



Your neighborhood for a lifetime.

MILL CITY COMMONS

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May 11, 2010

MILL CITY MUSINGS

CAVORT!

On Friday, May 14th the Guthrie Theater, our program partner, hosts the Conference About Volunteers of Regional Theatre (CAVORT) and MCC is showing some Midwestern hospitality by providing salads, breads and desserts for lunch! We are looking for members to contribute these light dishes. You are invited to stay for lunch and a brief discussion on the great partnership between MCC and the Guthrie. [Click here](#) for more details and to sign up to bring food!

Mark your calendar for the Mill City Commons Hootenanniversary on June 10th! Details coming soon. In the meantime, [click here](#) to view the Save the Date!

MCC Members-Only Website Update

Have you explored our online vendor directory, accessible only to MCC members, yet? The Mill City Marketplace directory is your one-stop online shop, where you can:

- Find, rate, and recommend vendors in the Mill City Marketplace.
- Refer new vendors to MCC staff for inclusion in the Marketplace
- Learn about discounts offered by participating vendors

Upload your profile picture on the MCC members-only website, and you could win a gift certificate from Spoonriver or CorAzon! Instructions are available [here](#).

Join us for a website workshop at the MCC office in June. We will walk members through the site and answer questions. We are always available to help if you have questions before then. The website exists to make your life easier. Check it out!

All MCC all the time!

Exploring Mindfulness Meditation on May 13, 7:30 - 9 p.m., with MCC member Julie Corty. Join Julie and her co-facilitator Jean Fagerstrom for an introduction to meditation and the practice of mindfulness. This short workshop will be centered on various guided meditations and an overview of mindfulness, its origins in Buddhism and its implications for health and well-being. At the end, there will be discussion of additional meetings for those interested. Register [here](#)!

St. Anthony Falls Lab Tour, this month's member recruitment event, at 9 a.m. on May 15. Join us for a unique opportunity to visit the world's only fluid-mechanics laboratory that uses a natural waterfall as its prime water source! Meet for coffee and an up close and personal look at the falls followed by a tour of the lab itself. Register [here](#)!

Meet the Marketplace! Monday, May 24, 4:30-6 p.m.

Join MCC for a tour of Top Shelf Clothier, one of the newest members of Mill City Marketplace. Owner John Meegan will take MCC members through the custom tailoring process. See and learn about all the details and steps of a perfectly crafted suit. Find out how Top Shelf has become one of the largest sellers of custom clothing in America. The tour offers a unique glimpse into fashion in action and the business of looking good. Be there or bespoke! Carpools available. Register [here](#).

MCC Men's Coffee and Conversation. Thursday, May 27, 7:30-8:30 a.m.

The launch of the MCC Men's Coffee and Conversation Group will feature University of Minnesota Athletic Director Joel Maturi who will discuss all things Gopher! Enjoy a continental breakfast and a fantastic discussion! MCC men only. [Click here](#) to register.



Mill City Marketplace Vendor Spotlight

Hanson Home Fitness has been providing in-home personal training services in the metro area for over 14 years. While competing for the University of Minnesota's gymnastics team, Rob Hanson earned a BS in Kinesiology, sports and exercise science, and All-American honors three times. Rob integrates gymnastics-type movements with functional training techniques for a total body workout with a lot of variety. He believes that working your body as a group of systems working together best mimics everyday movements. His Functional Training will allow you to maintain your active lifestyle throughout your life. If interested in a free consultation/assessment from Rob, and for more information on MCC vendors and discounts, please log in to your account at www.millcitycommons.org.

Neighborhood Happenings

The Next Generation of Parks Speaker Series: London's Green Grid. May 13, 7 p.m. Humphrey Institute Cowles Auditorium, 301 19th Avenue South.

Conceived as a "living network of parks, green spaces, river, and other corridors," London's ambitious Green Grid initiative will improve the quality of open space for people and wildlife, manage water quality and the risk of flooding, improve public health, enhance biodiversity, and link communities. Jamie Dean will present this comprehensive and integrated approach to urban planning. The East London Green Grid is the recipient of the 2008 Landscape Institute's President's Medal and Strategic Landscape Project Award. The entire speaker series is free and hosted by The Minneapolis Parks Foundation (MCC member Cecily Hines is President!) in partnership with the Walker Art Center and the Metropolitan Design Center. Click [here](#) for all the details.

Jazz Thursdays – Dakota Combo Spring Concert. May 13, 8 p.m. Antonello Hall, MacPhail Center for Music - 501 South Second Street.

The Dakota Combo is a septet of exceptional student musicians, selected through open auditions, who rehearse and perform throughout the school year under the direction of Adam Linz, MacPhail jazz coordinator. Admission is free. Call 612-321-0100 for more information.

Art-A-Whirl 2010. May 14, 5-10 p.m., May 15, 12-8 p.m., May 16, 12-5 p.m. Northrup King Building, 1500 Jackson Street NE.

Join the Northeast Minneapolis Arts Association for the largest open studio and gallery tour in the United States. The event features more than 500 artists, including MCC's own Patty Canney! Stop by her studio at 2205 California St. NE #406. [Click here](#) for more info and Maps.

Steve Epp and Dominique Serrand present The House Can't Stand. May 15-May 29. Whiting Proscenium Theatre, Rarig Center, University of Minnesota.

The House Can't Stand follows the story of one lone woman - a life long Republican, her husband dead, her children gone. A chance phone call leads her on an endeavor to prevent a terrible act of violence. Her pursuit takes her deep into the recesses of her mind and the landscape of the American past, on a journey at once comic and poetic, political and profound. Tickets (\$20 in advance/\$25 at the door) are available through the University box office: 612-624-2345 or [online](#).

Dandelion Day Celebration. May 16, 1-4 p.m. Ard Godfrey House.

Learn about dandelions, tour the Ard Godfrey House, and take home a complimentary recipe booklet! Admission is free.

Mill City Farmers Market. Saturdays and Sundays through October 16, 8 a.m.-1 p.m.

Spoonriver owner and Mill City Marketplace vendor Brenda Langton founded the market in 2006. It now features more than 60 vendors, cooking demos, live entertainment, and lots of delicious produce! For more information, [click here!](#)