



Two elected to BP Board

Ted Dageford (Building 10) was elected as the new member to the Birch Pond Board of Directors at the Sept. 14 annual meeting. Peggy Jacobson (Building 10) was re-elected to her second three-year term. Thanks to Pam Gunderson (Building 10), out-going board member, for her three years of service.

Welcome New Residents!

Edward Greacen
303, Bldg. 10

Lori Meyer
310, Building 10

In Memory

Frank Drey
Sept. 27, 2015
Building 20

Virginia Koziol
Sept. 24, 2015
Building 20

2015-2016 Birch Pond Association Board

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Association Property Manager
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Direct: 952-567-6829
Main Office: 952-277-2700

Enjoy fall at Silverwood Park (but be careful crossing the street!)



The activity doesn't slow down at Silverwood Park in the fall and winter. Enjoy the fall foliage and the quiet of snowfall on the trails. Take part in classes. Warm up around the fireplace with a cup of coffee in the Visitor Center. Here is a sampling of activities and events in the coming weeks. For complete information and more events and activities, visit www.threeriversparks.org/parks/silverwood-park.

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A grandfather's healing touch

Like any little girl, Quinn Spinks is the apple of her grandpa's eye. So it's no surprise that Jerry Portlance (Building 20) has spent most of his time in Texas this year helping out as Quinn battles a rare form of childhood cancer. Quinn, 3½, is the daughter of Jerry's daughter, Michelle, and her husband, Dr. T.J. Spinks, who live in Georgetown, TX.

A year ago, a lump was found in Quinn's groin that at first was thought to be an infection. But further tests and a biopsy determined it was yolk sac cancer, which is found in children three years and younger. It was operable, treatable and curable.

As Quinn began chemotherapy, Jerry journeyed to Georgetown to help out by looking after his

two grandsons, Blake, 14, and Stirling, nine. "Besides babysitting and just being there to help in any way, I did a lot of chauffeuring since the boys are very active in football, soccer and track," Jerry said. "T.J.'s parents live locally so they looked after Quinn when her parents were at work. Two-on-one was really helpful in caring for her."

Quinn underwent five months of chemo with two types of medication—a cocktail. A month ago she had extensive surgery to remove a tumor the size of a golf ball. From the back, the surgeons took out the tumor in the lower lumbar and a section of her tailbone. From the front, surgeons cleaned and removed tissue and one lymph node.

"It looks clear at the present time," Jerry said. "Every two to four weeks she'll have her blood checked as cancer leaves a marker in your blood. If numbers go up, cancer could be somewhere. So far her numbers have stayed down, dropping from 50,000 to 12. There are no new cells; the ones that are still present are old and don't produce new ones." Quinn is recuperating well and is now in the daycare at church.

Jerry said that Quinn has been a resilient and happy child through it all and has shown no aggressiveness. "She gets a lot of TLC from her parents and brothers; she's the center of attention."

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S'no joke!

Like it or not, the snow will be flying soon. With that white stuff comes snow removal. The new vendor for the Birch Pond complex, Passau Lawn Care, will plow when 1½ inches of snow falls; cleanup is typically within 12 hours after cessation.

For storms and heavy snow falls and clean-up we always try to post a notice for homeowners to remove their vehicles from the parking lot.

Birch Pond relies on volunteers to shovel the sidewalk and entryways, especially the light snowfalls. Thanks to all who help out with shoveling and spreading sand and salt.

Fall fun, winter wonders at Silverwood Park

Continued from page 1

2015 Sustainability Fair – Thursday, Nov. 19, 5:30-8 p.m.
Explore ideas and resources available to help you become more sustainable. Discover innovative sustainability projects underway in your community; free.

At the Gallery – Through Nov. 30

“Where Nature and Technology Intersect” – Artists highlight the intersection of art, nature and technology; free.

Walk with a Naturalist

Stroll through the park watching and listening for seasonal birds and other happenings. Monthly, free.

Walk with a Photographer

Grab your camera, join fellow photographers, and share shooting tips on these monthly adventures; free.

Sunset Yoga

Renew while practicing yoga. Link breath with movement through a series of poses. Build awareness, concentration and strength by deepening the connection of mind and body. Call 763-694-7707 to register for seasonal sessions. \$12/session; buy five classes, get the sixth free.

In the Park after Dark

Discover the fascinating things outside when the sun goes down. Explore a monthly rotation of activities related to the night sky, night hiking or campfires. Bring a flashlight and dress for the weather; \$6.

Guest Center/Silverwood Cafe Hours

October: 9 a.m.-8 p.m.

November- March: 9 a.m.-5 p.m.

Volunteer Opportunities @ Silverwood

Weekdays – Help children learn about nature, recreation, history, art or farming. Adults or teens 16 and older who are available during the weekday are needed to engage youth in exciting new experiences through school programs, youth programs and summer camps.

Weekends – Help with nature, recreation, history and art programs that provide park guests of all ages the opportunity to learn about and enjoy the outdoors. Adults or teens 16 and older are needed.

Contact the Volunteer Office for more information: 763-559-6706 or volunteer@threeriversparkdistrict.org.

Check out the Birch Pond Association website

The Association Resident website contains Board minutes, financial reports, association documents and links to pay association dues (https://minnesota.fsrconnect.com/cws_v3/login.aspx).

One of the documents is the Residents' Guide - Rules and Regulations. It contains items such as: swimming pool, guest room and club room procedures; parking and garage policies; maintenance issues, etc. Whether you are a new resident or have lived here for years, please take some time to become familiar with or refresh your mind to the contents. If you haven't signed up for access to the website, the process is detailed.

Give your New Year's resolution a boost at Health/Fitness Expo

Mark your calendar for the 2016 Health/Fitness Expo at the New Brighton Community Center Saturday, Jan. 9. The expo will be held from 9:30 a.m.-1:30 p.m. and feature 40 booths offering expert advice on health and fitness.

Meet fitness instructors, ask questions and perform a few movements at the trial group fitness classes. Community center personal trainers will be available in the fitness center to answer questions. Also available will be massage therapists, healthy foods and supplements, chiropractors and wellness leaders. Enjoy free access to the fitness center, membership discounts, wellness assessments, Eagles Nest coupons and more fun freebies.

The community center is located at 400 10th St. NW. For more info, call 651-638-2130 or visit www.ci.new-brighton.mn.us.



Did you save room for dessert? Pumpkin spice pie, perhaps?

By Paul Rettinger, Building 20

As promised, here's Part 2 of my restaurant reviews. Bon appetite!

Bunny's Bar and Grill, 5916 Excelsior Blvd., St. Louis Park (via Hwy 100 S.) – In business since 1933; great breakfast and lunch specials; 952-922-9515, www.bunnysbarandgrill.com.

Joe Senser's Sports Theater, 2350 North Cleveland Ave., Roseville, (near Wally McCarthy's Cadillac on frontage road) – Features happy hour 5" pizzas and tap beer specials for \$5, plus free popcorn; great deal if you want just a snack and beer; 651-631-1781, www.sensers.com.

Joseph's Grill, 140 South Wabasha, St. Paul (south of Wabasha Bridge near Plato Blvd.) – Great homemade roast beef dinner on Thursdays. Shuttle bus to events at Xcel; 651-222-2435, www.josephsgrill.com.

Mad Jacks, 935 County Road E., Vadnais Heights (by Target) – Great



Bloody Mary Bar and Screwdrivers; 651-287-3900, www.madjackssportscafe.com.

Texas Roadhouse, 2780 Main St. NW, Coon Rapids (Hwy 10 and Main St.) – Opens at 4 p.m. Mon.-Thurs., 11 a.m. Fri.-Sun. Recommend calling ahead for seating, and dining before 6 p.m. as it gets noisy in the evenings; 763-862-3389, www.texasroadhouse.com.

Metro Dinning Cards
An affordable way to find new dining

opportunities is to join a dining club, such as Metro Dining Club (www.metrodiningclub.com). Each set of 166 cards gives you over \$10,000 worth of savings and 1,992 discounts. There is one card for each restaurant and the cards are valid once per month.

The Metro Dining Club features restaurants in and around the Twin Cities and Western Wisconsin area. They are divided up into five regions, called programs: Anoka/Northwest, Minneapolis, North/Northeast, St. Paul/Western Wisconsin and South of the River

The programs for the Minneapolis area begin in the spring, and the Saint Paul suburbs and Western Wisconsin areas run in the fall. Each program fee is \$30, but quickly pay for themselves through the discounts.

The club "affords" you the opportunity to try new restaurants. If some are not up to your culinary tastes, at least you saved a few dollars. Or you may find a new favorite!

Experience yields a deeper understanding

Quinn, continued from page 1

He said Blake and Stirling felt a little left out as a result, yet they showed their support and love for their little sister by shaving their heads as a gesture to make her feel better when she lost her hair. "Within two weeks from starting chemo she was bald, but it didn't bother her. She's at the age where she's not focused on beauty," he said.

Jerry has experience with caretaking, cancer, chemo, hospitals and doctor appointments as his wife, Carol, had brain cancer for two years and died in

2013. She had surgery that removed a golf ball-sized tumor. A couple of weeks after a second operation to remove scar tissue, she had a stroke and died.

Through Jerry's experiences with his wife and daughter, he's gained a deeper understanding of cancer and what a family goes through. "It's worrisome not knowing; not understanding. There are so many kinds of cancers. DNA, body chemistry and environment play roles. No one cure fits all; there's no silver bullet. It takes teamwork."

Now that Quinn is well on the road to

recovery, Jerry is helping out T.J., a pediatric neurosurgeon, by working the phones at his office. His daughter, Michelle, is a research scientist for Valeant Pharmaceuticals.

Jerry has lived in Birch Pond since 1998, coming here from Innsbruck East. He retired in 2003 from the Twin Cities Arsenal where he had worked in electronics.

Safe behind closed doors

Be sure the garage doors are closed before pulling out of driveways. A recent home invasion in Columbia Heights occurred when the assailant entered through an open garage door. If a garage door does not close, contact Cherise Mortensen, Association Property Manager, at 952-567-6829 (direct) or 952-277-2700 (main office) right away. Also, try to find someone willing to watch the door until it's repaired.

Check to make sure the interior stairwell doors, exterior side doors and atrium doors close and lock securely behind you. Incidents have been reported when the doors haven't been closed completely.

Got News?

Send news and suggestions to: Janell Wojtowicz, Building 20, Apt. 315, 651-528-7425 or janellwoj@comcast.net. Deadline for the winter edition is Dec. 15. For those who did not receive this by email, but would like to, send me your email address.

