



# West Calhoun Neighborhood Council

## Wavelength

Spring 2011

Newsletter for the  
West Calhoun  
Neighborhood by the  
West Calhoun  
Neighborhood Council

- West Calhoun boundaries are West Calhoun Parkway on the East, West Lake Street on the North, West 36th Street on the South and France Avenue on the West.
- The neighborhood includes Lake Calhoun's northern shoreline, Calhoun Commons and surrounding businesses, many residential buildings and 32 homes.

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Join us for our  
**Annual Meeting &  
Board Elections**  
Tuesday,  
May 10, 2011  
6 p.m.  
The Bakken  
Museum  
3537 Zenith Ave. S.  
*More details on page 4*

## Light Rail Tracks

The proposed \$1.2 billion Southwest Light Rail Transit (SWLRT) line running between Eden Prairie and downtown Minneapolis has the potential to strongly benefit the West Calhoun neighborhood. Your West Calhoun Board of Directors has been instrumental in advocating for the goals of West Calhoun through various advisory committees, coalitions and working groups and will participate in the review process this spring when a 5,000 page Draft Environmental Impact Statement (DEIS) is released.

West Calhoun Board members continue to participate in the following groups and coalitions, studies and advisory committees that have been studying and learning from each other as well as working with professionals involved in the project.

- Southwest LRT Station Area Strategic Planning Community Members' Working Group (CMWG) <http://www.southwesttransitway.org/>
- Minneapolis Park and Recreation Board Community Advisory Committee (MPRB CAC)
- Diverse Multi-Stakeholder Group Surrounding West Lake Station
- Coalition of Minneapolis' SW LRT Corridor Neighborhoods

VISIT THE WCNC WEB SITE FOR MUCH MORE ABOUT THE SOUTHWEST LIGHT RAIL STATION IN YOUR NEIGHBORHOOD

<http://www.westcalhoun.org/>

## Capstone Traffic Study Results to Be Presented at May 10 Annual Meeting

Most recently, the West Calhoun Neighborhood Council, in response to future SW LRT and present day traffic issues, commissioned a University of Minnesota senior Capstone Project to focus on West Calhoun's huge landmark intersection and the immediately adjacent area. Four students from the Civil Engineering Department at the U of M have assembled existing data and background information from the city, county and state, and have conducted extensive traffic counts and other observations, including using digital video. The results show particularly severe problems during the afternoon peak period, especially on eastbound Excelsior Blvd. Presently the student team is doing further data analysis and outlining a range of options, both short and long term. The options are aimed at not only improving traffic flow and safety, but also enhancing the pedestrian and bicycle environment in the area. The final presentation will be at the WCNC Annual Meeting on May 10 (see details page 4.) If you're curious, you won't want to miss it. The students are Joshua Rohde, Tim Nelson, Shuling Tang (Tom) and Josh Potter, guided by two mentors: Jeff Peltola, Vice-Chair of the WCNC Board, and Ed Terhaar, a traffic engineer with Wenck Associates.

# Neighborhood Business Spotlight

## Calhoun Village New Businesses:

**Clothes Mentor**, 3252 West Lake Street (former Hollywood Video location) will open to sell upscale clothes this summer. A new kind of resale store for women's clothing, shoes, accessories, and designer purses. They will pay cash now for your "Gently-Used" fashions in all sorts of brands.

**Mokska Yoga**, 3225 West Lake Street former Hollywood Video location) due to open by summertime. Moksha hot yoga is a unique yoga series that combines the precision of therapeutic yoga and the foundations of traditional yoga in a specially heated room. The series is a

cardiovascular workout that strengthens, tones and loosens the muscles, while calming the mind and reducing stress.

## Tucked Inside Calhoun Village...

... is **Calhoun Fusion**, a locally owned smoothie shop that offers more than healthy, refreshing drinks. Open since last October, at the west end of Calhoun Village (inside the double doors next to Chuck & Don's Pet Food Outlet), Calhoun Fusion owner Brandi Bigalke said that her business is part of a network of nutrition clubs that started in Mexico and has now spread across the United States. Bigalke says her smoothies, which run

from 200 to 250 calories, contain the equivalent of 1,500 calories of vitamins and minerals, as well as 24 grams of protein. In addition to the dozens of flavors of smoothies and juices, Calhoun Fusion sells vitamin and nutritional products.

Calhoun Fusion is also a wellness center that personalizes programs to help people reach their health, fitness and nutritional goals. Calhoun Fusion will do a free body scan to help you understand just where your body is on the fitness/nutrition scale. The scan will measure body fat; BMR, or how many calories you burn a day; how much lean muscle vs. fat; and the percent of your weight as bone mass

and water. The scan will also tell your metabolic age. Call to set up an appointment for your free body scan at 612-708-2650. Or stop in for a smoothie after that morning run around the lake.

## 3100 Excelsior Boulevard (former Boulevard Gardens location)

Due to the economy, retail and restaurant leasing activity has been somewhat slower than might otherwise be anticipated. Notwithstanding this challenge, Nolan Properties Group expects to continue advancing the 3100 Excelsior Boulevard site this spring, and hope to have tenants opening their doors this summer. They remain committed to and excited about the project!



## How's Your Eagle Eye?

Have you seen the eagle or two hovering around Lake

Calhoun, scouting for prey? Capture an image of this majestic creature with your camera and submit it to WCNC and win a carnivorous meal from Chipotle. E-mail a jpg to [info@westcalhoun.org](mailto:info@westcalhoun.org) by June 15th and the Board of Directors will select the winning photo and publish it in our next newsletter and award you a free meal from Chipotle.

## Ice On/Out Dates

Each year a natural passage occurs ... the ice goes out on Lake Calhoun. The Minneapolis Park Board has been documenting this event for 62 years. In 2011 it happened on the 11th of April.

The Board of Directors of WCNC enjoys following this and each Board member, as well as any attending guests to the meetings, are invited to guess the date of this occurrence. In celebration, our own neighborhood

Ben and Jerry's, owned by Scott Eller, donates ice cream for the winner. Board Director Michael Wagner guessed it correctly this year. Many thanks to Ben and Jerry's!!

On a more summery thought, can you guess when the ice will go on? Attend the West Calhoun Neighborhood Council meeting any 2nd Tuesday of the month at The Bakken Museum and participate in some sporting fun.

CSRCOS

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## Think Summer! Think Sports!

At Calhoun Field, the northwest corner of Lake Calhoun, there seems to be constant activity starting at this time of year. Here are a few you can come over to watch or join:

### Tuesday evenings:

**JOIN A FRIENDLY PICK-UP GAME OF SOFTBALL**  
Tuesday evenings at 6 p.m. (weather permitting) at Kitty Ging field\* (at the northwest corner of Lake Calhoun). Coed, all ages, all talent levels (folks are just asked to 'keep your head in the game'). Bat until you hit the ball (no called strikes), no leading off bases. Teams are chosen from the pool of those who come to play.

\*Visit <http://www.westcalhoun.org/history.html> to learn about Kitty Ging and what event led to nicknaming the field after her.

### Wednesday evenings:

#### CHEER ON YOUTH LACROSSE

The Minneapolis Area Youth Lacrosse Association (MAYLA) is a non-profit organization committed to engaging the youth that live in and around Minneapolis in the sport of lacrosse. MAYLA pledges to provide a safe environment in which young athletes, from beginners to the more-experienced, develop lacrosse skills, an appreciation of teamwork and respect for themselves and others. MAYLA has programs in the Spring and the Summer.

### Thursday evenings:

#### PLAY VOLLEYBALL WITH CITIES SPORTS CONNECTION

CSC Sports sponsors high-quality adult recreational sports leagues, special charity events, social outings and tournaments all year long! There are no geographic living or working restrictions in CSC leagues and activities, just an environment of good sportsmanship and good fun for all to enjoy! CitiesSportsConnection strives to provide superior quality service for all participants. Help them grow by sharing the fun of CSC Sports leagues and special events with your friends and co-workers. CSC is locally owned and operated (since 1992), and is committed to positive involvement to improve our community. Check out their web site [www.cscsports.com](http://www.cscsports.com) or give them a call at 612-929-9009 to start enjoying the fun and excitement of CSC Sports today.

### On Lake Calhoun Wednesdays, Saturdays and Sundays: WATCH CALHOUN YACHT CLUB REGATTAS

The Calhoun Yacht Club races are Optimist and Youth Laser on Wednesdays at 4:30 p.m., 420 Fleet on Saturdays at 10 a.m. and Wednesdays at 6:30 p.m. and C Fleet and Laser on Wednesdays at 6:30 p.m., Saturdays at 2 p.m. and Sundays at 10:30 a.m.



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## The Bakken Museum Update

### Green Energy Art Garden Unveiled During 10 Best Days of The Bakken

10 Best Days of The Bakken is an annual celebration of summer that coincides with the Minneapolis Aquatennial. This year's event will feature the unveiling of the museum's newest exhibits, the Green Energy Art Garden and Solar Short Circuits. The fun begins Friday, July 15 with electrifying activities and special offers every day through Sunday, July 24. Free admission for

all guests and special museum hours during 10 Best Days of The Bakken: Open daily from 10 a.m.-5 p.m.; extended hours Friday, July 15 from 10 a.m.-8 p.m. and Thursday, July 21 from 8 a.m.-8 p.m. For more information, visit [TheBakken.org](http://TheBakken.org).

Event highlights include:

**Green Energy Art Garden**  
Experience four interactive sculptures from local artists that demonstrate the electrical power potential in sun, wind and water. The exhib-

its will be available for viewing on The Bakken's green roof throughout the 10 Best Days, plus meet the artists during special programming.

### Solar Short Circuits Exhibit

See the sustainable inventions that youngsters have created in The Bakken's student workshop and meet the inventors.

### Activities for All Ages

Check out Kinect activities with Microsoft, pedal power demonstrations with Xcel

Energy, wind energy science activities with Kid-Wind, science magic tricks with the 3M Visiting Wizards, Frankenberry breakfast, "cooking from your garden" demonstrations from Whole Foods, science theater performances, static demonstrations, hair-raising photos, house and garden tours, and much more!





**West Calhoun  
Neighborhood Council**

3208 West Lake St. Box 1  
Minneapolis, MN 55416  
Voicemail: 612-928-3511

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*West Calhoun Neighborhood Council meets the second Tuesday of each month at 5:30 p.m., at The Bakken Museum. All business and residential neighbors are welcome to attend. You can leave a message with comments, questions or concerns on the West Calhoun Neighborhood Council Voicemail Hotline at 612-928-3511 or at [info@westcalhoun.org](mailto:info@westcalhoun.org).*

## **WCNC Annual Meeting May 10 - 6 p.m., The Bakken Museum**

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Join us for the West Calhoun Neighborhood Council Annual Meeting and Board Elections on **Tues., May, 10, 2011, at 6 p.m.** at **The Bakken Museum, 3537 Zenith Ave. S.** Come for a slice of pizza and stay to hear more about the year in West Calhoun, including a presentation of our Capstone Traffic Study and legislative updates from our local representatives.

The WCNC Board is made up of nine residents, business owners and property owners who represent the interests of the West Calhoun neighborhood. Consider getting involved this year. To learn more about serving on the WCNC Board, call 612-386-6974 or send an e-mail to [info@westcalhoun.org](mailto:info@westcalhoun.org).

***Note special time:** The Board normally meets at 5:30 p.m., but the Annual Meeting will begin at 6 p.m.*