hiring for a Summer Program Coordinator. The position will be responsible for planning, organizing, and coordinating a variety of recreational programs for children (ages 3-13) in an outdoor setting.

The position will also help hire and train other summer programming staff. The ideal candidate will be able to work with no direct supervision, excel in leading group activities, have experience working with children and have a background in Parks and Recreation or Elementary Education.

If this sounds like you, we highly encourage you to apply! The position will close on Monday, April 9th at 4:30 pm.

Please visit [our website](#) to view the entire job description and review the application requirements.

WE'RE HIRING!

Now Hiring: Administrative & Communications Coordinator! Type: Full Time - Permanent
Salary/Pay Rate: \$23.00 - \$28.00 per hour.

Includes benefits and participation in PERA pension. The City of Falcon Heights is seeking candidates for the position of Administrative and Communications Coordinator. The position will manage all city communications efforts including the city website, social media accounts, newsletters and more. The position will also assist in processing permits, licensing, data requests, and other related duties.

The ideal candidate will have strong customer service and interpersonal skills with the ability to manage the front desk, speak with residents daily and respond to their inquiries. The position also will serve as the staff liaison to the Community Engagement Commission (CEC) and help coordinate city events and commission initiatives.

Please submit a cover letter, resume and completed city application to City Administrator Jack Linehan via email at jack.linehan@falconheights.org or by mail to City of Falcon Heights, 2077 W. Larpenteur Ave., Falcon Heights, MN 55113. The position is open until filled, with the first round of application review for those who apply by Wednesday, March 1st, 2023 at 4:30 p.m.

Next City Council Meeting

The Falcon Heights City Council meeting is scheduled for Wednesday, February 22 at 7 pm.

Agenda:

- Falcon Heights City Hall - Ramsey County Polling Place Agreement
- Accept the Resignation of Scott Phillips from the Planning Commission
- Accept the Resignation of Martin McCleery from the Environment Commission
- Accept the Resignation of Laure Campbell from the Community Engagement Commission
- Accept the Resignation of Matthew Chernugal as Public Works Maintenance Worker
- Order Proposed Ruggles Pathway Easement Vacation Public Hearing
- Pay Request: Center for Values-Based Initiatives Deliverable #2

Policy Items:

- Approval of Acquisition of Real Property from the University of Minnesota for Community Park - 2050 Roselawn Avenue



Como Falcon Heights Block Nurse Program

JOIN US FOR



SIP & DISH

A lively get-together with other seniors in the neighborhood, sponsored by Como Park/Falcon Heights Living at Home Block Nurse Program. Refreshments will be provided.

Third Thursday of the month, 2pm in the Fireside Room at Como Park Lutheran Church, 1376 Hoyt Ave. W.

Need a ride? Call (651) 642-1127 a week in advance, we'll help you out. Space is accessible and there's plenty of parking!



Join a City Commission!

The following commission is currently accepting applications:

- Planning Commission (2 vacancies)
- Environmental Commission (2 vacancies)
- Community Engagement Commission (1 vacancy)

If you are passionate about the City of Falcon Heights and want to make a positive impact on your community please apply today!

More information can be found [here](#).

AARP Foundation Tax-Aide

AARP Foundation Tax-Aide provides in-person tax assistance free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. AARP membership is not required. Only MN-based returns will be accepted.

Tax-Aide volunteers are trained and IRS-certified annually.

Volunteers will be available at City Hall every Thursday from approximately February 16 to April 13, from 9:00 AM to 2:00 PM. **Tax assistance will be by appointment only** and facemasks are strongly encouraged.

To reserve your tax appointment, email kelly.nelson@falconheights.org or call 651-792-7617. If you make an appointment at another location or are unable to keep your scheduled appointment for any reason, please contact City Hall. City Staff cannot answer any tax-related questions and are only able to assist with your reservation. Thanks for your cooperation!



Caregiver Community Gathering

The St. Anthony Park Caregiver Community Gathering is a caring peer group that will meet monthly in person for a time to share ideas and concerns, learn, practice self care, and develop a community of care in a safe space. The session will conclude with breathing, stretching and meditation exercises.

The group is led by Katharine Tondra (SAPAS program director) and Jean Bendt (St. Anthony Park Lutheran Church parish nurse). The breathing and meditation exercises will be led by Niza Hanany, the chair yoga leader from St. Anthony Park Area Seniors.

The group meets on the fourth Monday of every month from 11:00 am - noon in the Fireside Room at St. Anthony Park Lutheran Church (2323 Como Ave.), beginning on February 27.

The group is offered at no charge and is available to everyone regardless of age or residency. No registration is required. Newcomers are always welcome. Participants need to be masked, vaccinated and socially distanced.

Please direct any questions to Katharine Tondra at office@sapaseniors.org or Jean Bendt at jean@sapl.org.

Community Garden

We are gearing up for the 2023 Community Garden season! Returning gardeners have until Tuesday, February 28th to complete an application to reserve their plots from last year.

Then, starting Wednesday, March 1, any unclaimed plots will be opened up to the current waiting list and then to the public after that, should there still be any open plots!

The cost is \$25.00 per plot and gardeners are expected to take part in the spring preparations and site upkeep throughout the upcoming season.

The Community Garden is fenced against rabbits and water is provided.

Questions? Please contact Kelly Nelson at kelly.nelson@falconheights.org or 651-792-7600.



Summer Program Registration Opens March 20!

The Falcon Heights Parks and Recreation Department offers a variety of summer programs for children. Registration opens on March 20th and runs through May 29. For more information, please visit our [website](#). Questions about programming or summer employment opportunities can be directed to Kelly Nelson at 651-792-7617 or kelly.nelson@falconheights.org.



Ice Rink Update

Recent temperatures have caused the rinks at Grove Park and Curtiss Field to thaw and the skating conditions to deteriorate.

As a result, both rinks and the warming house at Curtiss Field are now closed for the season.

A pair of gloves and hat were left at the rink at Curtiss Field. If they belong to you, please claim them at City Hall.

City Hall Programming

REGISTER
NOW

Tae Kwon Do

It's not too late to join the current Tae Kwon Do sessions!

Tae Kwon Do Basic and Intermediate/Advanced sessions will be held on Tuesdays, running February 14- March 21.

Cardio Kickboxing classes will be held on Thursdays, running February 16 - March 23.

All classes are held in the City Council Chambers at City Hall.

Classes are instructed by Joshua Jordan, a 2nd-degree black belt. These classes help develop self-defense skills, mental strength, focus, self-confidence, physical health and flexibility.

For more information and to register, click this link:

<https://www.falconheights.org/residents/tkd-information>



Yoga

Register for upcoming yoga sessions! Classes will run each Monday from March 13 - May 22 at 4:30 p.m. in the City Council Chambers at City Hall.

Classes are instructed by Shaila Cunningham, who has over 20 years of experience and was certified in 2001 in residence at Kripalu. Appropriate for healthy beginners or for those wanting to explore “deeper practices,” classes will combine classical yoga with best practices, served up with a side of humor. Shaila serves as instructor for North Oaks and Midland Hills Golf Clubs and offers additional classes at YogaHotDish locations.

For more information and to register, click this link:

<https://www.falconheights.org/residents/parks-recreation/yoga>



City Hall Programming (continued)

NEW! Breathwork Class!

A new class has started at City Hall but it's not too late to join!

Breathwork classes will run from February 16 through March 23. The classes are held on Thursdays in the City Council Chambers at City Hall at 7:00 p.m.

Classes are instructed by Rachel Jensen, who is a somatic practitioner. Her practice focuses on holistic healing and specializes in anxiety, depression, stress, trauma and ancestral work.



This class is for those at least 18-years-old, looking to dive in, learn the breathwork practice (or brush up) & focus on themselves for 6 weeks. The aim is for people to leave with a better understanding of themselves, the world around them, how to ground & move their energy, and to feel seen and heard.

For more information and to register, click this link:

<https://www.falconheights.org/residents/parks-recreation/activities-programs/breathwork-class>

Neal Kwong Award 2023

-Now Taking Applications-

Neal Kwong was a Falcon Heights resident who tragically passed away at the age of fifteen. He was an outstanding member of our community. In his memory, the City established the Neal Kwong Award to recognize young people, ages 12 to 19, who display leadership and volunteerism in Falcon Heights. Nominees must live in or volunteer in Falcon Heights. Parents are encouraged to support their youth by nominating them or by helping neighbors and friends willing to nominate them.

Nominations for the 2023 Award are due no later than Friday, April 28th at 4:30 pm.

The award recipient(s) will be recognized at a Falcon Heights City Council meeting, in this newsletter, and on a plaque in the lobby of City Hall.

For more information on the award and for a link to the application, please visit <https://www.falconheights.org/residents/neal-kwong-award>



State Fairgrounds Events

Saturday, February 25 - 13th Annual Winter Beer Dabbler

DESCRIPTION

Winter Beer Dabbler, the Midwest's biggest and best winter beer festival, will make its return to the Fairgrounds on February 25, 2023. Enjoy food trucks, music, and more all while tasting unlimited samples of craft beer and cider from across the U.S.

HOURS

Saturday: 3-6:30 p.m. (early access begins at 2 p.m.)

ADMISSION

General Admission: \$55 + fees

Early Access: \$75 + fees

Designated Driver: \$20 + fees

For more information, [click here!](#)

Unless noted, event parking will be on the fairgrounds in lots and on streets surrounding the event venue.

- Fairgrounds access: Information on guidelines and restrictions regarding fairgrounds access, especially for pedestrians and bikers, will be updated here:
<https://www.mnstatefair.org/fairgrounds-access/>

[For more information on MN State Fairgrounds events click here.](#)

Winter Snow & Ice Policy

Snow season is upon us! This is a great time to familiarize yourself with the City's snow removal policies so you can avoid citations and keep sidewalks safe for neighbors.

A city-wide snow removal period is triggered by a snowfall of two (2) or more inches. When this occurs all vehicles, trash and recycling bins, etc. must be removed from city streets until the pavement has been fully cleared.

Property owners are responsible for clearing adjacent sidewalks. **All snow and ice must be removed within 24 hours of the end of a snowfall.**

Click [here](#) for more information on snow removal.

Coyotes Active around Town

Winter brings more coyote sightings. Beyond the white snow background making them easier to spot, the January/February breeding season prompts more activity as last year's juveniles are pushed out and these new adults are looking for their own territory to set up housekeeping.

New pups are whelped in April or early May. Animal Control and deputies do not respond to coyote sightings except when dangerous.

More information be found [here!](#)



City of Falcon Heights

TOM ABOUT THE TOWN!



WHERE DO YOU SEE HIM AROUND?

Thanks to Lynn Harty Ketelsen for this picture of Tom napping in the recent sunshine. Send your picture of the turkey to mail@falconheights.org for your chance to be featured in next week's newsletter!

Additional Community Resources:

Online BIPOC Support Groups

The National Alliance on Mental Illness (NAMI) has coordinated various online support groups to help BIPOC. Please click [here](#) for more information.



Blood Pressure Clinics

Sponsored By Como Park/Falcon Heights Block Nurse Program



Love your heart! Take advantage of these **free** Blood Pressure Clinics.



1st & 3rd Mondays from
2pm-3:30pm at Arbor Pointe
Apartments

2nd & 4th Mondays from
2pm-3:30pm at Falcon Heights
City Hall

Ramsey County

Rent Assistance:



Are you a renter who has fallen behind on rent due to COVID-19? Click [here](#) for more information that could help!

Food Assistance:



There are many meal and food assistance programs that are available in Ramsey County.

Visit the Ramsey County website for information regarding food resource guides, programming, emergency support and more! Use the interactive map to find resources near you, including delivery services, free dining and meal sites.

Protection & Crisis:



There are protection & crisis resources available that are provided by Ramsey County. Click [here](#) for more information regarding protection and crisis resources.

COVID-19 Community Testing Sites:



Minnesota is offering low-barrier, no-cost COVID-19 rapid and saliva testing. Please click [here](#) for more information.

Follow us on Social Media!



#FalconHeights #TheCityThatSoars

Viewing this newsletter in print? Go online to access the electronic version- falconheights.org/residents/news-updates.