

Eco3 VISTA Guide:

Your Guide to Thriving as an AmeriCorps VISTA in the Northland



Eco3 VISTA

The Wisdom of Previous VISTA Members

As an Ecolibrium 3 (Eco3) VISTA , we welcome you to this most current version of the Eco3 VISTA Guide via Google Drive. This Guide contains much of the information you need to know about being an AmeriCorps VISTA in the Northland.

This Guide was developed by the Eco3 AmeriCorps VISTA 2019-2020 cohort and modified and supplemented by each cohort since. This does not contain any information supported directly by the Eco3 VISTA Program, but is monitored for content. Created to aid future VISTA members in their transition into service in northeastern Minnesota, this is a living document meant to be changed, edited, and added to.

The VISTA Leaders are in charge of managing the document, but we do encourage all Eco3 VISTA members to email your VISTA Leader with anything you feel would be helpful in order to continuously improve the contents and utility of the Guide.

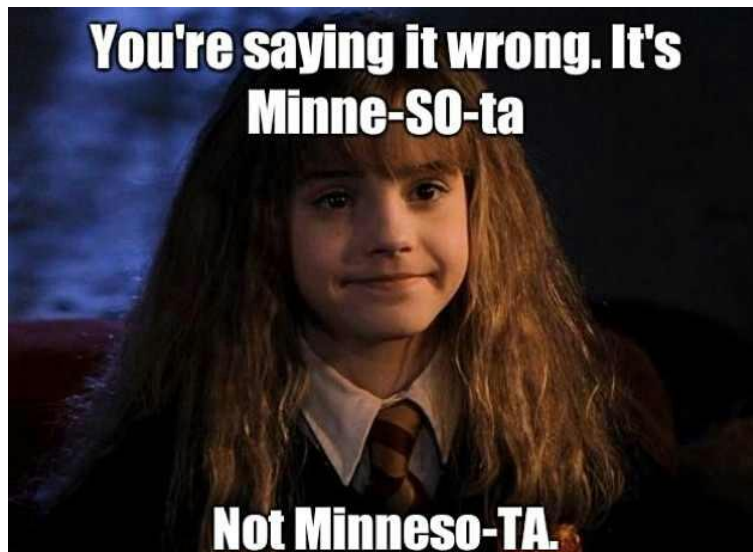


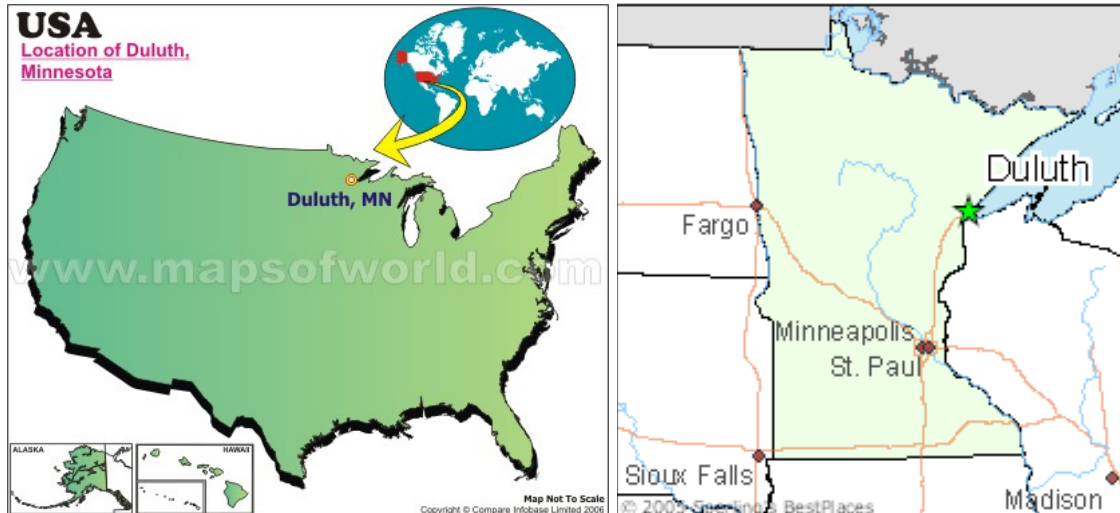
Table of Contents

<u>Duluth, Minnesota Overview</u>	<u>2</u>
<u>Duluth Neighborhoods</u>	<u>4</u>
<u>Important People and Things to Know</u>	<u>13</u>
<u>Data Sources</u>	<u>14</u>
<u>AmeriCorps VISTA Life (Hacks)</u>	<u>16</u>
<u>Housing</u>	<u>16</u>
<u>Food Resources (including SNAP benefits)</u>	<u>20</u>
<u>Financial Resources</u>	<u>23</u>
<u>Health Resources</u>	<u>24</u>
<u>Transportation</u>	<u>26</u>
<u>Waste Disposal</u>	<u>27</u>
<u>Children's Resources</u>	<u>27</u>
<u>Pet Resources</u>	<u>28</u>
<u>Things to Do Around Duluth</u>	<u>28</u>
<u>Outside Duluth</u>	<u>36</u>
<u>Ecolibrium3 AmeriCorps VISTA Program Resources</u>	<u>39</u>
<u>AmeriCorps VISTA Program Overview</u>	<u>39</u>
<u>VISTA Benefits</u>	<u>40</u>
<u>E3 AmeriCorps VISTA Cohort</u>	<u>40</u>
<u>Previous VISTA Cohorts</u>	<u>44</u>
<u>Just For Fun/Misc.</u>	<u>45</u>

Duluth, Minnesota Overview

The Ecolibrium3 AmeriCorps VISTA program is based in Duluth, MN. Our VISTA members may serve in Duluth or in one of the surrounding communities in Northeastern Minnesota.

Duluth is one of the largest metropolitan areas in Northern Minnesota. It's located at the westernmost tip of Lake Superior, halfway between Minneapolis-St. Paul and the Canadian border.



Duluth Facts

- History
 - Indigenous People: Originally home of Sioux (Dakota) and current home of Chippewa (Ojibwe/Anishinaabe)
 - The U.S. government promoted white settlement after Treaty of 1854. Sporadic growth until around 1880. Canal through Park Point built in 1870 to promote shipping, with railway connection to Iron Range mines. Steady urban growth and European immigration 1880-1929. Some stress and population loss after 1980, as in many Rust Belt cities. New ideas and energy since the early 2000s.
 - The Treaty of 1854 Authority maintains remaining Indigenous rights today.
 - Small African American community since 1800s; growth in early 1900s connected with U.S. Steel employment
 - [Clayton, Jackson, McGhie Memorial](#)
 - Redlining
 - U.S. Steel
 - Flood 2012
- Physical Data

- Population: 84,380 (within 30-mile radius, population is 184,134)
- 2,342 freshwater miles from the Atlantic Ocean to Duluth via the Great Lakes/St. Lawrence Seaway.
- Area: 43,067 acres
- Altitude: Ranges from 605 feet (at Lake Superior's shoreline) to 1,485 feet above sea level.
- Terrain: City is built into a steep, rocky cliffside; almost mountainous for the Midwest. (NOTE: the city is built on a hill)
- Rated by Money magazine as one of the top four Midwestern small cities, based on livability.
- Industry
 - Industries include tourism, health care, financial/banking, mining, paper, communications, education and shipping.
 - City's harbor welcomes over 1,000 ocean-going and Great Lakes freighters annually.
 - Seaway Port Authority of Duluth provides foreign trade zone and economic development services.
 - Interlake cargoes of iron, grain, coal and stone combine to make this the top volume port on the Great Lakes, with a total of \$250 million in annual economic impact.
 - Home to the College of St. Scholastica, the University of Minnesota Duluth, Lake Superior Community College, Fond du Lac Community College and across the bay, the University of Wisconsin-Superior and Wisconsin Indianhead Technical College.
 - Regional medical center for surrounding states and provinces.
 - Rated first in the United States for quality healthcare in communities of its size.
- Weather
 - Annual precipitation: 31.0 inches
 - Annual snowfall: 80.7 inches
 - Average January low temp.: -2.2°F
 - Average July high temp.: 77.1°F
- Visitor Information
 - 6.7 million tourist visitors per year for over \$950 million in economic impact.
 - Over 5,000 hotel rooms in the area.
 - Over 50 restaurants in the downtown area.
 - Climate-controlled skywalk connects downtown facilities.
 - 129 municipal parks, sculpture gardens and rose gardens.
 - "State of the Air 2015" report places Duluth among the top 10 metropolitan

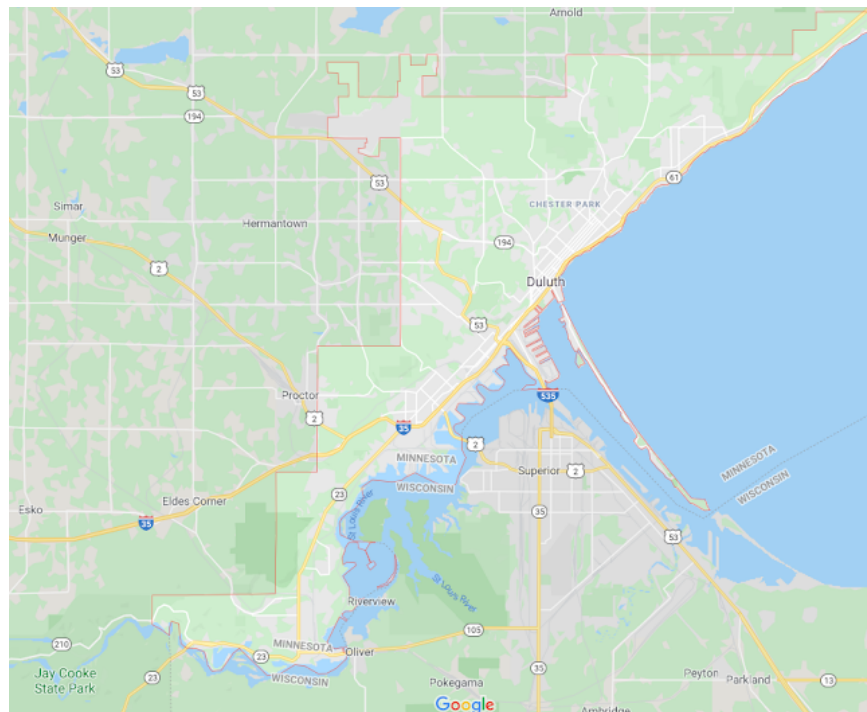
areas in the United States with the least smog pollution, using data released by the American Lung Association from EPA Air Quality Index research.

- Avenues run east and West in Duluth and Streets run North and South. Streets are approximately parallel to the lake, avenues approximately perpendicular.

SOURCE: [VISIT Duluth Press Kit](#)

More Information about Duluth:

- Duluth, MN [VISTA Highlights Map](#)
- [Visitor Guide Duluth, MN | Visit Duluth \(2022-2023\)](#)
- [City of Duluth](#) website
- [Visit Duluth](#) website



Duluth Neighborhoods

These neighborhood descriptions are based on a combination of official government designations and local folk definitions. More Duluth neighborhood information, data, and highlights:

- [Duluth Neighborhoods on ArcGIS](#)
- [Duluth Neighborhood Data from Minnesota Compass](#)

Lester Park/Lakeside (Eastside)

Lester Park, also known as Lakeside, is a neighborhood on the far east side of Duluth. It is about 7 miles to downtown Duluth (15 minute drive) and 10 miles to Ecolibrium3 (15-minute drive). Most parking is off street, and there are limited bus options. Biking is a bit challenging, with general lack of specified lanes and vastness of neighborhood; however, there is good access to the Lakewalk. The neighborhood follows the northern shore of Lake Superior, plays host to a number of parks and green areas (Lester Park, Amity Creek, Lester Park Golf Course, etc.), and has access to the Lakewalk. There are a number of places to eat, drink, and dine in the area, including a Super One grocery store and Amity Coffee. It is largely considered residential and housing will probably be a bit more expensive. The school district would include Lester Park or Lakewood Elementary School, Ordean Middle School, and East High School.

Congdon (Eastside)

Congdon Park is considered a residential area. It's known for Glensheen, a mansion built in the early 1900s on the shore of Lake Superior. The area is located on the East side of Duluth (between East Hillside and Lester Park/Lakeside) and runs along the North Shore of the lake. It is about 3 miles from downtown Duluth (5 minute drive) and 5 miles from Ecolibrium3 (8-10 minute drive). Most parking is off street, and there are limited bus options. Biking is viable despite the general lack of specified lanes, but good access via the Lakewalk. Highlights of the area are: the Northland country club, the actual Congdon Park, Tischer Creek with its series of bridges (fishing is common here), Glensheen mansion, and access to the Lakewalk. Housing will likely be more expensive in this area. The school district includes Congdon Park Elementary School, Ordean Middle School (located on the western side of congdon), and East High School (located on the eastern side of Congdon).

Woodland (Eastside)

Woodland is largely residential, situated north of Lakeside and Congdon and east of Kenwood, and runs along the edge of the University of Minnesota Duluth. It is about 7 miles to Ecolibrium3 (15 minute drive) and 5 miles to downtown (13 minute drive). Most parking is off street, and there are limited public transportation options. Biking is a little

challenging because of a general lack of specified lanes and the proximity of the neighborhood to others. There is a small business district, including Woodland Marketplace Foods (a Super One), Mount Royal Market Grocery and Liquor Store, a library branch, a post office, and an automotive service shop. Tischer Creek is located at the western edge of the neighborhood, and Amity Creek flows through the eastern edge. There are a number of nearby green and recreational areas including Hartley Nature Center, Hawk Ridge Nature Reserve, Janette Pollay Park, and Jean Duluth Dog Park. The school district includes Homecroft or Lakewood Elementary School, Ordean Middle School, and East High School.

Kenwood/Chester Park (Eastside)

Kenwood consists of a few distinct areas, including the Chester Park area, the University of Minnesota Duluth Campus, the College of Saint Scholastica, and residences. It is about 5 miles to Ecolibrium3 (10 minute drive) and 4 miles to downtown (10 minute drive). There is both on- and off-street parking, and there is regular bus service. The neighborhood is largely bike-friendly with some specified bike lanes, but it is hilly. There are a number of shops and restaurants, including a Super One grocery store, a laundromat, Walgreens, Goodwill, Crooked Pint Ale House, At Sarah's Table Chester Creek Cafe, and Perk Place coffee house. There are also a number of recreational areas, including Chester Creek Park, Chester Bowl, and West Chester Trails. The school district includes Lowell Elementary School, Lincoln Park Middle School, and Denfeld High School (note that the middle and high school boundaries are on the edge of the neighborhood).

East Hillside/Endion (Central Downhill)

East Hillside has many residences, mostly older homes and smaller apartment buildings. It hosts a number of small businesses and is the site of many of the major hospitals and clinics that serve Duluth and its surrounding areas. 3 miles to Ecolibrium3 (10 minute drive) and 2 miles to downtown (7- 8 minute drive). Most parking is on the street and there is regular bus service through the neighborhood. Biking is relatively good, with some specified lanes (4th street), some elevation changes, and access to the Lakewalk. Chester Creek flows through the neighborhood, and you can view the lake from many streets and corners. There are a number of services, stores, and restaurants within walking distance, including a Super One grocery store, Whole Foods Co-op, two pharmacies, a hardware store, and a laundromat, as well as Va Bene Caffee, Sir Benedict's pub, The Pickwick, Burrito Union, Fitger's, Positively 3rd Street bakery, Great Harvest Bread, Dunn Brothers Coffee, and several fast-food places. Recreational areas include Grant Recreation Facility, Duluth Rose Garden, Chester Park, Leif Erickson Park, Endion Park, and access to the Lakewalk. The school district includes Myers-Wilkins Elementary School, Ordean Middle School, and East High School (note that the neighborhood edges

are split by a few school boundaries).

Central Hillside (Central)

Central Hillside is directly uphill from the city's downtown. Mesaba Avenue, Lake Avenue, and Fourth Street are three of the main routes in the community; Mesaba and Lake are steep as they are going up the hill. Central Hillside is 2 miles to Ecolibrium3 (6-8 minute drive) and less than half a mile to downtown (2-4 minute drive). Parking can be challenging here, as most is on the street. Buses are regular and frequent. Biking is relatively good, with some specified lanes (Fourth St.) and some elevation changes. Central Hillside has a number of historical or architectural attractions including the Sacred Heart Music Center and Bob Dylan's childhood home. It has a variety of services and attractions in the area including the Damiano Center (food and social services), AICHO (American Indian Community Housing Organization), Washington Recreational Center, OneRoof Community Housing, Neighborhood Youth Center, The Encounter Youth Center, Cascade Park, and Observation Park. There are a few restaurants including Uncle Loui's (sic) Cafe, and there are a number of establishments within walking distance. The school district includes Myers-Wilkins Elementary School, Lincoln Park Middle School, and Denfeld High School.

Downtown Duluth and Canal Park (Central Downhill)

Downtown Duluth is the area around Superior Street, and Canal Park is across I-35 near Lake Superior. Downtown and Canal are largely commercial and are around 2 miles (5-6 minute drive) from Ecolibrium3. Parking can be challenging here, as most is on the street, and buses are regular and frequent. Biking is a viable option; it is pretty flat. Government buildings and offices are located downtown, including the mayor's office, the courthouse, and St. Louis County Health and Human Services. There are a number of entertainment establishments, historical landmarks and buildings, and bars and restaurants in the area, including the Duluth Public Library Main Branch, the Depot Train Station, Duluth Playhouse, NorShor Theatre, Downtown YMCA, Fond-du-luth Casino, Zeitgeist (theater, movies, and cafe), Duluth Coffee Company, and Pizza Luce. Canal Park is noted as a large tourist destination with its proximity to the lake, views of the Aerial Lift Bridge, shops (Duluth Pack, etc.), restaurants/bars (Northern Waters Smokehaus, Taste of Saigon, Vikre Distillery, Canal Park Brewing, etc.), Vertical Endeavors (climbing gym), Adventure Zone (laser tag, etc.), hotels, Bayfront Festival Park, DECC (Duluth Entertainment Convention Center with AMSOIL arena), Marcus Movie Theatre, Lake Superior Marine Museum, Great Lakes Aquarium, Duluth Curling Club, Gichi-ode' Akiing, and access to the Lakewalk/tip of Lake Superior.

Park Point (Island... well, technically, world's largest freshwater sandbar)

Park Point is a long skinny strip of land between Lake Superior and the Harbor. Access to Park Point is through Canal Park across the famous Aerial Lift Bridge. Getting “bridged” is the locals' way of saying you got stuck on one side of the bridge as it was going up to allow ships to navigate between Lake Superior and the Port/Harbor. Distance from downtown is half a mile at the near end and 6 miles at the far end; time from under 5 minutes to 15 minutes (longer when the bridge is up). Biking is a viable option; it is very flat. Park Point has rental and owner-occupied houses, a private airstrip, the boat marina, green spaces, public parks with BBQ grills and picnic tables, and expansive beaches on the shore of Superior. The Park Point beaches are quite popular during the summer months. There is nowhere to purchase food or personal items on the island. The school district includes Myers-Wilkins Elementary School, Lincoln Park Middle School, and Denfeld High School.



Duluth Heights (Central Uphill)

Duluth Heights is one of the largest neighborhoods (in terms of area) and has both residential and commercial space. The shopping area in Duluth Heights and adjacent Hermantown is a huge array of mostly big-box and chain stores. The Duluth International Airport, the Miller Hill shopping area, Central Entrance, and the Enger Park Golf Course are all located within the boundaries of the Duluth Heights neighborhood. It is 4.3 miles to Ecolibrium3 and 4.6 miles to downtown Duluth (about a 10 minute drive). Most parking is off street, and there are regular bus options. Biking is challenging as there is a general lack of specified lanes and the neighborhood is uphill from the city center. Restaurants are mostly chains, including Texas Roadhouse, Olive Garden, Panera Bread, Outback steakhouse, Perkins, Culver's, Taco Bell, Wendy's, Dunkin Donuts, and others; with some locally-owned places including Grandma's, Lucky's Pub, and more. Grocery stores are abundant, including Super One, Aldi, and Cub Foods. There are several liquor stores. All the big-box stores are here (Target, Walmart, Home Depot, Menards, Bed Bath & Beyond, etc.). There are a number of other services, including Essentia Health Center (which

includes a gym), the DMV, pharmacies, and car maintenance. The school district includes Piedmont or Lowell Elementary School, Lincoln Park Middle School, and Denfeld High School (note that Hermantown borders this area and may impact school district/physical address).

Piedmont (Central Uphill)

Piedmont is largely residential with a small business district. The neighborhood is mostly suburban in character, with scenic views of the Duluth Harbor and the Saint Louis Bay. Miller Creek flows through at the eastern edge of the neighborhood. It is 2.9 miles to Ecolibrium3 (5 minute drive) and about 4.5 miles to downtown (10 minute drive). There is both on- and off-street parking, and there is access to public transportation (e.g. a regular bus that runs along Piedmont Ave). Biking is a little challenging, as there is a general lack of specified lanes and the neighborhood is on top of the hill. The small business area has Big Daddy's Burgers but no grocery store or retailers. Piedmont has a number of recreational and green spaces including a community center with two hockey rinks and a baseball field, Piedmont trail head, Enger Tower, Enger Golf Course, Brewer park, Keene Creek Park, and Miller Creek Park and Disc Golf Course. The school district includes Piedmont Elementary School, Lincoln Park Middle School, and Denfeld High School.

Lincoln Park (Central Downhill)

Lincoln Park is one of the larger neighborhoods (in terms of area) in the City of Duluth. Lincoln Park is situated between Garfield Avenue and the ore docks at Carlton Street / 34th Avenue West, and stretches from the port up the hill to Skyline Parkway (the frequent saying is "rocks to docks, skyline to shoreline, port inclusive"). The neighborhood was known as the West End until 1996, when it was officially renamed the Lincoln Park neighborhood. It is a combination of commercial, industrial, and residential. Ecolibrium3 is located in Lincoln Park and it is about 2 miles from downtown (5 minute drive). Most parking is on the street, and there is good public transportation via regular and frequent buses. Interstate 35 runs through the eastern end of the neighborhood via the Twin Ports Interchange (aka "Can of Worms"), which is scheduled to undergo major reconstruction in the coming years. One way to cross over to Wisconsin is through TPI to the Blatnik Bridge (I-535). Skyline Parkway is a beautifully scenic drive along the northern edge of the neighborhood. Biking is relatively easy, with access to the Cross City Trail and flat terrain in the business district; the residential area is hilly. Topographical highlights of the neighborhood include Miller Creek, Coffee Creek, Goat Hill, Rice's Point, and St. Louis Bay (location of the port). The name Lincoln Park also refers to a large park within the neighborhood that has woods, a stream, a historical structure, and a playground. The City of Duluth will soon be making updates to Lincoln Park, funded by a grant. There are a number of smaller parks and recreational areas in the neighborhood, including Harrison

Park and Community Center. There are also a number of recreational organizations or spaces, including the Heritage Center (ice skating/hockey), Full Circle Yoga, Clyde Iron Works (music and social space), the Duluth Children's Museum, the Duluth Makerspace, and the Duluth Folk School. Service organizations include Community Action Duluth, Lincoln Park Children and Families Collaborative, Family Freedom Center, and the Boys and Girls Club. The commercial area has in recent years been revived as the Craft District, primarily running along West Superior Street, with some businesses on side streets and the old Third Street corridor. Restaurants and bars include Dovetail Café, Duluth Grill, OMC Smokehouse, Corktown Deli, Love Creamery, Ursa Minor Brewing, Bent Paddle Brewing, Duluth Cider, Wild State Cider, Lee's Pizza, Curly's Bar, Mitch's Bar, Caddyshack Bar and Grill, Duluth Tap Exchange Bar, T-Bonz Bar, and Kostas Gyros. Retail is also a feature of the craft district, with Frost River backpacks and equipment, DLH clothing, Aerostich motorcycle gear, Duluth Pottery, Flora North, and more. There are no grocery stores, although there is a small year-round farmers' market and two community gardens. The industrial portion of the neighborhood includes small manufacturers, construction and building-trades companies, and public organizations such as the Port Authority, the Duluth Transit Authority (DTA) hub, and the Western Lake Superior Sanitary District (WLSSD) facility, which provides wastewater treatment and solid-waste services. The residential portion is densely built up with mostly low-rise housing: older homes and small apartment buildings. The school district includes Piedmont Elementary School, Lincoln Park Middle School (LPMS is physically located in Lincoln Park), and Denfeld High School. Historically a working-class and immigrant neighborhood, Lincoln Park has experienced historical trauma, including redlining and disinvestment, which has led to a number of inequalities and disparities. See the list of data sources for further information.

Disclaimer: This neighborhood is covered more extensively because Ecolibrium3 is purposely and specifically embedded in this neighborhood.

West Duluth (Westside)

West Duluth is a large neighborhood that encompasses a number of smaller areas on the Western side of Duluth: that is, west of Lincoln Park, east of Norton Park, and downhill of Proctor. It is a mix of residential, commercial, and industrial. It is between 5 and 7 miles to downtown (9-12 minute drive), and 2 and 4 miles to Ecolibrium3 (3-6 minute drive). Parking is primarily on the street, but some residences have private parking. Biking is relatively easy with access to the Cross City Trail and relatively flat terrain. There is access to regular and frequent public transportation via the DTA bus system. The freeway (I-35) runs through and alongside this neighborhood, including access to Wisconsin via the Bong Bridge, making it easy to get around quickly, but increasing traffic noise. The train tracks also run through parts of the neighborhood. There are a number of industries located throughout, but particularly near the St. Louis River. Spread out through West

Duluth are a Super One grocery, a Whole Foods Co-op, several pharmacies, a bookstore, a branch of the public library, and a clinic. Bars and restaurants include Vintage Pizza, Perkins, Players Sports Bar and Grill, Tappa Keg, Wusso's Concert Cafe, and Mr. D's Bar and Grill. Recreational facilities include the Wheeler athletic complex, Wade Stadium, and Merritt Park and community center. Recreational green spaces include Brewer Park near W. Skyline Parkway (access to a number of trails including the SHT), The Quarry (hiking and rock climbing), Keene Creek Dog Park, Grassy Point, and a few smaller parks scattered in between. The schools include Laura MacArthur Elementary School, Lincoln Park Middle School, and Denfeld High School (physically located on the eastern side of West Duluth).

Norton Park (Westside)

Norton is a small residential neighborhood on Highway 23, located on the west side of Duluth. It is about 7 miles from downtown (12-13 minute drive) and about 5 miles from Ecolibrium3 (8-9 minute drive). Parking is largely off street at private residences. There are buses that run along Grand Avenue. Bike commuting could be doable. There are no major shops in this area and few services. There is great access to recreational areas and establishments including the Lake Superior Zoo, the Willard Munger Trail, the Western Waterfront Trail, and a number of other trails that run through or near the area. It is also in close proximity to Spirit Mountain. The school district includes Laura MacArthur Elementary School, Lincoln Park Middle School, and Denfeld High School.

Riverside (Westside)

Riverside is a larger neighborhood in an area that includes a residential area near the St. Louis River off Highway 23 as well as a recreational area between Highway 23 and I-35. It is about 11 miles from downtown (18-20 minute drive) and about 7.5 miles from Ecolibrium3 (14-16 minute drive). There is periodic public transportation (DTA bus) that runs on Grand Avenue/Highway 23. Bike commuting could be doable using a combination of different roads and trails. There are no major shops in this area and few services. The Riverside residential neighborhood is smaller, with easy access to the Munger Trail, Spirit Lake (St. Louis River) Marina, Western Waterfront Trail, Riverside Park, and Riverside Community Garden. The recreational area includes Spirit Mountain (which has downhill skiing, cross country skiing, mountain bike trails, and the alpine coaster) and access to a number of hiking trails (e.g. SHT). The school district includes Stowe Elementary School, Lincoln Park Middle School, and Denfeld High School.

Smithville (Westside)

Smithville refers to the area around the Magney Snively Recreation Area. It is about 12 miles from downtown (18 - 21 minute drive) and about 10 miles from Ecolibrium3 (15 - 18

minute drive). There are no major shops in this area and few services. There is no public transportation access to or from this area. Bike commuting would be challenging due to distance. There are a few houses along Becks Road (these will have few if any rental options) and West Skyline Parkway (these will be more expensive with few if any rental options). Magney Snively itself has amazing hiking trails (check out Ely's Peak), horse trails, outdoor climbing options, groomed and ungroomed cross country ski trails, and scenic views of the St. Louis River. There is also access to a number of trails including the Munger, DWP, and SHT. The school district includes Stowe Elementary School, Lincoln Park Middle School, and Denfeld High School.

Morgan Park (Westside)

Morgan Park is a residential area along the St. Louis River off Highway 23. It is about 10 miles from downtown (16 minute drive) and about 8 miles from Ecolibrium3 (14 minute drive). There is periodic public transportation (DTA bus) that runs on Grand Avenue/Highway 23. Bike commuting could be challenging due to distance. Housing and rentals will be more affordable in this area. There are only a few shops and services in this area: the Speedway gas station, Iron Mug Coffeehouse, and an ATM. Morgan Park has some historical interest as a planned community, built all at once to house the U.S. Steelworkers of various income levels. It is a smaller residential neighborhood that has industrial elements (e.g. trains) left over from the steel boom of the early and mid-20th century. There are a few recreational areas and green spaces including river access, the U.S. Steel Creek, Morgan Park, and Blackmer Park. The school district includes Stowe Elementary School, Lincoln Park Middle School, and Denfeld High School.

Gary-New Duluth (Westside)

Like Morgan Park, Gary-New Duluth is a neighborhood built because of the steel boom. It is located along Highway 23 with the St. Louis River on one side, Sargent Creek and Becks Road on the other. The neighborhood has mixed residential, commercial, and industrial use. It's about 13 miles from downtown (20 minute drive) and about 10 miles from Ecolibrium3 (14 minute drive). There is periodic public transportation (DTA bus) that runs on Highway 23. Bike commuting would be challenging due to distance. Housing and rentals will be more affordable in this area. There are a number of industries and industrial elements (e.g. trains) present throughout the neighborhood. Shops and services include a hardware store, automotive services, Family Dollar, and convenience stores. There are a few bars and restaurants, including the Limit bar, Sholtz bar, Hugo's Pizza, and the Trophy Cafe. Among the recreational areas and green spaces are Haas Dog Park and Boy Scout Landing (access to St. Louis River). The school district includes Stowe Elementary School (located in Gary-New Duluth), Lincoln Park Middle School, and Denfeld High School.

Fond du Lac (Westside)

Fond du Lac neighborhood (please note that this is separate from the Fond du Lac Reservation located in Cloquet) is a small quaint residential and recreational neighborhood located along Highway 23 and the St. Louis River. It is about 15 miles from downtown (23 minute drive) and about 13 miles from Ecolibrium3 (20 minute drive). There is no public transportation to or from this neighborhood. Bike commuting would be challenging due to distance. There are no shops and very few services available. Recreational areas include Fond du Lac Park, Chambers Grove Park, Mission Creek Trails (hiking and mountain bike trails), Mont du Lac Ski Resort (bike trails, snow tubing, and downhill skiing/snowboarding), and the St. Louis River and water frontage. There is also easy access to Highway 210 to Jay Cooke State Park. The Duluth school district includes Stowe Elementary School, Lincoln Park Middle School, and Denfeld High School; however, it is getting close to other school districts (e.g. Proctor, Esko, Wrenshall, etc.)

Important People and Things to Know

There is a host of information that is helpful to know and understand: local leadership, who is who, various organizations in Duluth, etc.

Important People to Know

Leadership

- Duluth Mayor Emily Larson
- [City Council](#)

Event Sites

- [Perfect Duluth Day](#)
- [Visit Duluth](#)
- [The Duluth Experience](#)
- Shop Local: [Duluth Loves Local](#)



Data Sources

[Minnesota Geospatial Commons](#): Compilation of spatial (GIS) data

[Natural Resource Atlas](#) by NRI

[County Health Rankings & Roadmaps](#) : Explore St. Louis County demographic data

[Opportunity Atlas](#) : View neighborhood-level data, such as household income, incarceration rate, individual income, employment rates, median rent, and more

[PolicyMap](#) : View county- and neighborhood-level indicators on housing, income, education, health, quality of life, economy, and more. This site includes a variety of health data.

[CARES Engagement Network](#) : Provides county-level demographic and health data

[Minnesota Compass](#) : View data including demographics, economy, housing, transportation, and workforce, by neighborhood, zip code, school district, and more.

[City Health Dashboard](#) : View data on larger cities in the United States. This platform includes data on health, social and economic wellbeing, and more.

[BroadStreet](#) : Create and run reports on health information for free. Registration required.

[Duluth Community Health Needs Assessment & Implementation Plan 2020-22](#)

[Ready North Network](#)

[St. Louis County](#)

[Duluth Rooftop Solar Potential](#)

[Water Quality Report](#)

[Lake Superior Streams Report](#)

[Poverty in Duluth](#)

[Data USA: Duluth Profile](#)

[Community Health Needs Assessment 2016](#)

[Census Data](#)

[Community Needs Assessment](#)



AmeriCorps VISTA Life (Hacks)

Housing

Renting in Duluth

Rent is generally low compared to larger cities and the coasts but can still be hard to afford on VISTA pay. Many rentals turn over in late summer because of the student population, so June and July are a good time to look for housing. But if you don't find something right away, do not panic! Rentals continue to open up through the fall. If you are coming from out of town, it helps if you can have someone look at rentals for you, or even if you can visit Duluth before you move. Although you can see pictures of rental spaces online, you can't always spot issues like moldy odors or street noise. But don't worry – most of us work it out anyway.

Possible Tip: see if your landlord will give a discount on rent as a “donation,” which they can use as a tax deduction with a letter from a nonprofit.

Transitional Housing

We understand the struggles that come with finding a place to live when you haven't even moved to Duluth yet. So, if you are in this situation and you just need somewhere to stay for 1-2 week before your lease starts, we have some options for you!

- [Top 10 Campgrounds & RV Parks in Duluth, Minnesota \(rvshare.com\)](https://www.rvshare.com/)

Tips for finding housing:

Identify your price range

- Identify your expenses and living allowance to prepare a monthly budget using the [Budget Calculator](#) at VISTA Campus.
- AmeriCorps VISTA [Living Allowance rates](#) by county (updated August 2021)
- If possible, your rent should be less than 50% of your monthly income - ideally only 30%.
- Consider living with roommates for price reduction if you need/want to.

Find the right neighborhood for you

- Review our “Duluth neighborhoods” section of this guide. Pay attention to travel time to/from your site, proximity to shops and services, and your own personal needs and preferences.
- Explore different neighborhoods on [Nextdoor](#), the neighborhood social media platform
- Learn what's in your area: [Walk Score](#)

Housing search engines and listings:

- [Zumper](#): A great search engine for finding all available properties in the area!
- Facebook Marketplace: Many private owners and property management companies add their listing to facebook marketplace.
 - Join Facebook groups like “[Duluth MN Apt Rentals +surrounding areas](#)”
- [East West Property Management](#)
- [Heirloom Property Management](#)
- [Pueringer Investments](#) - very affordable
- [Apartment Guide](#)
- [Cheap Apartments in Duluth, MN For Rent - 113 Apartments | Rent.com®](#)
- [PadMapper](#)
- [Rent](#)
- [Nextdoor](#)
- [Apartments.com](#)
- [Trulia](#)
- [UMD student recommended housing](#)
- UMD Housing and Subletting (college housing platform)

Looking for Roommates?

- First, we recommend connecting with other VISTAs moving to the area in your cohort by messaging each other through the [Slack](#) housing channel. (details are shared with everyone before orientation day)
- [Roomies.com](#)
- [Roomster.com](#)

Choosing a Place

- [Things to Know When Touring a New Apartment: Tips & Checklist](#)
- [31 Apartment Hunting Tips Everyone Needs To Know](#)

Safety

Overall, Duluth is a fairly safe city. However, things happen. The best thing to do is practice safety measures as you would anywhere else. This includes visiting the place you are planning to live, and after you move in, locking your doors, talking to your landlord, meeting your neighbors, being alert and sober on the street, etc. If you are concerned about safety you can always check out the [crime map of Duluth](#) or reach out with questions.

Housing options to look into

- Rachael Kilgour (Joel Kilgour from the Warming Shelter's sister) owns a rental house. She's willing to be contacted by VISTAs:
ASK YOUR VISTA LEADER BEFORE REACHING OUT
Upstairs apartment at:
107 W 5th Street
rachaelkilgour@gmail.com
- Bigelow Capital LLC
Website: <https://bigelowcapitalllc.managebuilding.com/Resident/public/home>
Eco3 has a contact here, if you see a property you would like to apply for let us know so we can send them a message to verify your service and put in a good word. (See Torri for contact info)
- Chester Creek House Co-op
 - Women's cooperative with rooms for rent in the \$300-\$500 range
 - 1306 E. 2nd Street
 - Contact: Lee Hemming, 218-340-9823
- Legacy House - Anticipated timeline for move in: TBD (more info to come)
 - 2114 W. 3rd St.
 - The Legacy House is in the process of being revitalized into shared housing for AmeriCorps VISTA members. It is a current Eco3 VISTA cohort project.

Considerations When Looking for Housing in Duluth

- Shiprock Management: lots of "affordable" housing, but they can be a pain to rent from. It's tricky to steer clear of them because they manage so much property here, but it might be worth noting.
- Heirloom Property: Large management company with extra fees associated with renting. Some properties are nicer than others, so always tour and ask about fees before signing a lease.
- **Temple Corps or Black River Mills Management Company – DO not recommend.**
- Cascade Springs Apartments
- Any housing with electric heating, propane, or other delivered fuels will be VERY expensive in the wintertime.
- Low income housing (subsidized housing) through the HRA (Housing and Redevelopment Authority) has at least a two year waiting period after you submit your application, so it may not work for VISTAs. Housing and Redevelopment Authority: [Duluth Housing](#) (emergency housing has a six to nine month wait). However, you should look into other housing resources they share.

Tenant Resources

- [City of Duluth, Construction Services and Inspections, Life Safety Division](#). Ask this department if you think there is a legal or safety violation in your rental housing. They can follow up with an inspection if necessary.
- [OneRoof Community Housing, Tenant Landlord Connection](#). A free service offering advice and mediation. 218-727-5372.
- [HOME Line](#). A nonprofit state-wide tenant advocacy organization offering free legal services.
- Minnesota's [cold weather rule \(MN Power\)](#)

Utilities

Electric

- [Minnesota Power](#)
- Save money on your utilities with Ecolibrium3, which runs an energy-audit program and offers weatherization services (be sure to work with your landlord).
- VISTA members can also apply to the [Low Income Energy Assistance Program](#) through MN government

Water, Sewer, Gas

- [Comfort Systems](#) - call and ask for a waiver of the sign-up fee

Trash and Recycling

- [Hartel's](#)
- [Waste Management](#)

Fuel Oil

- Talk with Ecolibrium3 about switching from fuel oil to an alternative energy source

Wifi

- Charter [Spectrum Internet](#)
- [Affordable Connectivity Program](#)
 - If your household is eligible, you could receive:
 - Up to a \$30/month discount on your internet service
 - Up to a \$75/month discount if your household is on qualifying Tribal lands
 - A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)
 - A low cost service plan that may be fully covered through the ACP*

Food Resources

Food Assistance (SNAP) in Minnesota:

Supplemental Nutrition Assistance Program (SNAP) helps Minnesotans with low incomes

get the food they need for nutritious and well-balanced meals. The program provides support to help stretch your household food budget. SNAP is *not* intended to meet all of your household's food needs – it is a supplement. The amount of benefits you might get is based on your income and expenses and on the number of people in your household. If approved for the program, you will get an Electronic Benefit Transfer (EBT) card, which is like a debit card. Each month, your benefits will be credited to your EBT account.

- View the [SNAP Document, HERE](#), to understand the rules of the Food Stamps Program and how it applies to VISTAs. *Please read the rules and regulations carefully.*
- To learn more about applying for and utilizing SNAP, visit the [Minnesota Department of Human Resources](#)
- [Bridge to Benefits](#) is a resource created by the Children's Defense Fund. It helps identify what a member may be eligible for. Individuals enter information about their income, household, and expenses. The website links to applications for public support - SNAP, energy assistance, child care assistance, etc. - that may be available.
- Apply for [SNAP in Minnesota](#)
- To Add: language and tips for filling out an application, county phone number, etc.
- Community Action Duluth has benefits navigators who can help those in St. Louis County apply for SNAP, see this [post](#) for more details
- For VISTAs who are not in St. Louis County, like in Carlton County, Arrowhead Economic Opportunity Agency can help individuals apply for benefits like SNAP, find more details [here](#)

Food Assistance in Wisconsin:

The [Wisconsin SNAP program](#) requires an interview for enrollment. The hours available for interviews are during the work day, so you will have to talk to your supervisor about taking a half-hour break. They don't take long. Wisconsin also requires a checkup every six months, so make sure you have a pay stub or other proof of employment in AmeriCorps, so there is no break in service. [More information here.](#) Apply on the [WI government website](#)

Whole Foods Co-op:

Co-ops are a great option for getting healthy food. Whole Foods Co-op in Duluth, with branches in the Denfeld and Central Hillside neighborhoods, is a place for accessing and supporting local and organic food. It has multiple options to make membership accessible for people on food assistance or other social assistance programs:

- [Reduced membership investment of just \\$20.](#) Regular membership is a one-time investment (not annual) of \$100, but low-income people can pay just \$20, with the rest being paid by the Fran Skinner Fund. If you do pay the full amount, you should

also know that you are buying a share of the cooperative business and can take your money out again if you leave town, to reinvest in another co-op, or for another use. Also, you can pay the full amount over 5 months.

- [10% Access Discount](#) on eligible purchases
- [Free co-op classes](#) on cooking, natural medicine, yoga, etc. (select classes)
- [Discounts at 50+ restaurants and businesses](#) across town
- Monthly discounts and weekly coupons
- Annual rebates based on how much you spent during the year when the co-op is profitable.
- Periodic \$5 dinners

The monthly discounts, coupons, and annual rebates quickly reimburse you for your one-time membership investment.

Farmer's Markets

Farmers' markets are a healthy way to stock up on fresh produce and support local agriculture. Prices vary widely. Many farmers' markets have a Double Dollars program, in which SNAP recipients receive *double* the amount of "dollars" at the farmers market.

Check websites and local information sources for days and times.

- Lincoln Park Farmers Market, Harrison Park; winter at Duluth Folk School
- Duluth Farmers' Market, East Hillside
- Hillside Farmers' Market, Central Hillside
- Civic Center Farmers' Market, in front of courthouse
- DeWitt-Seitz Farmers' Market, Canal Park

Community Food and Meals

- [Food Shelf List](#) for St. Louis County
- Damiano Center offers free [meal service](#)
- [Ruby's Pantry](#) offers \$20 food bundles once a month at various locations
- [CHUM](#) offers a variety of services including a food shelf
- [Salvation Army](#) provides weekday lunch and a food shelf
- Love Creamery - discounts for AmeriCorps members and Lincoln Park workers
- [Ruth House](#) - daily, free lunch and dinner

Home food preparation

- [Budget Bytes](#) focuses on food that is quick and satisfying and breaks down each meal with the cost of individual ingredients and servings
- [\\$5 Dinners](#) offers recipes for meals costing approximately \$5.00. The site also contains information on kitchen tips, coupons, and gardening

- [BrokeAss Gourmet](#) breaks down the price of each ingredient and highlights meals for less than \$20.00. Great for potlucks and entertaining

Financial Resources and Budget Friendly Options

[Overview](#) of many kinds of assistance for people with low incomes

Explore some free resources for budgeting tools, tips, and assistance:

- [VISTA Campus: “Managing Your Living Allowance”](#)
 - [Everyday savings](#)
 - [Budgeting](#)
 - [Financial literacy](#)
- [Prepare + Prosper](#) provides free tax prep to low- and moderate-income individuals
- [The Simple Dollar](#) is a resource to learn real-life money management
- Budgeting apps:
 - [Mint](#)
 - [PocketGuard](#)
 - [Wally](#)
 - [You Need a Budget](#) (free trial)
- Community Action Duluth has [Free Tax Service](#)

Save Money on Furniture and Other Household Items

- WLSSD (Western Lake Superior Sanitary District) Materials Recovery Center on Rice Lake Rd. has several sheds full of free furniture and other items.
- Saver’s
- Goodwill
- Salvation Army
- Damiano Center
- Facebook MarketPlace
- Craigslist
- [Ruth Free Store](#) - everything is free
- [Amazon Prime](#) is \$5.99 a month for qualifying customers with an EBT card

Gym memberships

- The Y, Downtown and Hermantown, offers [reduced rates for income-eligible persons](#).
- Try every place that offers a free trial.

- See below under “Recreation” for full-price options.

Extra Cash

- Donate plasma. CSL Plasma is located at 106 W Superior St, Duluth, MN 55802 and is open from 6 am to 8 pm on weekdays and 8 am to 5 pm on weekends. It is first come first serve, no appointment needed. You will have to do an interview your first time, but it should take around an hour each time after that. There are [\\$10 bonus coupons available](#) as well as the \$25 bonus referral program. More information available on [their website](#).

Health Resources

Crisis Hotlines

- COVID-19 Helpline: 844-772-4744
- Text MN to number 741741
- 911
- Disaster Distress Helpline (SAMHSA): 800-985-5990
- Text TalkWithUs to number 66746
- HelpLine (NAMI): (800) 950-6264, Monday-Friday, 9:00 a.m. to 5:00 p.m., CST

General Health Resources:

- [MNsure](#), Minnesota’s health insurance marketplace
 - [Community Action Duluth](#): help with enrolling in MNsure for Duluth VISTAs
 - [Arrowhead Economic Opportunity Agency](#): help with enrolling in MNsure for VISTAs outside of Duluth
- [MN Low-Cost Healthcare Directory](#) via Bridge to Benefits
- [Individual and Family Health Resources](#)
- [Health Care Facilities, Providers, and Insurance](#)
- Meditation apps: [Calm](#), [Headspace](#), and [Insight Timer](#)
- [Guided meditations](#)
- Professionally-reviewed [mobile apps and tools for health and wellbeing](#). The website was designed for kids, but many of the resources seem applicable to adults too.
- Self-care

Providers in and around Duluth

- General health
 - [Essentia Health](#) - local hospital

- [St. Luke's Hospital](#) - local hospital
- [Lake Superior Community Health Center](#) offers medical care on a sliding-fee scale. Even if you have insurance, you can choose to pay based on the sliding-fee scale if your out-of-pocket cost will be less.
- The Hope Clinic is a student-run free medical clinic.
- Free physical therapy by PT students at [Maurices Community Clinic](#) at St. Scholastica.
- Mental health
 - [Northland Children's Mental Health Collaborative](#) : Searchable directories of all kinds of mental-health services for children, youth, families, and adults.
 - [Birch Tree Center](#) - for adults in crisis
 - [Lake Superior Community Health Center](#)
 - [Regional Counseling Clinics/Centers](#)
- Vision
 - Blustin Optical
 - Blink Optical
- Dental
 - [Lake Superior Community Health Center](#)
- Women's Health
 - [Planned Parenthood Duluth](#)
 - [We Health Clinic](#) offers family planning services.
- LGBTQIA+ Health
 - [We Health Clinic](#) offers trans and non-binary health care, such as hormone replacement therapy. Recommended by Out Front Minnesota.
 - [Dr. Hawk - Gender Inclusive Medical Clinic](#) - Recommended by LGBTQ2+ Arrowhead Resource & Community Center (LARCC).
 - [Twin-Ports LGBTQ+ Resource Directory](#)

Mental health resources

- [Twin Ports Guide to Mental Well-being March 2022](#)
- [Northland Healthy Minds](#): This page discusses social connection and includes links about anxiety management, recovery, therapy, and general coping
- [Managing depression and anxiety](#)
- [Suicide prevention website](#)
- [Male-specific therapy](#)
- [Teladoc](#): Very accessible way to see a therapist remotely over the phone or in a video, as teladoc is a free service that comes with AmeriCorps VISTA service, must call to claim account as AmeriCorps sets each member up with an account already

Addiction, substance use, and recovery

- [Recovery Alliance Duluth](#)
- Virtual recovery meetings: [Unity Recovery](#) offers meetings for individuals and families every day using Zoom. You can use video or audio, or just listen.
- [Narcotics Anonymous](#) meetings online or by phone

Transportation

Biking

Biking in Duluth can be a wonderful way to commute or recreate.

- Bike Maintenance
 - [The Bike Cave](#) is a volunteer-run no-cost bike shop located in the basement of the Dorothy Day House at 1712 Jefferson St, Duluth, MN 55812 ([The Bike Cave Facebook Group](#))
 - [Zeitgeist](#) periodically does free pop-up bike shops
 - Duluth Folk school periodically does bike maintenance classes
 - There are bike “tune-up” stations located in many public parks
- Affordable Bikes
 - Facebook Marketplace
- Rentals
 - [Continental Ski & Bike](#) (summer)
 - [UMD RSOP](#): mountain, city, fat bikes
- Bike Articles and Resources
 - [Winter Bicycle Maintenance and Cleaning](#): Keeping your bike clean is the key to ensuring your ride doesn’t fall apart.
 - [Surviving the cold on two wheels: 10 tips to winter biking in Minnesota](#)
 - [Here’s a video about how](#) to take your bike on the bus (with bike racks on front)

Public Transportation

- [Duluth Transit Authority](#) (DTA) has buses that run all around Duluth. You can get a variety of different options for passes, and routes can be mapped on Google Maps. For \$40 a month you can get unlimited rides.

Driving

- Parking in Duluth
 - [Duluth Winter Parking Laws](#)
 - [Duluth On-Street Parking Laws](#)
- Driver Articles and Resources
 - Cyclists face many dangers when biking, so if you're a driver, learn more about what measures you should take when approaching or passing a cyclist.
 - [View these 9 Winter Car Maintenance Tips](#) to prepare your car for winter before the snow hits.
 - [How to Make a Winter Survival Kit](#) will help you prepare for the snow and what to do if you get stuck.
- Car repair
 - [Kaarbo's Auto Repair](#), 331 E. 4th St. Family-owned, and they don't do anything that isn't necessary
 - Harold's Auto Service, 309 3rd St, Carlton, MN 55718, M to F 8:00 am to 5:00 pm, (218) 384-4256, locally owned and operated, affordable and quality service

Waste Disposal

- [WLSSD](#) offers a variety of waste disposal and materials recovery options
- [WLSSD Composting](#): Duluth has municipal composting! Collect your food scraps and other compostables at home in a compostable plastic bag, which you can get free from WLSSD or buy at some hardware stores. You'll need to bring it to a drop-off site such as WLSSD Yard Waste Site, Lake Superior College, or At Sara's Table.

Children's Resources

Schools

- Duluth Public Schools (ISD 709)
 - [School Boundaries](#)
- Other public schools nearby (Hermantown, Proctor, Esko, Cloquet, Carlton, Wrenshall, and Superior)
- Private: Marshall (4-12), Lakeview Christian Academy (K-6)

Child Care

- Lincoln Park Children and Families Collaborative offers childcare, See [website](#) for details
- [Parent Aware](#) is Minnesota's resource for finding licensed childcare providers in

Minnesota

- St. Louis County [Map](#) of childcare providers
- Wisconsin Department of Children and Families [Child Care Finder](#), a website that helps you find quality child care near you
- Douglas County Child Care [Provider Search](#) (county of Superior, WI)

Entertainment

- Duluth Children's Museum
- Great Lakes Aquarium
- Duluth Public Library
- Various Parks and greenspaces around Duluth

Pet Resources

- Dog parks
 - Duluth has several official [dog parks](#).
 - Always dogs in Chester Bowl/Park, but it is not a dog park.
 - In the City of Duluth, dogs must be leashed except in dog parks. Please be considerate toward non-dog-lovers in public spaces.
- [Animal Humane Society Kindest Cut](#) welcomes individuals with [limited incomes](#) who are otherwise unable to afford basic spay/neuter, preventative care, and dental services for their cats, dogs, and rabbits
- [Minnesota Spay Neuter Assistance Program](#) (MNSNAP) provides high-quality, affordable, and accessible spay and neuter services to those in need
- [People and Pets Together](#) provides pet food shelves, veterinary care resources, and housing resources for family pets during times of economic crisis
 - [People and Pets Food Shelf](#)
- [The Pet Fund \(Financial assistance in the form of one-time grants\)](#)

Things to Do Around Duluth

Recreation

Places to swim

- Lake Superior
- UMD (University of Minnesota Duluth): punch cards
- YMCA
- Ordean East Middle School (through Duluth Community Education): punch card

- Lincoln Park Middle School (through Duluth Community Education): punch card

Places to walk/hike in Duluth

- Chester Creek Park (mountain biking, hiking)
- West Chester Trails (mountain biking, hiking)
- Lester Park
- Lincoln Park (the park)
- Western Waterfront Trail
- Park Point Beach
- Minnesota Point trail (at the end of Park Point, by the airport)
- Wisconsin Point (like Park Point but in Wisconsin and no houses)
- Hartley Nature Center (hiking, cycling, cross-country skiing, fishing, plus nature center with exhibits)
- Lakewalk
- Hawk Ridge Nature Reserve (Birds of prey are known to migrate through this vast observatory with hiking, biking & lake views),
- Enger Tower and Park
- Brewer's Park
- Ely's Point
- Congdon Trail
- Willard Munger trail (multi-use flat trail from Duluth to Hinkley)
- Group hikes
 - [Active Outdoors-Duluth/Superior](#) - anyone can lead a hike
 - [Women Hike Duluth](#) - host monthly hikes
 - MN State parks host hikes
 - Duluth Parks and Rec offer moonlight night hikes

Skiing (downhill and cross country)

- [Chester Bowl](#) - Alpine, Nordic, trails, and unofficial dog park. [Volunteer](#) for a certain number of hours and get a discount on a season pass + [rentals](#) for the entire season (have to sign up for these early in October/November). Season pass also comes with discounts with their [partners](#) and free lessons
- [Spirit Mountain](#) - Alpine, Nordic, and snow tubing
- [Mont Du Lac](#) - Alpine and Tubing
- [Duluth XC Ski Club](#) - has list of local trails, info on ski passes, and rentals
- [Snowflake Nordic Center](#) - Nordic
- Equipment
 - [Ski Swap](#) - Yearly gathering to get second hand ski gear at a steep discount
 - Local ski shops will have sales/discounts throughout the season

- Lessons & Group rides
 - Snowflake - offers private/group lessons
 - [Duluth XC Ski Club](#) - offers group lessons. Spots fill up quickly
 - Duluth Community Education - offers group lesson
 - Duluth Parks & Rec - host group rides
 - Continental / Ski Hut - Women's rides on Thursday nights
 - Continental - social rides on Wednesday nights

Ice Skating

- The [Heritage Center](#) hosts open skate on an indoor rink
- There are a number of [outdoor skating rinks](#) in Duluth - be aware that a lot of these rinks are taken over by hockey players fairly quickly
- Bayfront Park has free skate rentals
- Lafayette Park has free skate rentals
- Duluth Figure Skating club has a [Learn to Skate program](#) (have to bring your own skates) and a weekly adult skate program
- [UMD RSOP](#) has skate rentals and also has an ice rink with open state

Curling

- The [Duluth Curling Club](#) fielded an Olympic Gold Medal team in 2018 and also offers recreational leagues.
- [Superior Curling Club](#) - hosts a beginner instruction and league that starts in November

Sledding (BYOS)

- Proctor Golf Course, Central Park, Pinehurst Park, Bagley, Northland Country Club, Lester Park, Leif Erickson Park, etc.
- Parks and Rec has sled sheds at certain parks

Snowshoeing

- [List of trails](#) to snowshoe
- Some parks have rentals for the day
 - Hartley Nature Center: [\\$10/day](#)
 - UMD RSOP: [\\$12/day](#)
 - State parks: [\\$6/day](#)

Fat Biking

- Women's ride night - Continental Ski + Ski Hut have a ride night and you can reserve a bike for free if you call ahead

- UMD RSOP - has rentals

Sailing

- [Duluth Superior Sailing Association](#) - offer private lessons

Guided Tours

- [Day Tripper of Duluth](#) does a variety of tours in summer (kayaking, etc.) and winter (fat biking, snowshoeing, and skiing, etc.)
- [Positive Energy Outdoors](#) winter skijoring, sleigh riding, ice climbing, and more
- [Endurance Kennels](#) does dog sledding.

Outdoor Equipment Rental

- [University of Minnesota Duluth](#)
- College of St. Scholastica
- University of Wisconsin - Superior

Climbing

- [Vertical Endeavors](#) - top-rope and bouldering gym
- [Duluth Climbing and Fitness](#) - member owned bouldering gym, requires a lifetime or yearly membership, have queer and women climb nights where you can pay just the guest fee
- [North Shore VertiGals](#) - host monthly climb nights
- UMD RSOP: host climbing clinics, trips, and climb nights
- Ice climbing
 - UMD RSOP hosts trips and weekly climb nights
 - [Sandstone Ice Festival](#)
 - [Duluth Climbers Coalition's Ice & Mixed Fest](#)

Mountain Biking

- [COGGS Duluth](#)
- [Trailforks](#)

Yoga

- [Duluth Yoga](#) offers a ton of yoga classes including hot yoga. Located in Kenwood. You get a full week of sessions for free.
- [Runa Yoga](#) offers a bunch of yoga classes at their studio in Kenwood and around the community, including their "Yoga in the Yurt series." Your first class is free.
- [Evolve](#) : yoga and strength classes, \$10 for a drop-in class
- [Yoga North Duluth](#): many different kinds of yoga, located in Lakeside
- Duluth Folk School

- [Inner Bliss](#) offers yoga, float, sauna, massage, and more. 1-month new student unlimited yoga for \$40. East Superior St.
- [Jem Duluth](#) offers massage, yoga, and more. 1-month new student unlimited yoga for \$45.

Recreational Facilities and Gyms

- [YMCA](#), full service wellness center that includes cardio and strength equipment, walking track, rock wall, pool, sport courts, racquetball and handball courts, group fitness classes, childcare; various levels of costs for membership, with financial assistance available through application process; two locations, Downtown and Hermantown.
- [Essentia Health](#), full-service wellness center that includes cardio and strength equipment, walking track, and group fitness classes; located in Miller Hill Mall
- [Movo Studio](#), your trainer runs the show and sets up a variety of HIIT and yoga-related workouts, located downtown Duluth off of 1st St, and 2nd Ave E, new client promotion is one month for \$45
- [9-round](#), first session free, 30-minute kickboxing workout with all gear and trainer included, located in Kenwood
- [MKG International Martial Arts](#) offers a range of martial arts, \$50 two-week intro (1/2 off with a friend), located in West Duluth
- [XMT-3](#), personal training, bodybuilding, and group fitness, located downtown
- Anytime Fitness, first week free, 24 hours, multiple locations in [West Duluth](#), [E Superior St](#), and [Hermantown](#)
- [Snap Fitness](#), 24 hours, [Black Friday deal](#), multiple locations including [Lakeside](#) and [Central Entrance](#)
- [MX Gym](#), martial arts and aerial arts in Superior. First class is free

CrossFit

- [IST](#) (Impact Sports Training), first CrossFit session free, located in Lincoln Park
- [Aerial Athletics](#), first few CrossFit sessions free with presentation, located in Lincoln Park
- [CrossFit Duluth](#), first session free, located in Hermantown

Other

- [Duluth Community Education](#), tons of community-member-taught classes all around Duluth
- [City of Duluth Community Programming](#), tons of events around Duluth
- [Stonehouse Martial Arts](#): Karate, Muay Thai, and Krav Maga classes as well as a weapons class that is open to all. If you sign up for one class you can participate in

all of them for no extra charge (except for gear). They have locations in Duluth and Superior.

- [Courage Kenny](#) - have programs for adaptive sports year-round
- [Harbor City Roller Derby](#): offer Intro to Derby Clinics (have to get your own gear)

Arts Scene

Music scene

- Wussow's Concert Cafe (open mic night, spoken word, etc.)
- Duluth Folk School
- Sir Ben's (live music every night, open mic, karaoke, etc.)
- Blush- Eclectic/Punk
- All the breweries hold live music routinely
- Amazing Grace Cafe (open mic Sundays)
- The Rex Bar (weekends live music)
- UMD (Weber Music Hall)

Theaters

- Duluth Playhouse
- Norshor Theatre
- Zinema - Zeitgeist (movie theater)
 - \$5 movie Wednesdays
- Renegade Theater Company - Zeitgeist (performance theater)
- Renegade Improv - Zeitgeist
- The Underground

Art

- Duluth Art Institute
- Prove Gallery
- Zeitgeist
- AICHO

Crafting

- [Duluth MakerSpace](#)
- [Duluth Folk School](#)

Books, Literacy, and Reading

- Duluth Public Library
- The Bookstore at Fitger's has a great selection of local resources – guidebooks to

trails, canoeing, other outdoor recreation, tourism; local history and walking tours; nature books; ghost stories, shipwrecks, fiction, etc.

- Zenith Bookstore in West Duluth carries a wide range of new and used books. Locally owned and knowledgeable.
- Lake Superior Gift Shop, 310 E. Superior St., has a lot of local info.
- Chester Creek Books: BEST used books in an old church with weird old antiques
- Amazing Alonzo's Paperback Exchange: new and used

Historical, Museums, and Interactive

- Glensheen Mansion
- The Depot. Art exhibits, events, and a small historical Museum.
- Duluth Maritime Museum. Interesting information about the ships you see in the lake, and about harbor business and history.
- Duluth Aquarium
- Lake Superior Zoo
- Karpeles Manuscript Library Museum

Places to Shop for Discount Items

- Thrift Shop (see finance section above)
- [Dannie Duluth](#) – women's clothing on consignment, a cut above thrift shops. Watch for their sales!
- [Great Lakes Gear Exchange](#) – outdoor gear on consignment. Great resource.
- [Platos Closet](#)

Food and Drink

Places to eat

- Zeitgeist: Duluth's only nonprofit cafe. Truffle fries a specialty.
- Whole Foods Co-op Deli: Delicious sandwiches made to order, hot bar, desserts
- New Scenic Cafe: Well reviewed and well known. Pricier for entrees, but affordable sandwiches and desserts
- Duluth Grill: Locally-sourced, menu options for all, amazing brunch location
- At Sara's Table: Locally-sourced, gluten free and vegan options
- Northern Waters Smokehaus: Smoked fish and meats on sandwiches or salads
- Va Bene: Italian with views of Lake Superior
- Anchor Bar: Super cheap burgers and fries dive bar in Superior
- PhoHolic: Vietnamese restaurant
- Pak's Green Corner: Thai food in Superior
- Love Creamery: Delicious ice cream in creative flavors; AmeriCorps discount!
- Corktown Deli and Brews: Locally-sourced deli sandwiches

- Pizza Luce: Pizza and sandwiches, gluten free and vegan options
- Dovetail Cafe: Coffee roasted in-house; light meals and baked goods; gluten free and vegan options; beer and wine. The place to hang out in Lincoln Park.
- Hungry Hippie Tacos: Mexican and northern fusion. Amazing frybread tacos
- Pedro's (Cloquet): Best Mexican food in the Northland

Drinks (most also have non-alcoholic options)

- Vikre Distillery. Local distillery with tours at 5 pm every day and drinks. Boreal gin, whiskey, and vodka.
- JJ Astor. Rotating restaurant at the top of the Radisson is a good place to go for a drink. while overlooking the city; takes about an hour to go all the way around.
- Duluth Cider. Local cidery in Lincoln Park.
- Wild State Cider. Another Lincoln Park enterprise.
- Bent Paddle Brewing. Another leader in the Lincoln Park renaissance.
- Ursa Minor. "Comfort beer" in a rotating list. Warm atmosphere and good pizza.
- Hoops Brewing. Canal Park area; English style as well as many other beers.
- Cedar Lounge, Earth Rider Brewery in Superior.
- Noble Pour. Cocktail bar in Lincoln Park.
- Curly's Bar. The coldest Hamm's in town.

Coffee, tea, juice shops

- Dovetail Cafe - Lincoln Park (food and drinks; best ambiance)
- Juice Pharm (juices, smoothies, vegan food)
- Red Mug in Superior
- Duluth Coffee - Downtown (some consider this the best overall cup of coffee.)
- Wussow's Concert Cafe (formerly Beaners) - West Duluth
- Dunn Brothers - Endion
- Perk Place - Kenwood (best baked goods, Mackenzie recommends vanilla bean latte)
- Yellow Bike Coffee - Hermantown
- Twisted Pastries - Superior
- Red Mug Coffeehouse - Superior
- Amity Coffee - Lakeside
- Amazing Grace Cafe - Canal Park

Events Around Town

Ongoing

- Farmers Markets – see above, under food resources

Annual Events

- [John Beargrease Sled Dog Marathon](#) (January)
- Twin Ports Medallion Hunt (February)
- [Homegrown Music Festival](#) (first week of May)
- [Grandma's Marathon](#) (June). Named for Grandma's Restaurant, not someone's grandmother.
- Rhubarb Festival (end of June)
- Bayfront Festival Park Blues Festival (summer)
- Tall Ships (every third August)
- Harvest Festival (September, Bayfront Park)
- Turkey Bingo (November)
- Thanksgiving Dinner (free) at the DECC (November)
- Christmas City of the North Parade (November)
- Bentleyville Tour of Lights (November/December) – spectacular light display in Bayfront Park



Outside Duluth

Cloquet, MN

- Pedro's Mexican Restaurant in Cloquet
- Gordy's Hi Hat and Warminghouse in Cloquet (Hi Hat is a burger diner, Warming House is a coffee shop)
- Family Tradition in Cloquet (traditional American breakfasts)
- Carmendy's in Cloquet (typical burger joint)
- Aldi/Super One grocery in Cloquet

Superior, WI

- Anchor Bar (burgers, cash only)
- Thirsty Pagan Brewing (try their pizza)

- Earth Rider Brewery and Taproom
- Wasabi Sushi
- Sweedon Sweets (candy store)
- Level Up (game shop with frequent events and a free board game library)
- A World of Accordions Museum
- Billings Park (lovely view of the lake and has a Billings Park day in August)

North Shore (of Lake Superior)

Official [Guide to the North Shore](#)

Highlights of the North Shore:

- North Shore Scenic Drive
- New Scenic Cafe: Not your traditional cafe, it specializes in unique lunch and dinner cuisine
- Great Lakes Candy Kitchen, Knife River: Delicious homemade candy.
- Knife River Beach: Small harbor beach with a lot of small rocks. Turn onto Old Harbor Rd, left at the stop sign and immediate right onto gravel road/parking lot
- Mocha Moose Cafe: typical cafe coffee, baked goods, local art and the like
- Castle Danger Brewery
- Split Rock Lighthouse State Park
- Gooseberry Falls State Park: Don't stop at the waterfall...keep hiking to Lake Superior. Combine your trip with some pie at Rustic Inn nearby. Betty's Pies is more famous, but the Rustic Inn is better.
- Palisade Head (Climbing, hiking)
- Tettegouche State Park (Hiking)
- Cascade State Park (Hiking)
- Temperance River State Park (Hiking)
- Govenor Dodge State Park

Day (or slightly longer) Trips

- Jay Cooke State Park (Carlton, MN)
- Amnicon Falls State Park (in Wisconsin)
- Pattison State Park (in Wisconsin)
- **Bayfield, WI:** Bayfield is a cute Victorian town on the edge of Lake Superior. There are a lot of apple and other fruit farms where you can pick your own. It has a cute, small downtown to walk around. Drive up and around the peninsula on Hwy 13 for views of the lake and small towns. Check out their Apple fest in the fall
- **Madeline Island, WI:** Ferry ride from Bayfield. Traditional home and sacred place of Anishnaabe people. Bike rentals to ride around the island, kayak rentals.
- **Grand Marais, MN:** Small town up the shore. Good co-op, donut shop, folk school,

Angry Trout restaurant.

- **Ely, MN:** Check out Steger mukluks, Wintergreen Northern Wear, sled dogging, or the International Wolf Center, or hang out in a northwoods cabin for a weekend retreat
- **Brule River:** Tubing or kayaking rentals
- **Apostle Islands:** Sea caves for kayaking in summer, ice caves in winter.
- **Boundary Waters:** This is slightly more than a day trip. Pristine chains of lakes make for an amazing pack-in and pack-out rural camping and paddling experience
- **Superior Hiking Trail:** Do a section or do the whole thing, this hiking trail extends from Jay Cooke State Park to the Canadian Border.
- **Ski Up North:** (Alpine and Nordic). Check out [Giant's Ridge](#) or [Lutsen](#) – can be spendy so look for Groupons



Ecolibrium3 AmeriCorps VISTA Program Resources

AmeriCorps VISTA Program Overview

The [Corporation for National and Community Service](#) (CNCS) is the federal government department that oversees domestic national service opportunities in the United States, including AmeriCorps, Senior Corps, and more.

[AmeriCorps](#) is an overarching term that describes a number of specific [AmeriCorps programs](#) that do more than move communities forward; they serve their members by creating jobs and providing pathways to opportunity as they enter the workforce. AmeriCorps places thousands of people into intensive service positions where they learn valuable skills, earn money for education, and develop a strong sense of civic responsibility.

The [AmeriCorps VISTA](#) (Volunteer in Service to America) program was founded in 1965 to bring passion and perseverance where the need is greatest: to organizations that help eradicate poverty. AmeriCorps VISTA members serve as a catalyst for change, living and working alongside community members to meet our nation's most pressing challenges and advance local solutions. In short, VISTA is the antipoverty branch of AmeriCorps. It is nationally organized but locally run.

The Ecolibrium3 VISTA Corps, based in Duluth, MN, aims to address some of the most pressing poverty-related challenges faced by communities in Northern Minnesota. [Ecolibrium3](#) serves as the [VISTA program](#) sponsor (this means they oversee the program as a whole, manage the federal grant, and take care of the administrative side of things) as well as a host site for VISTA members. The Eco3 VISTA program partners with [host sites](#) in northeastern Minnesota where VISTA members will work for the duration of their service. Our members serve full time for one year, and our Summer Associate members serve for 10 weeks over the summer. The Ecolibrium3 VISTA program began in August 2017 with 8 members and will expand to 20 members in August 2020. We take a holistic approach to eradicating poverty, implementing solutions from every angle: food security and justice, city and urban planning, affordable and accessible housing, enrichment opportunities and programs for people of all ages, etc.

Resources with VISTA-specific Information

- [VISTA Campus](#), a website just for VISTA members that includes learning resources:
- The [VISTA Member Handbook](#) will answer just about any question you may have. You'll have to scroll down a little on the provided link until you see the Member

Handbook Access link. (**SERIOUSLY, CHECK IT OUT - It has EVERYTHING**)

- [National Service Hotline](#) can be contacted with any questions or concerns, using their email, chat, or phone (800.942.2677)
- [Disability and Accessibility Information and Disability Inclusion Resources](#)
- Facebook Group: [Northland AmeriCorps Members \(Duluth\)](#) (private group for current members)
- Facebook Page: Northland AmeriCorps Members and Alumni - Duluth Area (public page for current members, alumni, and supporters)

VISTA Benefits

E3 AmeriCorps VISTA Cohort

Although each member is serving in a unique position, all cohort members will participate in VISTA-specific activities such as regular cohort meetings, collaborative projects, professional development opportunities, and training. Additionally, cohort members will jointly complete one community service project of their cooperative design.

National VISTA Training, Events, and Service Opportunities: The National VISTA Program engages local VISTA programs and members in a few training, event, and service opportunities throughout the year. They host In-Service Trainings (ISTs) for selected members of each cohort throughout the year; attendance is by invitation only). Their national events include [AmeriCorps Week](#) and the [National Service Day of Recognition](#). All VISTA programs are expected to engage their cohort members in community volunteerism during two annual days of service: the [September 11th National Day of Service and Remembrance](#) (September 11th) and [Martin Luther King Jr. Day of Service](#) (MLK Day in January).

Ecolibrium3 AmeriCorps VISTA Program: The Ecolibrium3 VISTA program arranges a variety of opportunities for VISTA members throughout their service. Participation is highly encouraged at all of these events and is counted as part of full time work. Any conflicting priorities at site should be communicated with the VISTA leader.

- Cohort Projects: VISTA members may choose a project or two to collaboratively work on. Project is managed by the VISTA leader.
- All VISTA Meetings (AVMs): The E3 AmeriCorps VISTA program coordinates regular meetings of the cohort (biweekly in 2019-20). These meetings may highlight various VISTA members' work and host sites, provide training or professional development, or address other priorities.
- Trainings: The E3 AmeriCorps VISTA program hosts a number of trainings

throughout the year. Members are strongly encouraged to attend and participate. Trainings are counted toward VISTA time.

- Cohort Bonding: The VISTA cohort may have periodic cohort bonding activities (e.g. potlucks, holiday party, expeditions) coordinated by the E3 VISTA program/VISTA Leader. They are optional for members but can be counted as VISTA time.
- Performance Measures: The E3 AmeriCorps program collects monthly performance measure reports, and expects members to work diligently to fulfill these measures and complete them in a timely manner.
- Promotion of the AmeriCorps VISTA program: The E3 AmeriCorps program always appreciates any marketing, promotion, or recruitment of potential future volunteers to our program.

Collaboration with Other VISTAs: There are many opportunities to collaborate with other VISTAs on projects in the community or at their host sites (e.g. helping another VISTA on their project). Host site supervisors may determine whether there are any conflicting priorities and whether this collaborative work can be counted as time towards service.

Community Volunteer Opportunities: Various community volunteer opportunities may arise throughout the course of VISTA service. The E3 VISTA program thinks that engaging with the community is critical to the VISTA experience and encourages such engagement, as long as it does not conflict with regular service activities. It is up to the host supervisor to determine whether it can count toward full-time work, which may depend on whether it is directly related to the volunteer's service.

Northland AmeriCorps Collaborative (NAC): NAC is a group of all AmeriCorps programs in Duluth, MN. They typically host an event or two a year for volunteers in the area.

Programs other than Ecolibrium3 VISTA are:

- True North AmeriCorps with the YMCA (AmeriCorps State and National) (youth extra-curricular focus)
- Reading and Math Corps (AmeriCorps State and National) – in-school tutoring
- Northern Bedrock Historical Society (outdoor historical restoration teams)
- National Civilian Conservation Corps (NCCC): (outdoor area restoration teams)

Minnesota VISTA Sponsors: MN VISTA Sponsors is a group of all AmeriCorps VISTA programs in the state of Minnesota.

- Campus Compact (VISTA branch based at universities across Minnesota and Iowa - UMD pharmacy department previously had opioid-focused VISTA)

- Literacy Council Minnesota (VISTA branch in Twin Cities; looking to have member at Duluth Public Library)
- Minnesota Council of Nonprofits (VISTA branch in Twin Cities)
- Minnesota Alliance for Youth (VISTA branch based in Twin Cities; have placed member)
- NWICDC (VISTA branch based in Bemidji; places VISTA members with Indigenous organizations)
- MN Promise Zone (VISTA branch at City of Minneapolis)
- NOTE: There are other programs, but they are smaller and may not have VISTA leaders

Other AmeriCorps programs, positions, or groups in area to be aware of:

- Minnesota Recovery Corps has operated in Duluth in the past, but is not currently active
- University of Arizona (VISTA program that had placed members with Native American populations around the USA, including Fond du Lac)
- Green Corps (based out of the Twin Cities but they previously had volunteers at City of Duluth)
- ServeMinnesota (collaborative of many AmeriCorps and service programs around Minnesota, also run the InterCorps Council)

Personal Professional Development: The AmeriCorps VISTA program encourages members to engage in professional development. Various opportunities are available to volunteers. If the activity is organized by the VISTA sponsor, leader, or host supervisor it counts towards full-time work. Otherwise, credit toward full-time work is at the discretion of the host supervisor. Jesus

Fun and Community Events: VISTA volunteers can engage in a variety of events, on their own time for their own personal benefit or for community engagement outside working hours. When they do so, they are acting as their own autonomous person. While they are free to talk about their service, etc., they do not represent the program.

Other Important Information

- Follow AmeriCorps on social media: Facebook, Twitter, and Instagram
- [AmeriCorps VISTA Alumni](#)
- [Life After AmeriCorps Resource Guide](#)
- Tax information (your W2) will become available on your my.americorps.gov profile

under “tax statements.”

- Letter Certifying Service: There are a number of reasons you may need a letter certifying your service (e.g. applying for SNAP, student loan deferment, applying for NCE, etc.). On your my.americorps.gov profile, there is a “My Service Letter” tab, then choose your service term, and there will be three choices under “letter type.” Choose the one that best fits your need



Previous VISTA Cohorts

This section is just for institutional knowledge and fun....

Ideas for Group VISTA Fun

- Camping trip (Cohort 18-19 did a Boundary Waters Canoe Area trip for the 4th of July)
- Book club
- Swap (podcasts, books, games, clothing, etc.)
- Dumpster diving
- Meal planning and sharing (potlucks, recipe exchange, etc.)
- Mindfulness
- Mass Meal Prep (Cooking Matters Program?)
- Playground Visit (Silver Bay)
- Outdoor activities (skiing, hiking, etc)
- Happy Light (SunSpot, a bus with full-spectrum lighting and vitamin D lights for winter)
- Skill share nights
- Alpine slide
- Top Chef/Recipe Swap
- Curling
- Disc Golf
- Duluth goings on (see resources for event listings, above)
- Restaurant Tours (costs)
- Exercise group
- Intramural/frisbee
- Group garden, possibly Duluth Community Garden Program collaboration
- Trivia
- Karaoke
- Holiday party
- Ecolibrium3 Resilience VISTA Orientation - 1st day of Service
- Welcome Grill Out - 1st weekend of service
- Welcome Retreat - 1st month of service

Previous VISTA Positions for Ecolibrium3 Program

- Planning VISTA with City of Duluth Planning Office (2017-18, 2018-19, 2019-20)
- Low-Income Utility Coordinator VISTA with Comfort Systems (2017-18)
- Low-Income Energy Program Coordinator VISTA with Ecolibrium3 (2017-18, 2018-19, 2019-20)

- Low-Income Utility Coordinator VISTA with Minnesota Power (2018-19, 2019-20)
- Education Curriculum VISTA with Duluth Children’s Museum (2017-18, 2018-19, 2019-20)
- Outreach and Policy Coordinator VISTA with Lincoln Park Children and Families Collaborative (2017-18, 2018-19, 2019-20)
- Garden Education and Volunteer Management VISTA with Duluth Community Garden Program (2018-19, 2019-20)
- Local Food System Developer VISTA with UMD RSDP (2019-20)
- Food Sovereignty VISTA with Fond du Lac Tribe of Lake Superior Chippewa (2018-19, 2019-20)
- Community Education and Outreach Coordinator with Damiano Center (2018-19)
- Community Disaster Resilience Coordinator VISTA, Ready North Network, with Duluth Superior Area Community Foundation (2018-19, 2019-20)
- Volunteer and Data Coordinator VISTA with Habitat for Humanity (2018-19)
- Lincoln Park Innovation Zone Developer VISTA with Ecolibrium3 (2017-18, 2018-19, 2019-20)
- Communications and Systems Strengthening VISTA with Ecolibrium3 (2019-20)
- Equity and Economic Opportunity VISTA with Ecolibrium3 (2019-20)
- VISTA Leader at Ecolibrium3 (2018-19, 2019-20)
- Public Health Data Specialist VISTA with St. Louis County (2019-20)
- Opioid Specialist VISTA with St. Louis County Public Health (2019-20)
- Opioid Specialist VISTA with Duluth Police Department (2017-18)
- Community Health Coordinator VISTA with Zeitgeist (2017-18)
- Communications and Outreach VISTA with Zeitgeist (2018-19, 2019-20)

Previous VISTA Cohort Projects

- Winter clothing drive (Cohort 2022-23) - asked businesses on Main St (Lincoln Park) to have a box for a week (in tandem with Crafty Holidays in LNPK), businesses were enthusiastic to participate
- Legacy House (Cohorts 2017-18 and 2019-20) - see project folders for more information
- Northland VISTA Handbook (Cohort 2019-20)- you are reading it
- Community service events (Cohort 2018-19) - blue pumpkin project, Halloween event with Northern Arts Collective, etc.

E3 AmeriCorps Alumni

- Contact info in Ecolibrium3 CRM (mailing list; “contact relations management” system)
- Where are they now?

- VISTA Story Highlights
 - COVID-19 Response - Volunteer Resource Guide and community response

Just For Fun/Misc.

Book Recommendations by VISTA cohort 2019-20

- Everything You Wanted to Know About Indians But Were Afraid To Ask by Anton Treuer
- I'm Still Here by Austin Channing Brown
- The Universe is a Green Dragon by Brian Swimme
- Just Mercy by Bryan Stevenson
- The Three Musketeers by Alexander Dumas
- The Odds Against Us by Peter Townsend
- About the Night by Anat Talshir
- There There by Tommy Orange
- The Brief and Wondrous Life of Oscar Wao by Junot Diaz
- Even Cowgirls Get the Blues by Tom Robbins
- A Prayer for the City by Buzz Bissinger
- Saga series by Brian K. Vaughan (illustrated by Fiona Staples)
- Factfulness by Hans Rosling
- Housekeeping by Marilynne Robinson
- The Picture of Dorian Gray by Oscar Wilde
- A Walk in the Woods by Bill Bryson
- Cycling Home from Siberia by Rob Lilwall
- The Bookish Life of Nina Hill by Abbi Waxman

Educational Online Courses

- [Coursera](#) provides MOOCs (“massive open online courses”) drawn from many universities and businesses. Some are free.
- [edX](#) also offers MOOCs, some free. It’s a nonprofit organization founded by Harvard and MIT with a wide range of partners..
- [Khan Academy](#) offers practice exercises, instructional videos and a personalized learning dashboard to empower learners to study at their own pace in and outside of the classroom.
- [NovoEd](#) provides courses for all work settings including corporate learning, professional education and university programs.
- [University of Minnesota: Office for Equity and Diversity](#) offers educational opportunities for individuals, departments, colleges and units. Workshops focus on a wide range of equity and diversity issues in higher education.

- Esri, a private company, offers online training in ArcGIS.
- VISTA Campus provides [free webinar trainings](#) for members on select subjects.

Fundraising and Grant Writing

- How to Ask for Money
 - [The Elevator Pitch](#)
 - [How to Craft Your Belief Message](#)
- Building Online Campaigns
 - [Ways Social Media has Transformed Online Fundraising and How to Adapt](#)
 - [How to Launch a Successful Fundraising Campaign](#)
- Creating Fundraising Events
 - [Fundraising Ideas](#)
- Writing Grants
 - [Sample Documents](#)
 - [Letters of Inquiry](#)
- [The Fundraising Authority Webinars](#)
- [The Fundraising Authority Podcast](#)

Newsletters

- [Centers for Disease Control and Prevention \(CDC\)](#) news updates tailored to your interest
- [Center for Law and Social Policy \(CLASP\)](#) a national, nonpartisan, nonprofit organization advancing policy solutions for low-income people
- [Corporation for National and Community Service \(CNCS\)](#) keep updated with CNCS's Newsroom
- [Community-Campus Partnerships for Health](#) distributes a monthly newsletter to keep stakeholders informed about events, activities, and opportunities for involvement
- [Community Health and Advocacy Talk](#) Engaging a community in the social determinants of health
- [Governance Alliance on Race and Equity \(GARE\)](#) GARE is a national network of governments working to achieve racial equity and advance opportunities for all
- [Minnesota Department of Health](#) Subscribe to receive news releases
- [Minnesota Grown: Pick of the Month](#) Letting you know what's in season and how you can find fresh Minnesota grown products
- [Minnesota International NGO Network \(MINN\)](#) MINN's bi-monthly newsletter keeps subscribers up to date on relevant events and news within the international NGO community in Minnesota, new MINN networking or educational events and

- programming, and career development tips and information
- [Minnesota Public Radio \(MPR\) Subscribe](#) to email newsletters from MPR to receive the latest news, events, and programming notes
 - [Minnesota Rising](#) Minnesota Rising is a network of emerging leaders in Minnesota
 - [National Institutes of Health \(NIH\)](#) seeks fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability
 - [National Public Radio \(NPR\)](#) works in partnership with Member Stations to create a more informed public
 - [Negstad Consulting](#) Is an unconventional strategy and employee development firm for nonprofits
 - [Nonprofit Tech for Good](#) provides easy-to-understand information, news, and resources related to nonprofit technology, online communications, and mobile and social fundraising
 - [U.S. Department of Health and Human Services](#) subscribe to receive news and updates
 - University of Minnesota
 - [Engaging U Newsletter](#) engagement-related updates and events, resources, calls for papers and proposals, funding awards and other opportunities
 - [Program in Health Disparities](#) promotes health equity through collaborative research, education, and trusted partnerships

Other Misc Resources

- [Amherst H. Wilder Foundation](#) research and data
- [Center for Urban and Regional Affairs](#) research and resources
- [Center for Youth Development](#) researches and delivers non-formal, out-of-school time youth development programs
- [Heading Home Minnesota](#) a statewide initiative to end homelessness
- [Idealist](#) a listing of jobs and opportunities for volunteering, internships, and partnerships
- [Iowa & Minnesota Campus Compact](#) supports different member campuses with capacity building, events, initiatives and publications
- [Literacy Minnesota](#) literacy services for adults and children plus resource database for ABE programs and tutors (*previously Minnesota Literacy Council*)
- [Propel Nonprofits](#) increases the capacity of nonprofits and provides leadership for effective nonprofit management
- [Mentoring Partnership of Minnesota](#) builds and supports capacity of youth mentoring programs and partnerships

- [Minnesota Alliance With Youth](#) works with and for youth to ensure that young people have access to fundamental resources
- [Minnesota Association For Volunteer Administration \(MAVA\)](#) resources for professional development and training opportunities for volunteer engagement
- [Minnesota Compass](#) research and data resources
- [Minnesota Council of Nonprofits](#) informs, promotes and connects individual nonprofits and the nonprofit sector
- [Minnesota Council on Foundations](#) strengthens and expands philanthropy and provides grant resources
- [Minnesota International NGO Network \(MINN\)](#) forum for international practitioners and supporters to learn, network and exchange professional expertise
- [MinnesotaHelp.Info](#) provides a statewide directory of community services; online version of the 211 telephone service
- [Nonprofit Technology Network](#) information, resources and webinars on using technology in a nonprofit setting
- [Northstar](#) defines basic skills needed to perform tasks on computers and online; a program of Literacy Minnesota
- [Northwest Indian Community Development Center](#) identifies, coordinates and delivers resources that promote wellness and equity for American Indian families in northwest and north-central Minnesota
- [Public Allies](#) advances social justice and equity by engaging and activating the leadership capacities of young people
- [Volunteer Match Learning Center](#) allows organizations to recruit and match volunteers with opportunities and projects
- [Young Nonprofit Professionals Network \(YNPN\)](#) a community of nonprofit staff, volunteers, supporters and allies: current and future leaders who want to connect with others in the social sector
- [Youth Interventions Programs Association \(YIPA\)](#) a non-profit association made up of member organizations who serve youth in a variety of programs. If your organization is a member, all their online and most in-person trainings are free; non-members can access the trainings at cost



Uff-Da (oo-fh dah)

Of Norwegian origin, this phrase is used to express sensory overload. It can be used to express surprise, relief, astonishment or exhaustion. While not as widely used as some of the other MN phrases, it is perhaps the most stereotypical Minnesotan expression.