

# CITY OF FALCON HEIGHTS



**Weekly Newsletter:  
3/20/23 - 3/24/23**

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

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## **WE'RE HIRING!**

### **-Summer Program Coordinator-**

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.

## **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](mailto:kelly.nelson@falconheights.org).









## Next City Council Meeting

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

### Public Hearings:

- Ruggles Pathway Easement Vacation

### Consent Agenda:

- Approval of City Licenses
- Amendments to the Mounds Park Academy Revenue Refunding Note Series 2014
- Commission Assignment Adjustment
- Joint Powers Agreement & Court Subscriber Amendment with the Bureau of Criminal Apprehension
- Met Council TBRA Grant Funds Release
- Commonwealth Terrace Cooperative Indemnification Agreement
- Minnesota Department of Natural Resources Outdoor Recreation Grant Application
- Updated Ramsey County Polling Place Agreement
- Surplus Property: Air Compressor for SCBA Units (Fire Equipment)
- Appointment of Stephanie Skarolid to the Environment Commission
- Authorization of Funds for Retirement Celebration
- Pay Request 3-5 for Center for Values-Based Initiatives
- Appointment of Elke van der Werff as Administrative & Communications Coordinator
- 2022 Sanitary Sewer Lining Payment
- Ramsey County Critical Corridors Pre-Development Planning Grant Application

## Como Falcon Heights Block Nurse Program

**WE NEED YOU!**



Como Park/Falcon Heights Living at Home Block Nurse Program is looking for volunteers of all types – friendly visitors, driving seniors to doctor appointments, chore support, grocery delivery, dog walkers and more.

Make a difference in the lives of our neighborhood seniors! Even one hour will help greatly.

Call 651.642.1127 to let us know what and when you can help. We're stronger together!



## Join a City Commission!

The following commission is currently accepting applications:

- Planning 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](#).

## Community Garden

Due to popular demand, all Community Garden plots have already been filled for the 2023 season.

Questions? Please contact Kelly Nelson at [kelly.nelson@falconheights.org](mailto:kelly.nelson@falconheights.org) or 651-792-7600.

Ramsey County Library will be offering Zoom classes to teach the basics of growing vegetable gardens.

## Introduction to Vegetable Gardening - Online Classes

Thursdays, 6:30-8:00 p.m.  
Virtual-Via Zoom

March 23: Choosing plants  
March 30: Caring for the garden

This series will teach the basics of growing your first vegetable garden. Learn where to plant your vegetables, which plants to choose, and how to care for your garden all season long. Presented by Ramsey County Master Gardeners. [Register today.](#)



## 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.](#)

## Spring Together - Save the Date!

The City will host a Spring Together event on Saturday, May 20th from 4:00 to 6:00 PM at Curtiss Field. Meet your neighbors, enjoy free ice cream and enjoy family fun! More details to come, but please save the date. We hope to see you there!





# 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>



# 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 through April 13, from 9:00 AM to 2:00 PM. **Tax assistance will be by appointment only** and face masks are strongly encouraged. Appointments are becoming very limited.

To reserve your tax appointment, email [kelly.nelson@falconheights.org](mailto: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!



## Saint Anthony Park Area Seniors

### St. Anthony Park Area Seniors: Ceramics Workshop

Try your hand at creating abstract sculptures out of clay!

St. Anthony Park Area Seniors (SAPAS) is sponsoring a 5-week workshop at The Makery in St. Anthony Park's Milton Square (2230 Carter Ave., Suite 7) at no charge to you.

Under the direction of Makery owner, Anna Gaseitsiwe, participants will learn how to use carving tools and glaze to create their own designs.

The workshop will run Thursdays April 20 - May 18 from 2:00-3:30 pm.

Prospective participants should be aware that accessing The Makery requires negotiating about 10 stairs. Masking and social distancing are required.

Priority will be given to seniors residing in the SAPAS service area (Falcon Heights west of Cleveland Avenue). We will keep a waiting list.

To register or for more information, contact SAPAS at 651-642-9052 or [sc@sapaseniors.org](mailto:sc@sapaseniors.org)

## Ramsey County All Abilities 2050 Transportation Plan

Ramsey County is currently undertaking public engagement for the All Abilities 2050 Transportation Plan, which will help guide transportation investment for the next 27 years, and they are interested in hearing from the Falcon Heights community.

This project will take place over the next year, including an upcoming community conversation around existing experience in navigating around Ramsey County.

The upcoming online community conversation:

March 28 from 6-7pm

No registration is required. Join the conversation via this link:

<https://www.ramseycounty.us/content/all-abilities-2050-transportation-plan-virtual-community-meeting>



**All-Abilities 2050 Transportation Plan**

**Community Conversation**  
Learn more, share feedback

[ramseycounty.us/2050Transportation](https://www.ramseycounty.us/2050Transportation)  RAMSEY COUNTY



# City Hall Programming

REGISTER  
NOW

## Tae Kwon Do

Get registered for upcoming Tae Kwon Do sessions!

Tae Kwon Do Basic and Intermediate/Advanced sessions will be held on Tuesdays, running March 28-May 2.

Cardio Kickboxing classes will be held on Thursdays, running March 30 - May 4. 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 yoga today! 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! Drop-Ins Are Welcome!**

**Register for a drop-in session for the remaining class on March 23 and get a sense of what this new class is about.**

Breathwork class will be on Thursday, March 23 in the City Council Chambers at City Hall at 7:00 p.m.

The class is 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. 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 purchase this drop-in class, click this link:  
<https://www.falconheights.org/residents/parks-recreation/activities-programs/breathwork-class>

## **NEW!**

### **Yoga for Golf Guys!**

YOGA FOR GOLF GUYS is a 90-min workshop to get you ready for the course openings!

**Cost:** \$30 (6-12 participants)

**Date:** Monday, April 24, 6:15 - 7:45 pm,  
**Falcon Heights City Hall**

**Instructor:** Shaila Cunningham of YogaHotDish.

Shaila teaches at Midland Hills and North Oaks Golf Clubs, as well as the Cities of Arden Hills and Falcon Heights (Mondays 4:30 pm). Shaila received her Yoga teaching certificate from The Kripalu Center for Yoga and Health, Stockbridge, MA, 2001.

**You know you should do yoga.** You've heard the hype: how it can make your spine healthier, reduce swing flaws, relieve back pain, and improve the "inner game."

**So, if you're a regular guy who wants to do some yoga to help your game without risking throwing out your back or damaging your joints, you're in the right place!**

In fact, about 50% of golfers have back pain. What do you suppose the most highly researched benefit of yoga is? Yep, reduced back pain!

**Show up w/ a mat (if you have one) and a sense of humor.**

Look at it this way: the less flexible your body or focused your mind, the more you have to gain!

For more information and to register, click this link:

[Yoga for Golf Guys | Falcon Heights, MN](#)



## State Fairgrounds Events

### Thursday, March 23 - Sunday, March 26 Saint Paul Osman Shrine Circus

#### DESCRIPTION:

The annual 3-ring Shrine Circus returns to the State Fairgrounds in 2023. Their traditional circus features animals, aerialists, clowns, and other great attractions all at family friendly prices.

#### LOCATION:

Warner Coliseum

#### HOURS:

Thursday: 10:30 a.m.

Friday: 10:00 a.m. 2:30 p.m. & 7:30 p.m.

Saturday: 10:00 a.m. 2:30 p.m. & 7:30 p.m.

Sunday: 10:30 a.m. & 3:00 p.m.

#### ADMISSION:

Reserved Seating: \$20-\$35

Children (2 years old & younger): Free

Opening Night: \$10 (all seats)

Please visit [www.osmancircus.com](http://www.osmancircus.com) to view available discounts. Tickets may be purchased online, at 1-800-8-CIRCUS or at the door.

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/>

## 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?**

The Falcon Heights turkey was enjoying the weather in the days before all of this snow fell! Send your picture of the turkey to [mail@falconheights.org](mailto: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](https://falconheights.org/residents/news-updates).