PEDAL POWER

My father gave me a car to paint pictures on when I was seven years old, and when I was 10, he created what I believed to be the coolest bike around. It was frames of different bikes welded together, making it so tall that we had to stand on the roof of his pickup truck to mount it. It had a tiny racer-car-type steering wheel, chrome and black, which he took out of a go-cart. I felt like one of those clowns in the circus when I “drove” it.

I still remember the looks on the faces of the neighborhood kids when they saw us take off on that thing, and I also remember the parents who would not allow their kids to play with us because of it.

I was certain that there must be other minds out there like my father’s, but in the rural area we lived in at the time, he was certainly a pioneer of such things. By my mid 20s I ended up having close friends who also rode tall bikes, and much later in Amsterdam I spotted the most fascinating one yet. It was powered by many people, and in the mid 20s I ended up having close friends who also rode tall bikes, and much later in Amsterdam I spotted the most fascinating one yet. It was powered by many people, including 10 sprockets, 11 bike frames, a 1974 VW bug chassis and a big bicycle wheel complete with spokes used to steer it.

The Pedal Cloud was not Hans’s first attempt at a human-powered vehicle. He and fellow artists Julia Konsinski, Juliana Peterson, and Matt Carlyle first built something more like a human-powered house. It was a fishing house they rode around Plymouth’s Medicine Lake in the winter of 2007 as part of the Soap Factory’s Art Shanty Project. Jack Becker of St. Paul’s Forecast Public Art chased them down on the ice and commissioned the team of 10 to make a soap cruise suitable to ride in parades and festivals to honor the 30th anniversary of the group. That is how the F50 Pedal Cloud was born, and it has been cruising through Twin Cities events ever since.

Having driven unusual modes of transportation myself, I knew what Hans meant when he described people’s reactions to the ride as collection of nice comments and a few heckles. When I asked him how the police react to it he stated, “They just want to know how it works and be assured it has lights at night, which is good.”

The Pedal Cloud has been so popular that Hans would like to see as many made as is possible. “It gets people together in such a simple way, and it’s very intimate,” he says.

If you would like to rent the Pedal Cloud for your warm-weather event, you can reach Hans at pedalcloud.com.

— John Lynx Saussly-Jones

The gusty change of this wild ride turned out to be Kingfield resident Hans Early-Nelson, and the “Pedal Cloud” as he refers to it, is 950 pounds of recycled parts including 10 sprockets, 11 bike frames, a 1974 VW bug chassis and a big bicycle wheel complete with spokes used to steer it.

Election for the KFNA Board & Smorgasbord!

KFNA Annual Meeting
Monday April 20 @ 7-9 PM
Martin Luther King Park
41st and Nicollet Ave. S.

Spring has sprung, the days are hectic, and the last thing you need is to cook another dinner! So on Monday, April 20, stroll on down to MLK Park at 6 p.m. and enjoy, A Taste of Kingfield, a sampling of tidbits and tasty treats from many of our fine local restaurants including, in part, Victor’s, Butter, and Anodyne.

Sample the variety of Kingfield, catch up with neighbors, and then stay for the 7 p.m. Annual KFNA meeting to learn about what is going on in your neighborhood and how you can be a part of it! Seven officers will be elected to the board for 2-year terms. Questions regarding KFNA, its operating procedures, responsibilities, and mission can be directed to Sarah Linnos-Robinson, KFNA Executive Director, sarah@kingfield.org or 612-823-5880.

Free childcare is available from 6:15 to 9 p.m. for kids ages 5-12 by Leonardo’s Basement. To guarantee that it’s available, however, please pre-register by contacting KFNA.

KFNA 5% Exterior Home Improvement Loans

Five loans of up to $10,000 are still available to Kingfield homeowners for their spring exterior home repair projects. There is no household income limit for this program, which is administered through the Center for Energy and Environment (CEE). This funding, along with the 12 loans awarded to residents last year, comes from Kingfield’s Phase II allocation of Neighborhood Revitalization Program funds. Information, including a list of eligible projects, can be found at www.kingfield.org/grant-programs/ or call Jim Hamnik with CEE at 612-338-5885.

ENERGYSCAPES, INC
EnergyScapes, Inc., owned by Douglas Owana-Pike, designs and installs native landscapes that are low-maintenance and energy-efficient. Contact EnergyScapes at 612-823-9797, or visit them online at www. energyscapes.com.

CATALYST CONSULTING GROUP
Catalyst Consulting Group, owned by Nancy Weiss, can provide training and education, process improvement, information design, and documentation services for your organization. Contact Catalyst Consulting Group at 612-823-3341, or visit them online at www. catalystconsultinggroup.com.

We know these businesses represent only a few of the many here in Kingfield. Through the Kingfield Small Business Board (KFNA), KFNA encourages its members and others to update the list of businesses on our web site. It is a great way to provide information about your business or services to potential customers.

SHOPPING LOCAL:

If you own a small business or home based business within Kingfield, please consider completing the online form at: www.kingfield.org/small-home-business-survey/

At KFNA we repeatedly hear that Kingfield neighbors value their community, want to support local businesses, and really want to support their neighbors in their community. But due to a lack of signage or other outward advertising, neighbors may not know that a small business near them exists.

KFNA is trying to determine how to best support our small neighborhood businesses, including home-based businesses. Home-based businesses actually help keep our neighborhood safer (more people home during the day with “eyes on the street”), help the economy and vitality of other small businesses in the neighborhood (how many meetings occur at Anodyne or Carli Tea- pots?), and help the environment by cutting down on driving, especially during rush hour.

KFNA would like to keep those businesses thriving, and one way to is connect neighbors to other neighbors. Wouldn’t it be great to fill all your tax-preparation, back-alignment, or photography needs close to home? (Not to mention your needs for graphic design, group facilitation, music lessons, or…?)

For example, among the residents of the 3800 block Pillsbury, more than half a dozen are small business owners. Some own home-based businesses, some own businesses with offices in Kingfield, and others are owners of businesses headquartered outside of the neighborhood. Here are a few of them:

SACRED SPACES
Loretta Spył has owned and operated Sacred Spaces for seven years. Her business specializes in housecleaning, de-cluttering, and organizing. Typical clients are families, couples, and individuals who desire more order and calm in their lives. Sacred Spaces can be reached at 612-824-1303.

WISDOM HORSE COACHING
Wisdom Horse Coaching, co-owned by Lynn Bankfield, leads clients through interactive exercises with horses. The company offers customized individual coaching programs and personal retreats, as well as corporate team building and leadership training. Contact Wisdom Horse Coaching at 612-823-7022, or visit them online at www.wisdomcoaching.com.

It might be as easy as walking next door!

ENERGYSCAPES, INC
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— Marshall Onstad

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The Kingfield neighborhood runs from 36th to 46th Streets, between Lyndale Avenue and 35W.

KFNA Office Location: The Center for Performing Arts
Room 101 • 3754 Pleasant Ave. S.
Minneapolis, MN 55409
Phone: 612.823.5980
E-mail: info@kingfield.org
Website: www.kingfield.org
The KFNA board meets the 2nd Wednesday of the month at 7 p.m. at Martin Luther King Park, 4055 Nicollet Ave. S.

2008-09 KFNA BOARD OF DIRECTORS:
Mark Brandow .... 612.306.0044
David Bruer .... 612.822.9601
Chris DelPare
Secretary .... 612.823.0182
Arthur Knowles .... 612.823.0182
Vice President .... 612.823.0182
Tom Parent .... 612.823.0182
Karen Pieper .... 612.822.2304
David Potzky
Dave Ruddius .... 612.396.3472
Joly Lynn Rausely-James
Prenin ..... 612.777.0544
Kathyrn Schleisman .... 612.822.4690
Cherie Shively ..... 612.823.2310
Marie Wolf .... 612.823.3292

KFNA STAFF: Executive Director
Sarah Knowles-Bluhm .... 612.823.5980
Project Organizer: Sarah Gleson .... 612.823.5980x1

KFING FIELD NEWS
If you are interested in writing, editing, designing, or taking photographs for the Kingfield News, call KFNA at 612.823.5980 or email at info@kingfield.org.

## Thank You Kingfield Neighbors and Businesses!
**Your amazing support of KFNA and the work we do with you builds a more cohesive, better connected, actively engaged community!**

As a result of our fundraising request this past winter, in spite of a national financial crisis, neighbors and our small business community donated over $8,000 to KFNA, your neighborhood nonprofit!

This is an impressive and important amount of money to KFNA. For example, this amount of money can cover a large portion of KFNA’s communication costs for an entire year including phone and internet connection, website, and e-mail list development and maintenance, and production of this quarterly newsletter. Alternately it could also cover the entire insurance for the organization and permits for our off-site events and activities, rent and office expenses for the year, and the cost of bookkeeping and payroll services.

Needless to say — looking at those numbers — we run a pretty streamlined organization that is largely fueled by volunteer power and initiative. For this, we are also very thankful, for our volunteer hours even outweigh the cash contributions from 2008. Thank you all!

**KFNA THANKS OUR 2009 BUSINESS SPONSORS:**

**Anodyne • Butler • Curtis Walker, Attorney at Law • Dunn & Sommington • Gey Toey • Johnson Design etc.**

**The Lander Group • Nicolle-Ace Hardware • Odd’s Ends • Plymouth Church Neighborhood Foundation**

**Quality Coaches • Rau • Barber • Ungerman Construction • Victor’s 1895 Café**

**POSIBILITCASE • 4243 Nicollet Ave. S. 612.825.3373 or 612.825.1971**

## Going Geothermal

You may think a geothermal heating system is only being used for new construction or “somewhere” in the suburbs. But Martha and Rich Ingram of Kingfield have shown that a geothermal system can be retrofitted to a 1915 house as well.

When coupled with cleaner grid energy, a geothermal system can help save energy and reduce CO2 emissions in both the heating and cooling of your house. The system works by “pumping” heat to, or from, the earth near your home.

Because of the Ingram’s limited yard space, adaptations were made. Their ground loops needed to be drilled vertically instead of being routed in a horizontal excavation. Four holes were drilled 180 feet deep to provide enough heat transfer for their 4-ton capacity heat pump. A down-and-back tubing loop was inserted into each hole, and then an insulation backfill material was used to prevent thermal conduction from one tube to another. An 8-foot deep trench was used to connect and route the tubing to the bottom of the basement wall. All the work for the vertical loops was completed in five days.

A new Eonar heat pump was installed in the basement alongside the Ingram’s existing hot water boiler. The heat pump is a forced air system, which uses slightly larger ductwork than a conventional system. The Ingrams added new ductwork to their house last year in preparation for the new geothermal system. Geothermal pumps can also use radiant floor heating, but typically do not work for hot water radiators in older houses due to the higher water temperature requirements.

The Ingram’s heat pump is a 3-stage system, which can provide both heat in the winter and air conditioning in the summer. The first two stages use different fan speeds to control the heat provided. The third stage adds a resistive heating element to provide any additional heat needed on the really cold days, which is more cost effective than sizing the heat pump for worst-case conditions. Since they have kept their existing boiler, they can qualify for the Excel Ener dy dual fuel program and get their heat pump electricity at discounted rates.

The cost of a vertical system like the Ingram’s is around $20,000, with the cost of the drilling representing about half that total. A horizontal system is typically cheaper, if you have the space.

A geothermal system is typically 3 to 4 times more effective than a standard heating system, translating into substantial energy savings and lower utility bills. The payback period on the investment depends on actual installation costs, rebates, efficiency of the existing system, increased home value, and fuel or electrical energy costs. The minimum payback period is probably around 5 years, and it could be as long as 30 years for more expensive installations.

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**- Tom Parent, KFNA President**

## NEW SALON IN THE NEIGHBORHOOD

Possibilithouse Unicef Spa raised a few eyebrows before it opened in late January. We are pleased to report it is “The Spot for Hair and Skin,” rather than any other business focus that the name may conjure up!

Hair care services include cutting, styling, curling, relax, conditioning, and extensions. Skin care services include facials, eyelash and eyebrow treatment, and waxing. They cater to both men and women.

Trenner is the hair care specialist, and Kathy Smith is the skin care specialist.

**- Dave Peichl**

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**EYES ON THE STREET:**
A new tool on the KFNA website for neighbors to use to share crimes and concerns. Visit Kingfield.org for more information.
RiverLake Greenway Plan Update

An open house for the RiverLake Greenway was held this winter to gather public feedback on proposed design options for the remaining portions of this 4.5-mile greenway on 40th Street. Starting at 40th and Nicollet, the route connects Lyndale Farmstead Park and the Mississippi River. The trail extends from 33rd to 15th on Nicollet, to the River, all part of the City’s 5-year bike plan, were the subject of the February 4 meeting.

According to Eric Borden, the City of Minneapolis engineer working on the project, “Planning [of Phase III of the project] is expected to be complete in 2009, and we expect to complete construction of the current project scope in 2010. We are now in the final stages of something that has been a very long time in the making.”

He’s not kidding about how long this project has taken. The RiverLake Greenway was conceived by Kingfield residents Steve Brandt and Steve Jevning as far back as 1999. The Kingfield-Francis Park route was the first section completed in 2004. In this first planning phase, Kingfield businesses and residents expressed concerns about the original design. Concessions were made, adjusting the amount of parking to be eliminated and placement of the bump-outs.

Plans to convert 40th Street into a bike boulevard along some sections, and a sharrow (shared car and bike lane) along other sections. The plan will now preserve on-street parking along much of the route, only reducing parking to a single side of the street. On this route, the street will be too narrow.

Numerous concerns were raised by attendees about the safety of the proposed crossings at major streets, the quality of bike routes, and concerns about the implementation of the project. Borden, he later confided, “I think the Greenway plan will be a huge improvement and I plan on biking along this route at some point!” You can see more information on the current plan that will satisfy everyone.” Borden sees the RiverLake Greenway as more of a commuter route than a parkway.

Phase III of the RiverLake Greenway project is expected to cost slightly more than $1,000,000. Construction costs will be shared by the city, the state, and the federal government. The City will budget $100,000 for the project, and each neighborhood will be asked to contribute $50,000 toward the project. The rest of the funding will come from a TEA-21 grant (Transportation Equity Act for the 21st Century) from the federal Department of Transportation.

Neighborhood News

Kingfielder Lori Wilson talks to the street with her notepad and camera to ask residents about their neighborhood and Kingfield and asks residents to share their feelings:

Q: WHAT ACTIVITIES ARE YOU LOOKING FORWARD TO AFTER THE WINTER THAW?

MATT: Seeing and hanging out with my neighbors. I live on a great block, and everyone tends to shut off in the winter.

TERESA: I love going on aimless walks with no clue where I’m going and just soaking in little details on every street. It’s a cheap thrill!

LEAH: I can’t wait to run outside when the snow starts to melt! I also am really excited to be able to play tennis outside again.

Q: WHERE DO YOU ENCOURAGE NEW KINGFIELD RESIDENTS TO VISIT?

MATT: I would say Minnehaha Creek. It’s not exactly in the Kingfield neighborhood, but it is a great place to see some of the most beautiful traffic of people at the Lakes. Minnehaha is a beautiful place, and no one is ever there.

TERESA: I’d like to put in a plug for Roadrunner on Nicollet. It’s a record and CD store, and any weird music need you have will get filled here.

LEAH: I would definitely suggest Art & The Artist’s Cafe! I love that place. If it were summer, I’d tell them to take a walk to the Rose Gardens and that plant shop next to the library.
When we heard the outcry for fresh food in the neighbor-
hood over 8 years ago, we went to work creating the Kingfield Farmers’ Market. Now that the mar-
ket is running on its own, KFNA has began to look for additional ways to bring fresh food into the neigh-
borhood. As a first step, KFNA staff and a handful of neighborhood volunteers have begun researching pro-
grams that help neighbors grow vegetables in their own yards—talk about local produce! The following is a bit of information on the programs we have been researching. If at least a handful of resi-
dents are interested in participating in each program, we might grow a community of urban farmers and a network of urban farms in Kingfield.

**Backyard Harvest Program**

In 2009 is the pilot year for the Backyard Harvest pro-
gram, which will be focused on clusters of 5 to 6 custom-
er areas in Minneapolis and St. Paul. Backyard Harvest
approached KFNA because they recognized Kingfield as
an organized progressive neighborhood with an inter-
est in local foods and green living in general. If KFNA
an organized progressive neighborhood with an inter-
rest in local foods and green living in general. If KFNA
had a ticket’s on us!

**Urban Gardener Program**

If you would like to grow your own food but do not have a
yard or sufficient sunlight in your yard to do so, there are
still options. Participants in the Urban Gardener program can choose to garden at home, in the Sabathani Community Garden, or in a different community garden. Gardening Matters is an organization that works to promote and preserve community gardens across the Twin Cities. Search their Garden Directory to find one near you at [www.gardeningmatters.org](http://www.gardeningmatters.org). Better yet, if you know of a vacant lot or underutilized yard belong-
ing to a church or school, contact them and see if they can help you turn it into a community garden!

**UrBanGArden**

If you would like to become an Urban Gardener and learn about growing food at a series of six classes. Classes start April 4 and run through May 16th. Sat-
urdays from 9 a.m. to 11:30 a.m. at Sabathani Community Center, 310 East 38th Street, Minneapolis.

**GreenGardeners**

URBAN GARDENER classes are geared to both be-
ginning and experienced gardeners, and those who have limited access to fresh produce are most strongly encouraged to enroll. Classes cover the basics of start-
ing plants from seed, preparing the soil, designing a garden plot, and maintaining a healthy garden. Urban Gardening Mats are an organization that works to promote and preserve community gardens across the Twin Cities. Search their Garden Directory to find one near you at [www.gardeningmatters.org](http://www.gardeningmatters.org). Better yet, if you know of a vacant lot or underutilized yard belong-
ing to a church or school, contact them and see if they can help you turn it into a community garden!