

Senate District 54 DFL Newsletter

Gem Lake . Lauderdale . Little Canada . Roseville . Shoreview . St. Anthony . Vadnais Heights

What's News in SD54

Charlie Quick, SD54 Chair

Primary Election Results: Welcome to politics in full swing. The suspense of the primary is over. For SD54 voters, the only DFL endorsed candidate that didn't win the primary was gubernatorial candidate Margaret Anderson Kelliher. Mark Dayton has since been endorsed by the DFL as our gubernatorial candidate. He is looking for our support. I served as election judge in my precinct. The August 10 early primary definitely created some hardships. Parkview School had no air conditioning and since school was not in session, no lunches were available on site. We did make it through the day with a steady flow of voters. We had a turnout of about 20% of the registered voters.

July Picnic: We had another great picnic in July with several DFL candidates or their representatives as speakers. We also had a pleasant surprise in the food department. Joe Zwack, in honor and memory of his wife JoAnn, made her all-time favorite raspberry dessert. (See Memoriam, p.5, recipe, p.9) Paul Lareau had his Book Crossing books available for everyone to enjoy. John Choi, the DFL endorsed candidate for Ramsey County Attorney, addressed the attendees. We also heard from our representatives John Marty, Bev Scalze and Mindy Greiling. We are very fortunate to have a full DFL slate representing us.

Bob Venters, our treasurer, announced that he is running for the Roseville City Council. Mick Hawton also introduced himself as a Roseville City Council candidate. Since that race is non-partisan, we do not endorse candidates for this office. Tammy Pust, a current Roseville City Council member, was in attendance. Jason and Christine, coordinated campaign volunteers, represented DFL endorsed candidate for governor, Margaret Anderson Kelliher. They thanked us all for our help with the coordinated campaign and asked for additional assistance with phone banks.

We also heard from Congressional District 4 Chair JP Barone. He encouraged us to take very limited time out from our campaign efforts to eat and sleep. (JP has his own way of keeping things in perspective.) He promoted the Bruce Vento dinner, scheduled for Sunday, October 3 (Full announcement, p.7). We had great weather for the picnic but some interference from roadwork. The new location was very favorable; we had a couple of guests who were on scooters and others who appreciated not having to climbing the hill to the previous site, the Lions shelter.

Donut Booth: I would like to thank April Alfuth for her coordination of the DFL State Fair Donut Booth volunteers. And also I would like to send a big "Thank You" to John Treadwell for his time and effort with the Donut Booth. We were responsible for three days at the State Fair this year which translates into about ninety shifts. This is the main fundraiser for SD54 so we appreciate

all the volunteer efforts. They make it possible for us to support our candidates financially and get the DFL message out to the voters.

DFL Central Committee Meeting: SD54 had a full contingent at the State DFL Central Committee on Saturday, August 21, 2010, where Mark Dayton was endorsed for governor by the convention. Yvonne Prettnner Solon, lieutenant governor candidate, spoke, stressing the importance of accessible education and early childhood education. Yvonne presented Mark Dayton to a standing ovation. Mark spoke out on the unfairness of the tax situation in Minnesota. His plan is to have the richest Minnesotans pay their fair share of taxes. The tax burden has been shifting to property taxes while the tax rate has been steadily lowered for the richest, he said, causing the poor

—In this issue—

Page	
1	What's News in SD54
2	Did you Know? Constituency caucuses
3.	SD54 Legislators Report: Marty, Greiling
4.	SD54 Legislators Report: Scalze
5.	In Memoriam: Stuthman, Zwack
6.	Immigrant Experience and English Language
7.	Annual Bruce Vento Dinner
8.	SD54 Calendar. The VAN (Voter Activation Network)
9.	Green Scene. JoAnn Zwack's Recipe. Forum Announcement

and middle class to pay an increasing and unfair tax share. He said the rich are nicer than that; they are willing to pay their fair share of the taxes. Mark also promised to push John Marty's Single Payer Universal Health Care Plan, which brought him a standing ovation.

choice Voting and Local Use and Control were passed. The last item of business was adoption of a constituency caucus charter: *Somali American DFL Caucus*.

The delegation adjourned to DFL headquarters for a barbecue.

time DFLer, Joan Cooper. She recently moved from her home on County Road C with its beautiful garden (and the old DFL donut booth) to Rose Pointe. I wish her the best in her new abode and thank her for her long history of and continued support for the DFL and SD54.

Action items promoting Ranked- We send a special thank you to long

Did You Know???

Mary Jo Rourke

The Minnesota DFL is committed to ensuring that historically under-represented communities play a full and equal part in our party, and that party membership accurately reflects all aspects of the great diversity of our state. To achieve this goal, the DFL works closely with 14 constituency caucuses to reach out to these communities to bring new members into the party and better serve them.

In this issue of the SD54 Newsletter we want to introduce you two of them. We will present others in subsequent issues.

DFL Feminist Caucus: The basic principles of the DFL Feminist Caucus are rooted in the Bill of Rights (with emphasis on the freedom of speech and of the press, and separation of church and state), the Equal Rights Amendment, human-rights legislation, the 1973 Supreme Court decision *Roe v. Wade*, supporting feminists for

elective and appointed office, the need for comprehensive child care, the need for comprehensive services for victims of domestic and sexual assault, support for research on contraception, and education about and access to birth control. The caucus actively supports only those candidates who support these principles. The caucus screens and endorses candidates for office, and works for our endorsed candidates at conventions and during campaigns.

Contact: Laura Nevitt, president - Phone: (612) 708-4644 - email: LNEvitt@gmail.com

DFL Disability Caucus: The Disability Caucus promotes the involvement of individuals with disabilities in the political process, works to increase the participation of members of the disability community within the DFL, and encourages people with disabilities to run for both party and public office. The caucus also serves as a forum discussing and advocating for solutions to issues individuals with disabilities may face relating to DFL campaigns, candidates and elected officials.

Contact: Debra Burke-Owens, interim chair - email: debradfl@yahoo.com

The Senate District 54 *Newsletter* is published six times a year to inform and educate interested parties of the happenings within SD54 DFL. The *Newsletter* provides opportunities for readers to submit articles for publication on various subjects of interest to this audience. The Newsletter Committee reserves the right to edit articles as appropriate to meet these goals and space restrictions.

Newsletter Committee

Norman Hanson, chair (651) 484-8926
Julianne Johnston, co-chair (651) 486-7120

Charlet Allen	Beth Lareau
Peter Berglund	Mary Jo Rourke
Joan Cooper	Charlie Quick
Grace Dyrud	Karen Schaffer
Keith Dyrud	Georgiana Sobola
Sandy Hanson	Gwen Willems

Layout editor: Antona Richardson

Senate District 54 DFL

www.sd54dfl.org\

Chair Charlie Quick

(651) 483-3623 charlierquick@comcast.net

Associate Chair Ruth Ellen Luehr

(651) 489-8769 ruthellen@markfausner.com

4th Congressional District DFL

Chair J.P. Barone

(651) 426-1836 var630@aol.com

Minnesota State DFL Party

(651) 293-1200 www.dfl.org

—SD54 Legislators Report—

Senator John Marty

Update. After two decades without a DFL Governor, 2010 looks like a chance for the DFL to finally regain control of the governor's office. The next two months will be critical for the direction of our state.

Now that the primary is over, the party is uniting around Mark Dayton with the knowledge that we *need* to win this race. With Mark Dayton as governor, we will pass the MN Health Plan to provide health care for *all* Minnesotans. We will give schools the funding they need through Mindy Greiling's New Minnesota Miracle, so that they don't have to continue laying off teachers or turning to regressive property taxes. We will address our environmental challenges, and pass laws protecting the interests of workers and consumers. But we *must* win the election first.

My own campaign is well underway, and I have been receiving a positive response at the door. I appreciate the volunteer help and support we have received from so many of you. This is making our campaign a success.

If you have a couple of hours, I need your help.

- Join me going door-to-door. I will be door-knocking regularly until November, and will really appreciate having a volunteer with me so we can cover as many homes as possible.
- Literature drop or door-knock on your own when it is convenient for you.
- Help with lawn signs. We will need volunteers to put up and maintain lawn signs.
- Ask your friends and neighbors if they will take a Marty lawn sign, and share the names and addresses of people with us. We are looking for more sign locations.

If you are willing to help in these or any other ways, please let us know! Contact us at: info@johnmarty.org or leave a message at my home, (651) 633-8934, or with our campaign manager, Rebecca Bormann, (651) 631-3354.

Thank you. Let's make 2010 a great year for the DFL and for all Minnesotans!

Representative Mindy Greiling, SD54 A

Education is the Key. I'm basking in the cooler weather, after door knocking in the hottest summer I've ever encountered. I always look forward to the fall stretch of campaigning—the favorable weather changes and the increased interest level. Campaigns can't wait until the last stretch, however, so a big thank you to the many folks who have provided countless volunteer hours this spring and summer. And thanks ahead to those planning to volunteer in the fall, when we need the most bodies of all.

As K-12 Education Finance Chair, I am also enjoying the interest around the state in education. I have traveled recently to Northfield and Owatonna to participate in education forums and am scheduled to go to Elk River and Meeker County soon, not to mention education events in our own district. Campaign season is a great time for supporting education, but we need to do a better job in following through in the legislative session. If federally-mandated special education costs and the essential costs of building maintenance are factored out, education funding has been flat since 1984, when the Implicit Price Deflator is factored in for inflation. This takes a huge toll, which we are seeing in four-day school weeks, overly large class sizes, little progress with our state's exceptionally large achievement gap,

and reduced opportunities for a well-rounded education.

Our State Economist Tom Stinson says that education is the key to productivity. We need to follow his advice and keep our commitment to education at all levels—early childhood, K-12 and higher education. Not only does this brighten the future for our students, it also brightens our state's economic future, which helps everyone and all other budget areas including health care. Having a new governor who will countenance raising taxes as part of the budget deficit solution will not be enough if we do not also grow our economy.

Here is contact information for our volunteer coordinators. We welcome your help this fall!! Thanks for all you do.

Stephanie DeBenedet
(651) 483-1006
jdebenedet@msn.com

Ruth Ellen Luehr
(612) 328-3942
ruthellen@markfausner.co

Mary Ann Palmer
(651) 486-8140
palmerojma@att.net

Kelly Wolfe
(651) 486-2765
Kfwolfel@hotmail.com

Representative Bev Scalze, SD54 B

Summer Activities. Our summer of hot parades has come to a close. Thanks so much to the volunteers who helped hand out stickers and walk the routes on all of those very hot days. April Alfuth and Bob Kippley have always been the earliest at the line-up spots, and John and Shannon Scalze and family and their friend's families have all combined to form a "sea of blue" as we walk down the streets with flags flowing, signs carried, and Jenn's shiny convertible bringing up the rear flank. Thanks so much to Bob, Gina, Peter Berglund, Dave Nelson, Charlie Quick, Sue Rengstorf, Doug Gerlack, Sheila and Justin Kelly and everyone else that has helped. I even had the little Florida granddaughters riding on the back of the convertible in Vadnais Heights with their tiaras and "vote for my grandma" t-shirts. This is truly a donation of a weekend day to the campaign from everyone, and this has been a very important part of showing the community the support for our message.

Our House Capital Investment Committee, of which I am vice chair, just completed a trip to the University of Minnesota Itasca Biological Station to assess the need for state bonding dollars for this field station campus. On the same trip we visited the Rural Renewable Energy Alliance (RREAL) factory where solar panels are manufactured on a campus of various renewable energy start-up and demonstration companies.

In early August I joined other Capital Investment Committee members and staff as we attended the sale of \$635 million in General Obligation bonds to finance our 2010 bonding bill. We had eight bidders, and the interest rate was the lowest

in state history, leaving many of us to comment that if the governor hadn't vetoed so many of the higher education facilities projects, we could have provided so many more jobs at the lowest cost ever. It was truly an opportunity lost.

We have seen construction projects go forward at a discount of 20 percent from projected costs. The Rice Street Bridge over Highway 36 is a good example. The bid was awarded at a cost 20 percent less than we had originally planned, proving that this is the best time for the state to catch up on delayed infrastructure projects. The replacement of this 75-year-old bridge was long needed and should be completed in the fall of 2011.

We still need volunteers for door knocking, and the coordinators are:

Stephanie DeBenedet
(651) 483-1006
jdebenedet@msn.com

Carolyn Jones
(651) 484-7339
cejones@mninter.net

You can always contact me at (651) 483-1055, bscalze@aol.com, if you have a bit of time to volunteer. Thanks in advance.

Senator John Marty

328 State Capitol, St. Paul, 55155, (651) 296-5645
jmarty@senate.mn www.senate.mn/senatormarty

Representative 54A, Mindy Greiling

381 State Office Bldg., St. Paul, 55155, (651) 296-5387
rep.mindy.greiling@house.mn www.mindygreiling.org

Representative 54B, Bev Scalze

357 State Office Bldg., St. Paul, 55155
(651) 296-7153 or (651) 483-1055 (home)
rep.bev.scalze@house.mn

Vote SD54 DFL Endorsed Candidates

**Election Day
Tuesday, November 2, 2010**

U.S. CD4 Representative - Betty McCollum
U.S. CD5 Representative - Keith Ellison
Governor - Mark Dayton
Lieutenant Governor - Yvonne Prettner Solon
Secretary of State - Mark Ritchie
Auditor - Rebecca Otto
Attorney General - Lori Swanson
SD54 Senator - John Marty
SD54 A Representative - Mindy Greiling
SD54 B Representative - Bev Scalze
Ramsey County Attorney - John Choi
Ramsey County Sheriff - John Bostrom

Attention Readers

The Newsletter Committee is accepting new members who are willing to learn how the newsletter is produced and to keep this valuable district asset going. We are looking for people in all positions. Contact Norm or Julianne to find out how you can become more involved. No experience necessary, just a willingness to help.

In Memoriam

Dr. Deon Stuthman
May 7, 1940 – June 18, 2010

*Truly a gift
to our DFL community
and the world*



No matter where you happened to meet Deon, you were greeted with a warm smile, a hearty hand shake or maybe even a warm hug. He was one of the first to volunteer for the donut booth if he wasn't going to be on one of his world wide trips for the University of Minnesota as its professor in the Department of Agronomy and Plant Genetics in the field of oat breeding. Deon's favorite job in the donut booth was at the window handing out donuts and taking in the much needed funds for SD54 DFL. Deon also served in many capacities in Mindy Greiling's re-election campaigns. Even when in his final weeks, he called to tell

her that he couldn't be there for a meeting because he was ill, but hoped to be at the next meeting when he hoped that he would be better.

Those of us who attended his funeral found ourselves in a church decorated with huge bouquets of field oats and filled to overflowing with college professors, graduate students from around the world, farmers, DFLers, family and church members who had all been touched by his enthusiasm, energy and bountiful spirit. Deon spent 42 years as a college professor at the University of Minnesota. He helped to create the Vincent L Hawkins Foundation for Peace and Justice and was a former president of the Minnesota-Uruguay Partners of America, U of M Athletic Committee, and the American Oat Association.

We have been truly blessed with his presence and deeply mourn his passing. Let us continue his dream of establishing worldwide peace.

In Memory of JoAnn Zwack — March 28, 2010

I first met JoAnn Zwack while I was door knocking in my very first legislative race in 1992. She invited me into her lovely, comfortable living room and gave me a welcome glass of cold lemonade. After a bit of chit chat and sizing me up with her wise eyes, she launched into heartfelt advocacy for people with mental illness and especially those whose serious illness goes untreated causing them to end up in prison, like her son, Kyle.

We had a much longer talk than I usually allowed myself, but there was something compelling about JoAnn that did not allow me to short-circuit our visit. She pointed to a poster in her living room depicting a man behind bars, holding his bent head in his hands. I would later learn that this symbolized the Forensic Network, an affiliate of the National Alliance on Mental Illness of Minnesota (NAMI-MN), a group created by JoAnn and her husband, Joe, to help families who found themselves dealing with the penal system instead of the health care system for their loved ones with mental illness. They hosted meetings and support groups, spent countless hours on the phone empathizing and counseling people new to the situation. Every year they planned a wonderful holiday party for families who were missing a loved one in prison.

Seven years later, when our son was diagnosed with schizophrenia, the Zwacks helped immeasurably. Joe was by then state NAMI president, JoAnn served on the board, a pinnacle of their longstanding advocacy. They recruited me to the board, and we started on a wonderful multi-year adventure to successfully change state laws to allow for earlier intervention for people like our sons who desperately need medical care but do not realize it. JoAnn gave eloquent and passionate testimony at the capitol. In 2006, JoAnn and Joe were awarded the national *Richard T. Greer Advocacy Award*. The Zwacks have been tireless advocates for people with mental illness who are involved in the criminal justice system.

JoAnn was generous. She was always mailing cards and money to people in prison, contributing to good causes, and cooking wonderful food to share. She was a lot of fun and was the best person at gallows humor I will ever know. Despite her many troubles she always thought of the other person and tried to make them happier. The many who attended her funeral were testament to the many lives she touched. I expect it would have surprised her, but not anyone who attended.

Both JoAnn and Joe Zwack have also been actively involved in all of our DFL Senate District family. In honor of JoAnn's memory and to the delight of her fellow DFLers who attended the SD54 DFL Annual Picnic in July of this year, Joe Zwack prepared two pans of her incredible raspberry dessert. The recipe is included on page 9 in memory and honor of JoAnn. You can find more about JoAnn Zwack by searching for her on the web.

Mindy Greiling

The Immigrant Experience and the English Language

Georgiana Sobola

“Lino Lakes passes ordinance prohibiting the use of city money to translate city documents into other languages and establishing English as the official language.”

Headlines like this have caused considerable comment for several weeks now. The reason given for this action was that the city could save big money by not needing to publish city documents in other languages. Since Lino Lakes has few non-English speaking immigrants and has never spent a dollar on translations, this is a bogus argument and is aimed at “those people” not welcome in their community.

As a first generation American, the daughter of immigrants whose first language was Czech, I was dismayed by this action. My parents would have been “those people” not welcome in Lino lakes. Even so they would have been more welcome than many of the recent immigrants because they were white. The not-so-subtle-context here is that “those people” have faces of different colors and some have different religions and “we don’t want them here.”

Although my father’s family was Czech, they left Bohemia and settled in Croatia where he was born in 1888, went to school and grew up. In his autobiography he tells of learning the Croatian language but using it only with Croatians. At home they always spoke the Czech language, of which he writes, “In truth, the mother tongue is still the most beautiful.” The entire family came to this country in 1911 to escape the war in Europe which they knew was coming. My father learned English and became a naturalized citizen in Chicago in 1926. In 1927, our family moved to a farm near Cadott, Wisconsin.

My mother was born in 1899 in Moravia, then a part of the Austro-Hungarian Empire. After WWI it became a province of Czechoslovakia. Her mother was born under serfdom and was illiterate. When WWI started, her father and three brothers were all conscripted into the army. There my grandfather drove horse-drawn ambulances to carry the dead and wounded off the battlefields. Two brothers served on the battle fronts until the end of the war. The third, Uncle Joe, was the lucky one. He was taken prisoner and was sent to Russia to serve as a coachman on a large estate where he had to learn the rudiments of the Russian language. Miraculously, all four survived the war. Because my mother was literate she carried on the correspondence with her father and brothers and the other family business.

After the war, conditions in Europe were so bad that to make a living the siblings came to the U.S. at various times, my mother in 1920 when she was 21. She worked all the kinds of the jobs that we see immigrants doing today, and often two jobs, working in restaurant kitchens, cleaning in hospitals and office buildings, cooking and housekeeping for families. Like immigrants today, she lived in enclaves of Czech immigrants in New York and Chicago. Even our farm was a Czech enclave, surrounded by enclaves of Norwegians, Germans, and even some Irish. Because of this she never had to learn English.

When she became a grandmother, she realized she would not be able to communicate with her grandchildren until she could speak their language. She taught herself English by reading the local daily newspaper, the *Chippewa Herald-Telegram*. When she was 60-years old she passed the citizenship test and became a naturalized citizen. For the first time in her life she could vote.

On the day I started first grade in our one-room rural school I could speak only Czech. When I came home that day I told my father that I wasn’t going back because everybody there didn’t talk like us. He sent me back and I learned English from Dick and Jane primers. Every day when I came home I would teach my sister what I had learned that day. By the time she and I reached the middle grades we spoke to each other exclusively in English. Eventually I became an English teacher.

There is no doubt that English is now a global language and will soon come to be used by more people than any other language. Say what you will about British imperialism, it left a worldwide legacy of the English language, not only in our country but also in Canada, the Caribbean, Australia and New Zealand, Southeast Asia and Africa. Rwanda just recently announced that it will be using English in its schools. When schools in other parts of the world choose a second language to be taught in their schools the first choice is English.

I have been on two tours to the Czech Republic with a small group of persons who came there to discover their roots. The first time I did a lot of volunteer translating for them. The second time, in 2006, nobody needed help in the larger cities. We were always a little surprised to see the traffic signs in English. Stores always had some English-speaking clerks. In a garnet shop in Prague we added a few new additions to our clerk's already excellent English vocabulary.

There should be no fear that English will be supplanted in this country by any other language. English was established as the official language of the federal government by H.R. 123, the Bill Emerson English Language Empowerment Act, passed in August, 1966. Over half of the states have English-only laws, but they have many exceptions, relating to such issues as health, public safety and education information. However, English-only laws can and are being challenged under Title VI of the Civil Rights act and under an executive order by President Bill Clinton.

We will, no doubt, continue to hear about ugly incidents in which immigrants are harassed for not speaking English. The harassers do not understand how hard it is for adult immigrants to learn a new language, especially if they come from a culture with no written language. Nor do they understand how much easier it is to communicate in their mother tongue, which, as my father said, is still the most beautiful.

Annual Bruce Vento Spaghetti Dinner

Sunday, October 3, 2010

Prom Center, 484 Inwood Avenue, Oakdale

4:30 p.m. — Silent Auction

5:00 p.m. — Dinner 6:00-6:30 p.m. — Live Auction 6:30 p.m. — Program

Donations The committee is looking for donations to fill the baskets going up for auction. Anything is welcome (e.g. jewelry, political memorabilia, and services). There will be no special theme. All items donated or solicited by each senate district by September 18 will get tallied and the senate district with the most donated items will be awarded early access to the auction and preferential seating, photo opportunity with the speaker, and a mention in a slide show.

Volunteers are needed before the event and especially the day of the event to set-up, assist with the auction, and clean up after the event. If you can participate in any way, contact elizabethjensen@hotmail.com, nbrey@.com, mjamrock@gmail.com

Campaign financing requirements We ask SD54ers to register for the event with Bob Venters, SD54 Treasurer. Please make your check out to 4CD, with SD54 in the memo line of the check, by September 18. Mail your check to Bob Venters, 1954 Fairview Ave. N, Roseville, MN 55113, before September 18. Bob can be reached at (651) 523-0993, or bobventers@yahoo.com.

Cost All tickets are \$35 – no discounts for seniors or students.



SD54 Calendar—September-October 2010

Note: Mark your calendars now!!!

- September 16 Thursday SD54 Central Committee Meeting, “Universal Health Care for Minnesota” Basswood Room, Fire Station No. 1, Roseville City Hall campus. Entry from Lexington Ave., 6:30 p.m.
- September 20 Monday 4CD Central Committee Meeting, – *Note change of location* – Sun Ray Library, 2105 Wilson Ave. (just north of Sun Ray Shopping Center), St. Paul. 7:00 p.m.
- September 22 Wednesday Social Luncheon for MN DFL Senior Caucus, Riverside Perkins Family Restaurant, I-94 & Riverside Ave. Minneapolis, 12:30-2:00 p.m. (No RSVP required). Call Julianne at (651) 486-7120 for more information.
- October 3 Sunday 8th Annual Bruce Vento Dinner, 2009 Prom Center, 484 Inwood Ave N, Oakdale. Silent Auction at 4:30 p.m.; dinner at 5:00 p.m. *See full program* on p. 7
- October 21 Thursday SD54 Executive Committee Meeting, Basswood Room, Fire Station No. 1, Roseville City Hall campus. Entry from Lexington Ave., 6:30 p.m.
- November 2 Tuesday General Election**
- November 18 Thursday Annual Preholiday/Post election Pot Luck Party, Fireside Room at the Roseville Skating Center/Oval, begins at 6 pm. Mark your calendars now!!

Driving the VAN (Voter Activation Network)

Andi Moffatt

The VAN, also called “Vote Builder,” has been used by the State DFL for the past few election cycles. It is a very powerful web-based database that lets endorsed campaigns and the state track voter responses to telephone calls, letters, and emails. Ultimately, it is *the tool* to get the vote out. It identifies who will definitely vote DFL, who is on the fence, and who will not vote DFL, based on all those calls we make during elections cycles. Campaigns can then decide how and where to spend their resources. It has been a great tool to help get Democrats elected.

While the VAN has this big campaign get-out-the-vote aspect to it, it greatly helps out our Senate District 54 by storing address, email, and phone number information. Rather than creating or updating a local senate district

Excel spreadsheet and trying to share it with those who need it, keeping the database updated is a lot easier and a lot less time-consuming (which is helpful for those of us on a volunteer salary of \$0 for the Senate District). We can easily keep track of who went to precinct caucuses and when; create mailing lists for post cards to remind you to caucus or vote; send emails to announce our newsletter; and more. It also keeps track of volunteers, including our special and critical Donut Booth volunteers. By keeping the database up-to-date, we can track who helped with specific activities and those who perhaps couldn’t help this year, but will want to be contacted next year.

Continuing to build and update this data base will make our precincts and Senate District 54 stronger and better connected.

TheGreenScene

Managing Waste Pharmaceuticals (Pharms) from the Home

Peter Berglund

Note: Procedures recommended here are for waste pharmaceuticals (medications/drugs) generated in the home, not for wastes generated by businesses.

Most of us have used or are using medications of various sorts, including over-the-counter and prescription drugs. When we have leftover drugs that we need to get rid of, the Minnesota Pollution Control Agency (MPCA) recommends wrapping and putting such waste drugs into the trash as opposed to disposing of them down the sink drain or toilet.

Most wastewater treatment plants do a good job of removing basic pollutants from wastewater before releasing treated water to local rivers. It is possible, however, that some of the pharmaceuticals entering a treatment plant are not completely destroyed or eliminated. Some pharms may be present in human wastes excreted by those taking them for medicinal purposes, which go into the wastewater treatment plants. To minimize the amount of pharms entering treatment plants and ultimately into our water supply, MPCA has issued a factsheet which offers guidance on the home management of waste over-the-counter and prescription pharms, and also information for other types of pharms. This MPCA factsheet goes into detail, and gives guidance for both solids (pills, etc.) and liquid waste pharms. The link to this factsheet is:

<http://www.pca.state.mn.us/index.php/living-green/living-green-citizen/household-hazardous-waste/pharmaceutical-waste-disposing-of-unwanted-medications.html>

The basic steps recommended are to conceal the pharms by making them unrecognizable, unrecoverable, and

unrecognizable. and then to put them in with your regular trash. You can add something like salt or a strong spice to make them inedible. Scratch off or blacken out any personal information that is present on prescription containers. Bag and hide the wastes in a non-transparent bag or container and wrap that with duct tape.

As you follow MPCA's guidance, it is very important that you keep in mind that you need to make the waste pharms unavailable to children or anyone who might accidentally use/ingest them. One of the reasons that people disposed of waste pharms in the past by flushing them was to prevent accidental ingestion, so be sure that steps are taken that this does not happen.

[In the interest of full disclosure, please note I work for the local organization in the Minneapolis/St. Paul area that treats wastewater discharged into our public sewer system. In this article I use the MPCA's guidance as the basis for its recommendations. MPCA is a separate organization with statewide jurisdiction.]

JoAnn Zwack's Raspberry Dessert

(From *Better Homes and Gardens* of the mid-40s, and the first recipe ever published in the *SD54 Newsletter* (1995).

One box of Vanilla Wafers - crush fine
One cup soft butter
Two eggs
Two & one-half cups powdered sugar
Dash of vanilla
One quart washed & dried raspberries
One pint sweetened whipped cream
Butter a 9" x 13" pan and line with most of the vanilla wafer crumbs. Whip butter, eggs, powdered sugar, and vanilla until it's light. Drop by spoon onto the crumbs and spread carefully. Spread the raspberries over the powdered sugar layer. Whip the cream and spread over the berries. Top with the remaining crumbs. Refrigerate.

“Universal Health Care for Minnesota”

Thursday, September 16, 2010

Basswood Room, Roseville Fire Station 1

2701 Lexington Avenue

(Access from Lexington Avenue)

City of Roseville buildings are all handicapped accessible