www.LookAtLakeside.com Dec/Jan 2023-24

LOOK at LAKESIDE

Lakeside—Lester Park
bi-monthly newsletter since 2012

2024 is on its way

Cold Water Dolphins

A group has been taking dips into Lake Superior every month of the year and sometimes several times a week. The **Duluth Cold Water Dolphins** began about 3 years ago and was started by Loralee Pasley. Taking cold water dips for 2 minutes, 5 minutes or even 20 minutes is said to be good for reducing inflammation, improving circulation, decreasing depression, and possibly even help with weight loss. It also may help relieve pain and reduce recovery time from exercise. The time in the cold water is also a way to focus on the present. Cryotherapy (cold therapy) is done by some athletes. Cold water immersion has history that goes far back for therapeutic and relaxation purposes.

Taking a dip into cold water in the summer, let alone the winter, isn't for everyone, but the Cold Water Dolphins participants go in every week throughout the year.

Scandinavian countries have been using cold water as a mood-booster during the long, dark winters. In summer, Lake Superior's temperature seldom reaches 55°F and in the winter time the water temperature is just above freezing—which often is warmer than the air.

[LAL editor is in the photo]

Route 103…

The Duluth Transit Authority bus routes in Lakeside are now bi-directional, allowing travel

Cont. on page 3

New Distr. 1 City Councilor Wendy Durrwachter to take a seat at the council beginning in January.

Did You See the Bird Art?

Four sidewalk locations in Lakeside on Superior St had migratory birds: Sandhill Cranes, Red-tailed hawk, Kestrel and Long-Eared Owl painted by Annmarie Geniusz. The project was coordinated by wendyupnorth/ Look at Lakeside and sponsors were Look at Lakeside, New London Café, Lake Superior Brewing and Snap Fitness.

LET IT SNOW

But not quite as much as last year?

Look for **Happy** along the Lakewalk between 40th Ave E and Lester River through January. He'll relocate each week.

What kind of ball doesn't bounce?
A snowball.

What is a snowman's favorite snack?
Ice Krispies treats.

Send a PHOTO of YOUR snow creations to wendyupnorth @gmail.com for the SNOW PHOTO PAGE in the next LOOK AT LAKESIDE issue.

IN THIS ISSUE

Mascot Change
DTA Changes
Biz Buzz
& Events / Announcements
+ more…

Next Deadline
***January 12**

www.LookAtLakeside.com

LOOK AT LAKESIDE
is a bi-monthly newsletter on people, places, happenings and history of Lakeside-Lester Park, Duluth, MN
6 issues/year
1st issue Aug/Sept 2012

Wendy Grethen, editor
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218.525.5098
Terry Brown,
super assistant

Subscribe
$12/year
Mail your info and check to:
4005 McCulloch St.,
Duluth MN 55804 or pay via Venmo to Wendy Grethen or Paypal.

Ad Rates on the web

Ads and subscriptions support this community project and are very much appreciated!

20+ free Lakeside area pickup sites
Like on FACEBOOK.
www.facebook.com/lookatlakeside

www.wendyupnorth.com

+ DAY TRIPS * LOCAL ART FAIRS * DULCIMER MUSIC & LESSONS
***CAT SCARVES ***

McCulloch Street Musings
from the Editor

It's Winter. It's winter for the next 4 (5?) months here in the Northland. Frost on the windows, snow plows, car window scraping, and outdoor activities—even heading into Lake Superior.

The Halloween candy and mini stretchy skeletons are long gone—given to unicorns, dinosaurs, princesses, and assorted visitors on Halloween. Some Lakeside folks report over 300 trick or treaters come by. A new set of yard decorations are up in the neighborhood and lights—white, green, red, yellow, and more. Personally, nothing can beat stars for 'lights' in the night. Will we see Northern Lights soon? They are magical.
Holiday shopping, holiday music, and maybe holiday workouts are going on. Indoor walking can be less slippery than outdoors, such as walking at the mall or at the DECC. 2024 is coming soon. We will be glad to have a road access back in at Brighton Beach. Will the Lester Park Golf Course land become senior living places and retail? Share a story on your experiences and memories of the Lester Park Golf Course which had been opened since 1922 and the labor to create it was mostly from men hired through the Duluth's City Works Administration (similar to WPA & CCC).

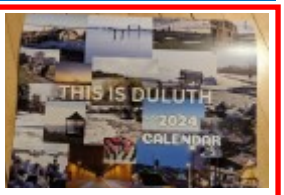
A pileated woodpecker takes a drink in a puddle in an alley in Lakeside.

How do you get around to places? Drive your own vehicle? Take the bus? Walk or bike? Stay home and order deliveries? Enjoy the sights, smells, calories, and activities of this time of year.

Do what you love.
Your neighbor,
Wendy

Concert in Lakeside
January 3 - Wednesday 6:30 pm
Steve Solkela
One-man overpopulated band.
Fun stuff! Talent! Humor!
= = = = = = = =
Lakeside Lester Park Community Club, 106 N. 54th Ave. E. Can purchase tickets in advance.
$12 ticket
www.wendyupnorth.com

This is Duluth
2024 Wall Calendar



Available at wendyupnorth fairs. 218/525-5098
with Lakeside photos, too!

LOCAL ART & GIFT FAIRS

Dec 2 Get It Local
Dec 9 Neighbor-Made

25+ local artisans per fair
10AM-3PM
Peace Church
1111 N. 11th Ave. E.
Parking in back.
Wendyupnorth.com

Subscribe to Look at Lakeside

$12

Send your name, address, and phone # to

Look at Lakeside
4005 McCulloch St
Duluth MN 55804

Pay by check or Venmo or PayPal :
Wendy Grethen

Thank you for your support and interest!

Lutheran Church of the Good Shepherd
invites you to join us for holiday worship.
1325 N. 45th Ave. E.

Christmas Eve Worship services
at 2:30 p.m., 4:30 p.m., and 10:00 p.m.

Christmas Day Worship at 9:30 a.m.

We look forward to seeing you -
All Are Welcome

We are a Community of Christ
Experiencing God, Reaching Out, Nurturing Faith

In the PAST

December 10, 1915

The Duluth Elks Club announced it had received **approval to open a zoo in Lester Park**. The first 2 animals were to be **Elk**—donated from the game warden in another state. The warden, however, gave the elk to another city before Duluth officials agreed to allow the zoo. With no animals, the zoo didn't open until the following year and its first residents consisted of a couple of deer and two red foxes donated by a trapper. By mid May, a goose and a porcupine were added. In June the Lester Park Improvement Club objected to the zoo, saying the animals might cause a nuisance. When Duluth finally did open a zoo, it was at Fairmount Park. Source: Zenithcity.com

Continued from front page, 103 bus route

in both directions on the route—replaces the previous one-way loop format. The cross-city route extends from New Duluth to Downtown, Lakeside, and ends at UMD.

BENEFITS OF CHANGE:

- Fewer stops between Lakeside and Downtown, making trips faster than they were before.
- New bus stop signage that includes a convenient texting option to know exactly when the next buses will arrive.
- The latest weekday trip from Downtown to Lakeside left at 9:40 p.m. with the old Route 7. The new Route 103 has the last trip leaving Downtown at 11:15 p.m.
- There is more weekend service than before.

New bus stop signs have a # to call or text to give the stop ID for estimate of bus arrival. You can pay using MyDTA App and plan using Transit App times. Monthly unlimited ride passes are available.

- A new option to get to the Miller Hill Mall is transferring at UMD to Route 112.

Lakeside saw significant average travel time improvements vs the old system, meaning it would be easier and faster to navigate around the Twin Ports. www.duluthtransit.com/home/better-dta/better-bus-blueprint/

Chris Belden, DTA Director of Planning & Grants says "It will be exciting to see more ridership. The new routes give more potential riders a way to get downtown and other places in the city. It's a great way to get around without the need for a car and to avoid driving in winter weather or needing to pay for expensive parking."

Article credit to Chris Belden.

ALL UMD, LSC, CSS, & UWS STUDENTS, STAFF, AND FACULTY RIDE FREE ON DTA BUSES.

DULUTH WAS THE FIRST CITY IN MINNESOTA TO HAVE ELECTRIC BUSES IN FALL OF 2018.

RATES $1.50 PEAK TIMES, $.75 OFF-PEAK TIMES

A Handful of Events

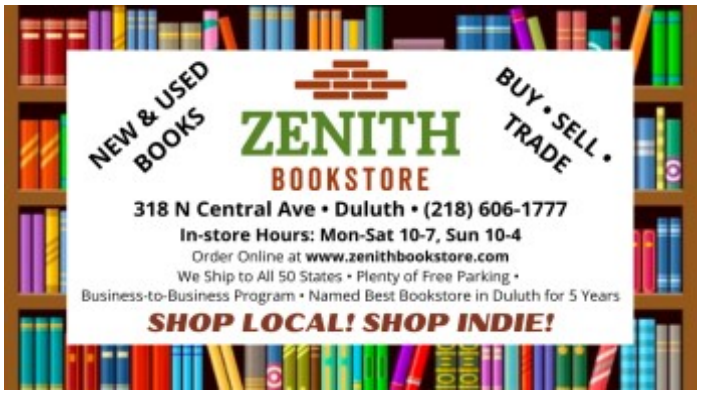
DEC 6 DAY OF CARING
Sign up through United Way as a group or individual to help with local projects. HLunitedway.org

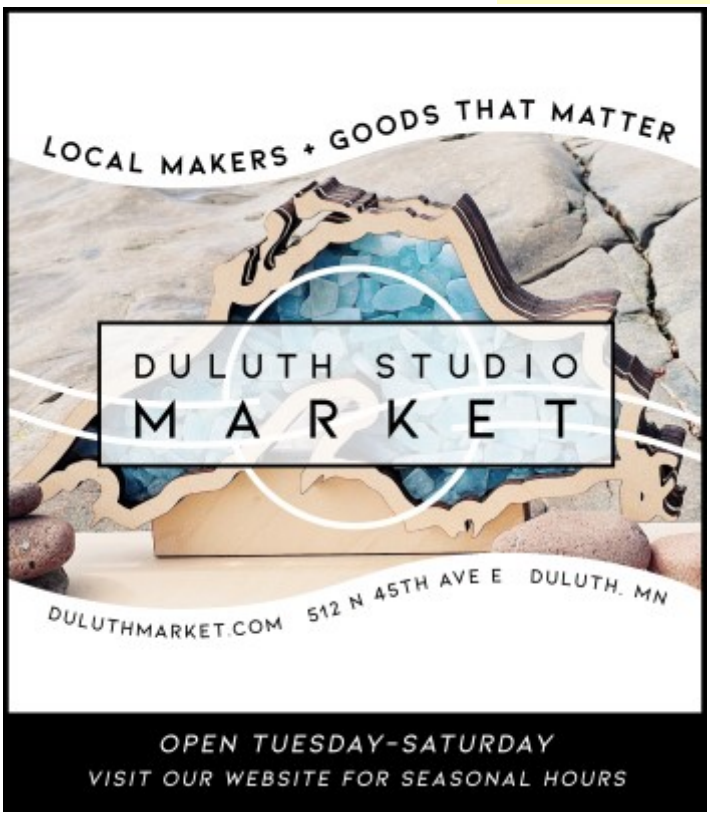
DEC 9 Breakfast with Santa 9 am-11am Lakeside Lester Park Community Club.

CHRISTMAS SEASON AT GLENSHEEN
27 decorated trees, hidden elves. Local history. Glensheen is nominated for USA Today's 10 Best Readers' Choice Awards of Best Holiday Historic Home Tour of 2023.

City Calendar
See duluthmn.gov/event-calendar

BEST WISHES FOR A FANTASTIC 2024!





New Mascot for Lester Park Elementary

Changes have been made at Lester Elementary to support the direction that the district is going with becoming PBIS certified (Positive Behavior Interventions and Supports). After family, staff and student input, the school realized it wanted to build this from the ground up and start with a brand new mascot and banding/logo before adding on expectations and positive reward systems.

The 5th grade took on the project of nominating four mascots options that would best fit Lester Park. The only requirement was that it be an animal and have paws, since so much of the current branding has a Paw logo with it and to have some positive character traits. Once the 5th grade had their four nominees, they made a video for the whole school to cast their vote. The choices were bears, foxes, coyotes, or Labradors. For about the last 15 years the mascot for Lester Park Elementary was the Greyhound Pups. The winner is — Labradors. The school also voted on school wide expectations most valuable for their students. **Lester Park Labs are PAWSitively… Respectful, Responsible, Safe, and Kind."** Students are rewarded with Paw Coin's as recognition and for community building. Then classrooms work together to earn a Super Paw on their door, and Super Paws for the school. Go, Labradors!

- Thank you to Jordan Fleek, MTSS/SEL Coordinator, Lester Park Elementary

.Shop Lakeside.

Why not give a **gift cards** to a Lakeside business—for food, beauty, drink, crafting supplies, local gifts? **Lakeside Biz Tshirts** available at several local businesses (even Look at Lakeside tshirts are available)

Duluth Studio Market will stay open until 6:00PM on Thursdays and will host a 12 Days to Christmas event Dec 12-23, promotion each day.

"TAN" Thank A Neighbor
Send a short note to be put in the Feb/ March *Look at Lakeside* issue.

Volunteer Match through United Way

Give back to your community. Check the one-stop shop to find volunteer opportunities with local nonprofit organizations. Search the online data base by area of interest, location, and availability. Help with a one-time event or an ongoing need.
hlunitedwayvolunteer.galaxydigital.com

::: Community Resources :::

United Way 211 **Senior Linkage Line** 1-800-333-2433
Safe Haven 24/7. 218-728-6481
Teen Closet - gently used clothes 218-529-2230
Findhelp.org Find food shelves in the area
Lakeside Lester Park Community Club llpcc.org

Let us shop your insurance for you!

Deluxe Insurance Group
4515 E. Superior St.
www.deluxeinsurancegroup.com
(218) 525-7118

^ ^ Lakeside BIZ/COM BITS ^ ^

Halloween Treats in Church Parking Lot

Great Lakes Church, 4501 Glenwood St, held their 2nd annual Treats in Trunks event in their parking lot on Halloween. The church had popcorn, hot cocoa, treats, and games, including Jenga. The church was established in Lakeside location in 2013. FMI on the church go to their Facebook page or glcduluth.org.

Development *Lester Park Golf Course Land

A plan has been accepted to add housing for active seniors over 55 years old. The timing is TBD.

***Roundabout at 40th Ave E.**

On Nov 14, the city council approved the London Road roundabout. Roundabouts are supposed to reduce serious accidents. Not all community members and local businesses would welcome a roundabout at that location. Four homes are to be removed near the location.

***Brighton Beach Toilets Are In—Road coming 2024**

Vault toilets have been added along the pedestrian trail.

Masked Singers

Lakeside Presbyterian Church has masked singers CDs for sale. The choir kept singing during those starting COVID times.

Give Warmth and Food

Yarn Harbor continues to organize *Warm Up the City*. Hats, gloves, and knitted winter wear were put in parks and locations throughout Duluth in November. This year even coats were put outside to be available to those who may need them. **Lutheran Church of the Good Shepheard** gathered cans of fruit as a reverse Halloween giving. Cans were donated to Chum.

NEW - Community Arts School

What's happening at 54th Ave. E. and Superior St? There was a For Sale sign and now it's gone. A new organization has formed: **Spirit of the Lake Community Arts**. A board of directors is welcoming people to rent art studio space or for community gatherings or classes. Several long-term renters are already signed-up—a painter, a paper artist, printmaker/book bindery, and others. Thimbleberry is doing preschool activities on site and a day care may be established. Aerial art, printing classes, painting, and perhaps tap dance classes will also be offered. Space is available for rent. Slcsduluth.org

Beautiful home-made paper luminaries ready to light up the night made at Spirit of the Lake.

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Duluth, MN 55804

Matilda's Dog Bakery
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218-525-3775
matildasdogbakery@gmail.com
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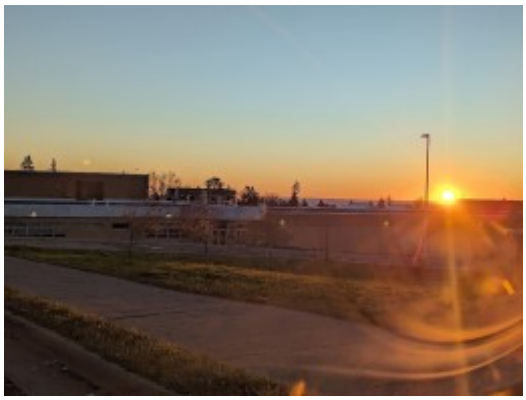
Lakeside Presbyterian Church
4430 McCulloch Street, Duluth, MN 55804
218-525-1967
10:30 a.m. Sunday Worship
4:30 p.m. Christmas Eve Worship
For families w/Chancel Choir & Candlelight
Childrens' Christmas Worship
10:30 a.m. Sunday, Dec, 17th
www.lakesidepreschurch.org

Successful Palestine Food Pop-Up

On Tuesday October 24 **Falastin** ran a pop-up meal using the space at New London Café. A line of people arrived and about 150 meals were sold, plus desserts. About 50 people were turned away due to selling out. Net proceeds went to the **Palestine Children's Relief Fund** (about $2,000). The national dish of Palestine was sold—Musakhan—sumac, onion, and chicken, and grape leaves, salads, and dessert (tahini cookies and semolina rosa cake.) Falastin plans to have another food pop-up this winter.

Each new day is a blank page in the diary of your life.
- Douglas Pagels



Dawn looking over Duluth East. Sunrise on January 1, 2024 will be at 7:53 AM

Finish these sentences

I am hopeful that …

My favorite 2023 memories in Lakeside have been ...

Lock Your Doors

Residents are reporting their vehicles have been rummaged through or packages have been taken. Keep your house, garage door, and vehicle doors locked. Put up a motion light. Share videos captured on surveillance. Report suspicious activity to the police at 218-730-5400. Let's keep our neighborhood safe.

Thank you Duluth and Lakeside *Look at Lakeside* subscribers

Hello to subscribers and gift subscription recipients in Wayzata, Roseville, Knife River, Mazeppa, Minneapolis, New Prague, and Brooklyn Park

A mouse in your house?

Mini capfuls of ammonia, sachets of cloves, or peppermint oil soaked on cotton balls may be a way of sending mice on their way.

A Private Home Pilates Studio
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northlandpilates@gmail.com
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Instruct Pilates for clients with injuries or painful conditions.
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NEW PATIENTS WELCOME! 218-727-2349
Providing care in Duluth since 2003 - Relocated to Lakeside/Lester Park

Finding a Home for Seniors: Call to Participate in New Local TV Series

=====

Inside Senior Living is partnering with PBS North to produce a new documentary series with 8 episodes to premiere in 2024. The compelling series takes viewers on the intimate journey into lives of seniors and families as they navigate the landscape of making vital decisions about their living arrangements. Contact PBS North if you would like your family experience to be part of the show. 888-563-9373

Meet a Neighbor Carly Jandl

Caryl grew up in Duluth and Hermantown and loves creative and outdoor activities.

Carly moved into Lakeside with her boyfriend (now husband) in 2013. The couple realized that Lakeside had a lot to offer.

She teaches artistic painting classes, often of local scenes, at various locations around Duluth including at local breweries and many more sites. The events are open to the public and serve anyone interested in exploring their inner artist; and she says we all have one! Each class provides around two hours of guided instruction including any one-on-one help anyone might need. Her goal with these classes is to share with the community the importance of connection and creativity. Private events are also available for booking. See northernexposureart.com

Carly is helping form a non-profit called Superior Craft School at 1315 Ogden Ave. in Superior, WI. Within the space, which is a former car dealership, there will be classrooms, wood-working shops, a dark room, and a teaching kitchen. A range of classes will be offered from crafting, artistry, photo/video, to cooking. In the same building will also be a book store, a craft/art materials and supplies shop, and artwork made by local and regional artists and a cafe. The goal is to be open by February.

We enjoy the quiet community and appreciate being walking-distance to Lester Park Elementary where our son attends first

She and her family love being close to Lester, Amity, Hawk's Ridge, and Brighton Beach. Their dog, Yorba, and son, Lucas (6) head to the trails creating memories and taking photos of special sights. Over the years, they've become attached to everything Lakeside has to offer; the proximity to family and friends who have moved to the area recently, all the shops and eateries, and the outdoor spaces to explore year-round.

FMI superiorcraftschool.org.

New Season

New Career Opportunities?

DRCC is a nonprofit agency dedicated to supporting individuals with disabilities and can accommodate various schedule needs. Positions start at $17.50 per hour plus benefits.

For more information, contact Amber Pederson at 218-722-8180, ext 103 or apply online at www.drccinfo.org.

CHRISTMAS TREES

"Cut Your Own"

Balsam, Spruce, Pine

6482 Homestead Rd.

No chainsaws.

Hope to see you soon,

Herb, the Xmas Tree Guy

Holiday Music & Fun

12/1 O Holy Night Cathedral of Our Lady of the Rosary. 7:30PM

12/2 DSSO Holiday Spectacular 2PM and 7PM DECC

12/2 UMD Band Concert 7:30PM **12/3** UMD Choir Concert. Annual winter concert. 3PM Weber Music Hall. Streaming link: z.umn.edu/weber.

12/5 A La Carte Holiday Concert Benefits musicians in Duluth East Music program. Features East Jazz Band, Choralaires, & Sterling Strings. 7PM. $30. Pike Lake Golf & Beach Club, 4895 Midway Rd. Tickets at demboosters.org

12/9 Christmas Through the Looking Glass 3PM. College of St. Scholastica Mitchell Auditorium

12/10 Twin Ports Wind Orchestra—Holiday Brass Concert 7PM. First United Methodist Church, 230 E. Skyline Pkwy

12/12 Handel's Messiah Singalong 7:30PM. Mitchell Auditorium, CSS.

12/15, 12/16 Holiday Tradition and Jubilations: Gloria! 7:30PM Fri, 3PM Sat. First Lutheran Church

12/21 A Holiday Spectacular Extravaganza Pageant Zeitgeist, 7PM

12/29 Holiday Comedy Revue 7:30PM. Fitger's Spirit of the North Theater.

Free Covid Tests Every home in MN is eligible to order eight rapid at-home COVID-19 tests once a month for free, while supplies last. 1-833-431-2053

Full Moon
Dec 26 Jan 25

High 5! Duluth East Boosters

This past year Boosters funded music scholarships for All-State music students, senior night recognitions and the senior music scholarship, repairs of several of the school cellos and the purchase of a marimba. Plus, contributed to the orchestra's trip to New York and the Jazz Band's trip for a competition in Eau Claire.

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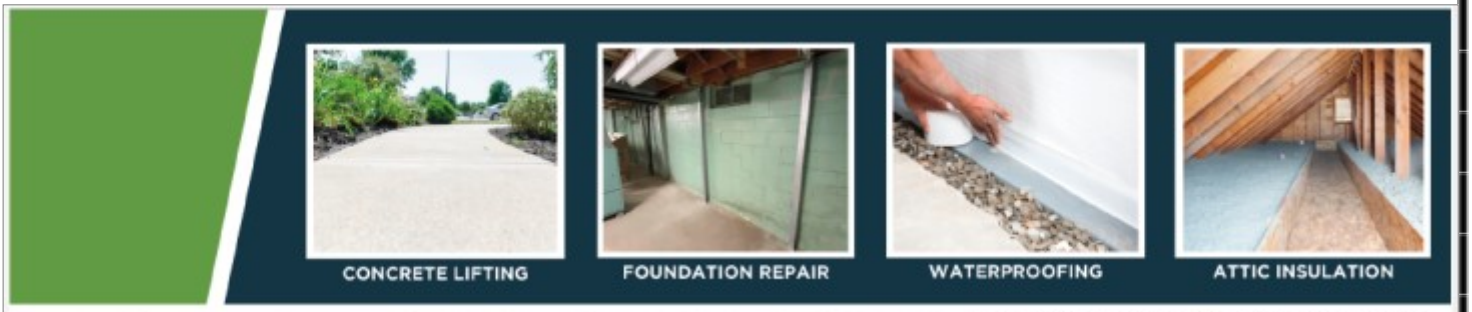

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