

Having trouble viewing this email? [Click here](#)



Neighborhood News and Notes

In This Issue

[Come Celebrate at Target Field](#)

[Number of uninsured grows](#)

[Project Empowerment](#)

[March's Healthy Recipe](#)

[Bunny Breakfast](#)

[Fremont is on Facebook](#)

[Community Calendar](#)

Join Our List

Quick Links

[Fremont Community Clinics](#)

[Minnesota Dept of Health](#)

[City of Minneapolis](#)

[Help provide health care for all](#)

[InsideNorthside](#)

[Northwest Minneapolis Business Assoc.](#)

[West Broadway Business Coalition](#)

[Northside Arts Collective](#)

[Northeast Minneapolis](#)

Issue: 12

March 2010

40th Anniversary Gala at Target Field

Our 40th Anniversary Gala Celebration will take place at [the new Twins stadium, Target Field](#), on Monday, May 10th, 6p-10p.



Help us celebrate in one of the most elegant gathering spaces in the Twin Cities.

You'll be one of the first to gain access to the exclusive club level, get a chance to take your picture at Home Plate and sample the stadium's exclusive Club menus and refreshments.

Hit a Home Run for affordable community health care by attending Fremont's 40th Anniversary Gala. For more info, contact Donna Budde at budded@fremonthhealth.org or 612-287-2427.

Number of uninsured in MN rises by 100,000

The number of [Minnesotans without health insurance](#) rose to 480,000 in 2009, a sharp jump from the 374,000 in 2007. Fremont Community Clinics offers a sliding fee scale so those without coverage can get the medical care they need. We also have staff that can help those eligible apply for public insurance programs.



Project Empowerment at Sheridan Clinic

[Arts Assoc.](#)

[Northeast Neighbors and Business Assoc.](#)

[Live near your work](#)

Join Our List

Join Our Mailing List!

Central Clinic
2610 Central Ave NE

Fremont Clinic
3300 Fremont Ave N

Sheridan Clinic
342 13th Ave NE

For an appointment:
612-588-9411

www.fremonthealth.org

Join Our List

Join Our Mailing List!

Project Empowerment's monthly meeting comes to Sheridan Clinic on Thursday, March 11th, at 9:30a. Join members from various non-profit, public and private agencies and businesses with the goal of improving the health, stability and safety of our neighborhoods. Refreshments, tours of the remodeled clinic and more. For more info, jmickelson@fremonthealth.org or ann.forester@co.hennepin.mn.us.



Recipe: Black Skillet Beef with Greens & Red Potatoes

Healthy **and** delicious is possible. Monthly we share recipes that are both - like Black Skillet Beef.

Ingredients: 1 lb top round beef, 1 tbsp paprika, 1 1/2 tsp oregano, 1/2 tsp chili powder, 1/4 tsp garlic powder, 1/4 tsp black pepper, 1/8 tsp red pepper, 1/8 tsp dry mustard, 8 red potatoes - halved, 3 cups finely chopped onions, 2 c beef broth, 2 lg minced garlic cloves, 2 lg carrots peeled and cut into thin strips, 2 bunches mustard greens, kale or turnip greens - stems removed and coarsely torn.



Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper and dry mustard. Coat strips of meat with spice mixture. Spray a large heavy skillet with non-stick spray coating. Preheat pan over high heat. Add meat; cook, stirring for 5 minutes. Add potatoes, onion, broth and garlic. Cook over medium heat, covered for 20 minutes. Stir in carrots, lay greens over top and cook covered for about 15 minutes. Serve in large serving bowl with bread for dunking.

10th Annual Bunny Breakfast

The 10th Annual Bunny Breakfast will be Sat, March 27 at Folwell Park. The event is from 9a to 11a and includes photo opportunities with big bunnies, face painting, music, goodies and "make and take" crafts. Pancake breakfast served by the [Camden Lions Club](#). Children under 12 eat free, 13 and older \$3.00. Donations of used



eyeglasses are being accepted by the Camden Lions. For more info call Mary Ann 612-521-2100.

Become a Fremont Fan on Facebook

Fremont Community Clinics is on Facebook. Become a fan for the latest info on health care, disease management and more. [Fremont's Facebook page.](#)



March Community Calendar

If you have an event for our April newsletter, e-mail info to jmickelson@fremonthhealth.org

March - AARP volunteers are offering free tax preparation to low-income seniors, Tuesdays 1:30-4:30p and Wednesdays 5-8p at East Side Neighborhood Services. Call 612-781-6011 for an appointment.

March - The Friends of Sumner Library is seeking donations of good condition books, CDs and DVDs for its book sale on May 1st. Contact Natalie Hart at nhart@hclib.org.

March 2nd - Personal Safety Workshop 6:30-9p, Lucy Craft Laney School, 3333 Penn Ave. N.

March 3rd - Hennepin County and City of Minneapolis Career and Community Resource Fair. 9:30a-3p at the Minneapolis Convention Center.

March 6th - [Inside Northside Workshop](#), 1p-2p at North Regional Library, 1315 Lowry Ave. N. Join this grassroots effort to create a North Minneapolis information hub.

March 9th - On-line ticket sales start for the Beatles Sing-A-Long Scholarship Fundraiser to be held April 9th at the Capri Theater. Song requests can also be submitted on-line at the [CMS website](#).

March 11th - Kaleidoscope Place's Youth Job Fair, 2400 Park Ave. South, 5p-7p. On the spot interviews, food will be served. Contact: Karen@kaleidoscope-kids.org.

March 13th - Family be Red Cross Ready event 10a-12p. Learn how create your own Emergency Plan. For details on location and registration, contact Daniel Bradford 612-460-3668.

March 15th - Deadline for applying for no-cost home repairs though a collaboration between [Windom Park Citizens in Action](#) and Rebuilding Together Twin Cities.

March 15th - Spring Registration begins for the [Camden Music School](#) - spring term runs April 5th to June 12th.

March 27th - 10th Annual Bunny Breakfast, 9a-11a, Folwell Park, 1615 Downling Ave. N. Pancake breakfast, photos with the big bunnies, face painting, music, goodies and crafts.

Other resources for local events are [Northeastern and North News](#), [Camden News](#) and [InsideNorthside](#).

**Save
The
Date
Fremont Community Clinics'
40th Anniversary Celebration
May 10th at Target Field**

For information on event tickets, sponsorships, donations, contact Donna Budde at budded@fremonthealth.org. Hit a home run for affordable community health care!

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to info@webbercamden.org by jmickelson@fremonthealth.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



John Mickelson - Fremont Community Clinics | 3300 Fremont Avenue | Minneapolis | MN | 55412

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to info@folwell.org by jmickelson@fremonthealth.org.

Email Marketing by



[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to maryann@folwell.org by jmickelson@fremonthealth.org.

Email Marketing by

