Check it Out!

The Stone Arch Bridge
If you walk out Emanuel's front door and head downhill on Chicago Ave, you will come to the Guthrie Theater and the Mill City Museum. Walking down the plaza between them, you will see the Mississippi River, and a big stone bridge going across it. This is the famous Stone Arch Bridge, and it’s one of the most well-known tourist spots in the entire city. Let’s check it out! The Stone Arch Bridge was built in the 1880’s to carry railroad trains across the Mississippi River. It took almost two years to build it, because all of the work had to be done by men and horses! None of the big construction equipment we have now! The bridge is 2100 feet long (almost half a mile) and 78 feet above the river. Most bridges across rivers are straight, but if you walk across the Stone Arch Bridge you will see that it has a curve in it. That’s because West River Parkway was once railroad tracks and the trains had to be able to make a gradual turn as they moved onto or off the bridge. The last train to use the Stone Arch Bridge was in 1978. Then the railroad tracks were removed and the bridge was re-surfaced for bicycles, runners, and walkers. It has been open to the public since 1994. Go check it out!

- Jeff Pert

It's A Girl!

Congratulations to Emanuel’s Housing Program Director, Louisa Montague, who had a beautiful baby girl named Dorothy (also known as Dottie) on March 3, 2017. Louisa took two months off after the baby was born, and she returned to Emanuel in early May. We’re happy to have her back, and happy to hear that she and Dorothy are doing so well! - Jeff Pert
While being in recovery I've heard plenty of people say..."It's not easy", or "It definitely has its up's and downs." Personally, I've learned new ways of channeling that negative energy to think towards the happier things that make recovery so much more livable in a content state of thought. This is why I've been participating in the E.A.T. and Emanuel Newsletter. It's given me the opportunity to sit down and get to know other tenants that live here at Emanuel. It gives me pleasure to bring to light tenants with exceptional talents and hobbies! This month is focused on Tom who has been a part of Emanuel since January 2015. Tom plays a variety of instruments such as drums, guitar, and a few others. Not to mention, Tom has amazing vocal skills which he had the pleasure of hearing! Tom has played in multiple bands in his life; their names were "Wise Guy", "Touch and Go", and "The Symptons". Not only is Tom a super badass with music, he has experienced great adventure throughout the years. Tom has lived in the Virgin Islands. He has also traveled from Cancun to Honduras on a 2 ½ month long bicycle trip with the Buettner Brothers. Dan Buettner is a best-selling author of "The Blue Zones". Tom has experience in audio visual media production. Needless to say, Tom is an amazing person who is finally embracing being in recovery. Living, not just existing, is such a rewarding part of being sober and clean. We all have experienced the unfortunate and traumatic parts of this life, let's now start to understand that things do and will get better if you allow them to. Take your new life and embrace the positive, set aside your fears, and live. Get up, get out, and start to enjoy living. If anyone would like to be featured in an upcoming Tenant Talent article please feel free to contact your case manager or Lakeshia in Apartment 214.

-Lakeshia Thedford

Thifty Tips

Mill City Farmers Market
The Mill City Farmers Market is held every Saturday morning, rain or shine, from 8am-1pm on the outdoor plaza between Mill City Museum and the Guthrie Theater. You can get all kinds of good food which was produced by local farmers in Minnesota and Wisconsin. You can use your EBT card at the farmers market! Just go up to the information booth and tell them how much money you want them to take off your card. Then they will give you little wooden tokens for whatever amount you requested. You can use these tokens to buy whatever food you want at the market, as long as its EBT eligible. (No hot food from food trucks, for example.) Normally you would also get up to $10 worth of extra dollars to help offset the fact that food at the market can be kind of expensive. These extra dollars are called Market Bucks and they really help a lot! Sadly, the Market Bucks program is discontinued right now due to budget cuts, but we hope to have it back by late June! We'll keep you updated on this!

-Jeff Pert

Yoga Class Was Popular!
Every Friday morning during the month of May, Emanuel had a yoga class in the computer room, taught by a group of visiting instructors. The class was popular with both tenants and staff, and Emanuel provided yoga mats for everyone to use! (You can sign out a yoga mat at the front desk!) Yoga can be either easy or difficult, but this was a beginner's class so it was really easy! The instructors were very patient in explaining everything, so it was a great introduction to this healthy and relaxing activity!

-Jeff Pert
Most of us know Michael because he is an important part of our Emanuel family. But, I bet you didn’t know he was part of Drug Court, he lived at Alliance and was active in the Tenant Council which is similar to the Emanuel Activity Team (E.A.T.). His hobbies include fishing, watching wrestling (WWE) and basketball. Michael was born in a rough area in Chicago and he fell in with negative people because that’s what people did in that area. But Michael knew there was more to life. He wasn’t sure what, just that he was better than this. Michael saw an opportunity and moved to North Minneapolis. Life was better but he was still caught up in using heroin. After losing everything and even more negative consequences, he went to Eden House. While there he decided he was ready to change his life. From Eden House he moved to Alliance Apartments where he knew in order to keep moving forward he needs to take an active role in his life. He joined the council and helped with tenant events. He volunteered at PPL and started working at RS EDEN part time. Michael has no regrets because his past struggles have made him the man he is today. Life now is completely different from where he started. He has a peaceful home in Richfield. He recently got full custody of his 4 year old son and married Star who also worked for RS EDEN as a front desk staff. Michael isn’t done! He plans on going back to school and getting his boilers licenses and dreams of starting his own company. 

-Juan Zabala

**Computer Fun**

This month I’d like to share with you an interesting web site called Twitch TV. This site is dedicated to the gaming community. What this site does is it allows you to choose a game of interest and then a streamer to watch them play the game LIVE. There are many streamers to choose from. You can also have a real-time chat conversation with the streamer and folks from all over the world about gaming, so awesome. You would need to create an account with only your E-mail address and password if you wanted to participate in the chat segment, or observe with no account necessary. Just find them on the web at www.twitch.tv. While Twitch TV is a great resource for reviewing a game before buying it, or if you don’t have a PC powerful enough to run the game, tuning into a game channel offers great entertainment. Though you are able to communicate with others on this site, Twitch TV is not a hub for sensual material or sexual chat; in fact, most channels will provide a basic guideline for expected behavior while communicating on their channel. There are channels where language could be offensive to some. From my experience, 90% of the channels are pretty mellow and genuinely fun.

**IMPORTANT:** Any time we communicate on the web we need to be careful because there are many people capable of taking and misusing your personal information. Always be cautious about giving your full name, precise geographical location, phone numbers, credit card information, or any other personal information. I wanted to share Twitch TV with everyone because I find it helpful in giving incite on games in which you might be interested in buying or strategies to gameplay. I hope you enjoy using this website for yourself, so come on everybody, "Let’s Do This!"

-Joe

**FREE Event: River Rats Ski Team**

River Rats Ski Team has FREE shows every Thursday night at 7pm starting Thursday, June 8! It’s on West River Parkway just before Broadway! You can take a picnic and a lawn chair, or you can buy a hot dog there and sit in the grass. Perfect to walk to, bike to, or take the bus to! Great free fun!
Being into music has always been something that has been my security. Going to shows, mainly heavy metal has always been therapeutic for me. Screaming, dancing, and slam dancing. Music has played a big factor in my sobriety. I love going to shows of a band who I have followed for ages. I recently went to a Testament show with openers Sepultura and Prong. This is a show that I would have never missed. I was there even before the show began. Watching the mosh pit, seeing the crowd surfers. Everything you see at a heavy metal concert has always been a blast for me. So with this article section I will always put dates out when there's a good show. It's not just going to be one type of music, but many. I keep track of music and shows in Minneapolis, even plays or other types of shows at the Science Museum, Minneapolis Institute of Arts, and the Guthrie Theater. Anything to get us out of our apartments and doing something exciting is always nice to have for us in recovery. I don't struggle with alcoholism very much anymore. But I do struggle with other things. I put on my strong skin when I'm attending a show. This is going to be more of an introduction article to what I'll be doing in the future. So next article I will have dates and names of shows coming up. I promise it'll be a little bit of everything. Stay tuned.

-Greg Earth

Recipe: Almond Joy Magic Cookie Bars

Cookie Crust:

1/2 cup butter, room temperature
3/4 cup brown sugar, packed
1 tsp. vanilla extract
1 egg
1 cup all-purpose flour
1 cup chocolate graham cracker crumbs (about 8 crackers)
1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup semi-sweet chocolate chips

Layers:

3/4 cup mini semi-sweet chocolate chips
1 3/4 cup shredded sweetened coconut
1/2 cup sliced almonds
about 12 oz. sweetened condensed milk (not quite one can)

Preheat oven to 350 degrees. Line an 8x8-inch baking pan with parchment paper, leaving a slight overhang for easy removal and spray with cooking spray; set aside.

Crust: In a large bowl, cream together the butter and brown sugar, using a hand mixer, until smooth and creamy. Add the vanilla and egg and mix until combined. Add the flour, graham cracker crumbs, baking powder and salt and mix until fully combined. Stir in the chocolate chips. Press graham cracker dough evenly into the bottom of your prepared baking pan. Bake for 5 minutes.

Remove from oven and sprinkle with the mini chocolate chips, coconut and sliced almonds. Drizzle the sweetened condensed milk over the top and sprinkle with reserved mini chocolate chips. Remember the pan is hot and return to the oven and bake for 25-30 minutes until set. Loosely tent the pan with aluminum foil halfway through baking time to prevent the coconut and almonds from browning and rotate the pan in the oven.

Allow to cool at room temperature for 30 minutes and then stick in the refrigerator to cool all the way through. Cut into 9-12 squares. DO NOT cut the bars while warm.
Across

4. ______ to believe.
6. where drugs and alcohol will take you, jails, institutions and ______.
10. ______ is the answer to ALL my problems today.
11. If you can't do "One Day At A Time" then Do One______ At A Time
13. what is it called when a person drinks or drugs for days or weeks on end??
14. a feeling the someone wronged you...but you also had a part to play in it that you have not realized just yet.
16. what is Bill W.'s wifes first name?
18. what is it called when a person drinks or uses again after being clean and sober for a period of time?
20. how many people do you need to have an AA meeting?
21. the feeling of wanting to use drugs.
22. 90 ______ in 90 days.
23. the only requirement to become a member of AA is the ______ to stop drinking
24. How many people did AA have in 1939

Down

1. what is the word used for when you dont remember what happened after drinking or drugging??
2. we shall not _____ the past nor wish to shut the door on it.
3. What is the step that's a No NO...Most don't know
5. AA is a _______ of men and women who share their experience, strength and hope with each other.
7. what step is this?? turned our will and our lives over to the care of god "as we understood him"
8. made a searching and ______ moral inventory of ourselves.
9. complete this phrase..higher ______.
10. What city is Bill W. from
12. a group of recovering people that you keep in touch with and talk to on a regular basis.
15. AA has Twelve Steps and Twelve
The Emanuel Activity Team (E.A.T) is throwing a Fiesta & Siesta on Saturday, June 17th from 2:00pm-6:00pm! There will be Spanish themed food and we’ll watch the movie “Three Amigos”! Want to volunteer or contribute food? Talk to a case manager or sign up at the front desk! Don’t miss out!
Pet Spotlight: “The Box”

Driving down the Georgian Highway, Rodney says to himself, “today I’m not going to be killing anything”. He brings his big rig to a stop in the middle of the road in front of a box. This box he had seen on the road in front of him and wasn’t concerned until a little head popped up; he couldn’t just drive right over it more than likely killing whatever was inside. Rodney had been a long haul truck driver for more than 20 years and never came across anything like this before. Inside the box were 5 kittens, 2 of which were already dead. Upset by what he’d found, he took the two dead kittens to the side of the road and buried them. As he went back to his rig, a cop car pulled up and after a few words about what was going on the officer told Rodney to follow him. Rodney was sure he was going to be arrested or at the very least given a hefty ticket. He followed the officer into a parking lot behind a small strip mall where the officer motioned to him to come with him along with the kittens. He brought him to the front where there was a veterinarian hospital. Surprised and relieved, they got in to have the brood looked at. The vet gave them shots and fluids then followed by a $300 bill. With little thought Rodney paid the bill and gave one of the kittens to a little girl and her grandmother that he’d just met in the waiting room and the other to the officer that brought them there. Happily forced to keep the last one for himself, he goes back on the road now with a companion. Puddin accompanies Rodney on many a route over the next few years always a constant reminder of that fateful day and that box of kittens.

-Pet Spotlight: “The Box”

Poetry

What is a true friend?
A true friend says what they think their friend needs to hear even when they know that their friend may get angry.
A true friend doesn’t leave when the fun stops and things get uncomfortable.
These are just the values that real friends hold dear.
In short, a true friend recognizes the value of the friendship and holds it sacred.
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**Morning Coffee:** Catch up with your neighbors and case managers over a cup of hot coffee & conversation at 9:00AM!
- Mondays: Juan
- Tuesdays: Louisa
- Wednesdays: Juan
- Thursdays: Hanna
- Fridays: Tamie

**Yoga Practice:** Practice yoga with an Emanuel peer.

**Newsletter Meeting:** Join the staff, submit a game, drawing, idea or article. Or just come & help staple/deliver!

**E.A.T. (Emanuel Activity Team):** Fellowship & fun; come and be a part of creating the community where you live!

**Yoga Class:** Practice mindful relaxation and breathing techniques, find new strengths. Beginner’s yoga with instructors!

**Garden Club:** Help make the courtyard look beautiful; grow fruits and vegetables in our own backyard!

**Mill City Singers:** Sing with your Mill City neighbors in a choir! Everyone is welcome!

**E.A.T. Event:** *Fiesta* (tacos, rice, Mexican corn & more!) & *siesta* (movie night)! Watching “Three Amigos” an adventure/comedy.

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For this year’s 'Minneapolis Movies & Music in the Park', see the long list at the front desk! There is local music to be heard and movies to be seen almost daily– for FREE!