



# The Como-tion

## Local Motion Comotion--SECIA's Spring Event!

### Como Resources:

- \$5000 deferred payment loans for home buyers. Check [www.mncee.org](http://www.mncee.org)
- Stay informed with **Como Tidbits**. Sign up by just taking a picture:



- Want to here about Safety? Sign up for Como-Partners at Yahoo
- Do or do not, there is no try...

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Our focus is going to be "local motion" and ways you can keep moving in the neighborhood to stay healthy, fit and green. The activities planned so far include: "Dog Treats & People Eats", walk your dog, and self, over to get some treats for each of you at our tent set up outside the park.

**Bicycle Repair Workshop**, learn how to keep you and your bike moving and in tip top shape and things like how to repair a flat (multi-purpose room if raining)

**Yoga at the Park**, attend an outdoor class from a local instructor on how to de-stress and move into a new level of

health through yoga (inside park if raining).

**Community Tree**, A community art project made of suggestions and affirmations for our neighborhood.

**Tuesday, April 23rd 4:00 - 6:00 pm**  
**Van Cleve Park, 919 15th Avenue SE**

## Como's Community Gardens are getting ready to open!

Get in touch with your leafy green side by signing on to help at one of the neighborhood's community gardens for the 2013 season. **Como Corner** at 22nd & Como Aves SE is an ornamental and native plant garden that meets twice a month on Tuesday evenings. They hope to start gardening on April 16th at 6:30pm- Join them!

**Talmage Crossing** ornamental plantings could use more neighbor love! This median and boulevard plantings at 19th and Talmage Aves SE have been designed and maintained by Como residents. Soon, expect to see tulips bursting from the middle of the roadway!

**FairShare Farm** is the communal vegetable garden at 22nd & Fairmount ave SE that still has a few openings. Grow, learn and share together. You can find the registration form at [comogreenvillage.org](http://comogreenvillage.org) website at the bottom on the 'community garden' page. To get on garden email lists

or to be notified regarding activities at any of these community gardens, contact Steph at the SECIA office via

**612-676-1731**  
**Steph@comogreenvillage.info**

## Rec Plus summer program

Make friends, take swim lessons, get exercise, increase confidence, go on field trips, and more! Working parents searching for an affordable quality school-age childcare program? The Minneapolis Park and Rec offers **Rec Plus for children ages 5-12 at Van Cleve Park**. The program offers children opportunities to learn sports, get exercise, go on field trips and make new friends.

**Register Now!**, Program dates are **June 10th-August 16th 7am-6pm**  
**Contact Chad at Van Cleve at 612.370.4802**  
**[ccollins@minneapolisparcs.org](mailto:ccollins@minneapolisparcs.org)**



# Events (<http://tinyurl.com/secomo-calendar>)

## Block Leader Training

Wednesday, April 10 2013 6-8pm  
1911 Central Ave NE

## NE/SE Local Food Resource Hub seed distribution

Saturday, April 13, 10am-2pm  
Garden on Central/Lowry

## Low cost pet vaccine clinic

Saturday, April 13 3-6 pm  
Little Kitchen Food Shelf  
1500 6th ST NE

## Local Motion Comotion-SECIA's Spring Event!

Tuesday, April 23, 4-6 pm  
Van Cleve Park, 901 15th Ave SE

## Celebrate Southeast

Saturday, April 27, 1-4 pm  
Church of Hope, 601 13th Avenue SE

## Healthy Yards, Clean Water workshops for residents

Saturday, April 27, 10-1 pm  
Audubon Park Rec Center, 1320 29th Ave. NE

## SECIA Board Meeting

April 2, 6:30-9:00 p.m.  
Van Cleve Park, 901 15th Avenue SE

## Community Building Committee Meeting

April 9, 7:00-9:00 p.m.  
Brooks Commons, 919 12th Avenue SE

## Livability Committee Meeting

April 16, 7:00-9:00 p.m.  
Van Cleve Park, 901 15th Avenue SE

## Environment Committee Meeting

April 23, 7:00-9:00 p.m.  
Van Cleve Park, 901 15th Avenue SE

## Southeast Como Improvement Association

1170 15th Avenue SE  
Minneapolis, MN 55414  
Tel: 612-676-1731  
E-mail: [secomo@secomo.org](mailto:secomo@secomo.org)



[Secomo.org](http://Secomo.org)

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Permit 30308  
Twin Cities MN

Neighborhood based advocacy benefiting Southeast Como and the entire Twin Cities

## NE/SE Local Food Resource Hub seed distribution

The Local Food Resource Hubs Network supports residents to grow their own fresh produce, helping to ensure greater food security and healthy food access. By joining, you'll also have access to free or low-cost classes, tools, volunteer opportunities and social events. If you are able, please sign up online (<http://www.gardeningmatters.org/hubs>) at least one day prior to the

seed event, though you can sign up at the door too. The NE/SE Minneapolis' seed pick-up is on **Saturday, April 13th, 10am-2pm, Garden on Central/Lowry.** On May 18th, is when the PLANTS will be distributed!




[Comogreenvillage.org](http://Comogreenvillage.org)

