



The Sidewalk

VOL. 17, ISSUE 1

THE OFFICIAL MAGAZINE OF THE BEAVERDALE NEIGHBORHOOD ASSOCIATION

WINTER 2022

BEAVERDALE NEIGHBORHOOD ASSOCIATION

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BOARD MEETINGS

Meetings are held at 7 p.m. on the first Thursday of the month at the office of Ibson Law in Beaverdale. Visit www.beaverdale.org for more information. Board minutes are published on the website upon Board approval.

MISSION

The Beaverdale Neighborhood Association is neighbors working together to promote the social welfare of the Beaverdale area by bringing about civic betterment and social improvements for the common good of the community.

MEMBERSHIP

The BNA is a 501(c)(3) tax-exempt, nonprofit organization. Membership is open to the public, may be tax deductible and could be eligible for a matching gift from your employer. To join or get involved, visit www.beaverdale.org or follow us on Facebook @beaverdaleneighborhood.

THE SIDEWALK

The Sidewalk is the Official Magazine of Beaverdale and is published quarterly by the Beaverdale Neighborhood Association P.O. Box 30175, Des Moines, Iowa 50310
Editor: Kate McGovern 515-577-2084
Email the BNA: bnab@beaverdale.org

Dear Neighbors,

Happy New Year! I hope everyone had a happy holiday season and was able to take in all the wonderful light displays adorning Beaverdale homes this winter.

Since the last edition of the Sidewalk, we have seen many of the new BNA banners go up along Beaver Avenue with more to come. I have enjoyed seeing the new pop of color along the corridor that reflects the vibrant community we have in Beaverdale.

Looking forward to the year ahead, we will have a presentation of the Beaverdale Park Master Plan concept at the upcoming Quarterly Meeting. You can find out more information within this Sidewalk edition. We are also already working to get events that were not held due to Covid planned for this year.

Specifically we have a team of volunteers already working on the Beaverdale Bluegrass Festival in July.

Lastly, if you're not yet a member or your membership has expired, please consider joining the BNA.

Sincerely,
Marcus Coenen,
BNA President

BNA QUARTERLY MEETING

TUESDAY, FEBRUARY 8TH
7:00 PM – 8:00 PM

GO TO: WWW.ZOOM.US
MEETING ID: 841 7702 2506
PASSCODE: 061701



CITY OF DES MOINES CREATES DEMO RAIN GARDEN

The City of Des Moines created a demonstration rain garden last fall in Beaverdale to show residents how a rain garden can be incorporated into your landscaping to catch runoff that ends up in the storm water drainage system. It is located in the Raymond Drive and Holland Drive pocket park just north of the Flying Mango restaurant. Several staff were on hand for the construction including Environmental Engineers, Isaac Svoboda, Derek Namanny, and City Forester Shane McQuillan, who planted 3 trees that will eventually provide much needed shade for the site. Several neighbors stopped by to get info about the project and help with the planting. Some even made appointments to set up a site visit of their own property. During a site visit, staff meet with the homeowner and do a complete walkthrough of their property to assess possible stormwater best management practice types and locations. The intention is to educate residents on practices they are not familiar with and provide them with a “whole site approach” to manage as much stormwater as possible that falls on their property.

The City of Des Moines offers a Stormwater Best Management Practices Rebate Program which provides an incentive for private property owners to install stormwater best management practices on their property. These practices help enhance the water quality of stormwater runoff while decreasing the amount of



runoff that ends up in the storm drainage system. The City will reimburse property owners 50% of the total cost of your project, with a reimbursement limit of \$2000, provided the project meets the requirements of the program.

Collective implementation of stormwater management practices can make a difference in water quality across our state. In Des Moines, the Stormwater BMP Rebate Program gives residents the tools to make a difference in our community. Please email stormwater@dmgov.org to line up a site visit or visit their website today Stormwater Subsidy Program (dsm.city).

The integrity of water quality rests in our hands and we must all collectively act together to implement the necessary measures to save and preserve it.



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BEVERDALE PARK MASTER PLAN CONCEPT UNVEILED, PUBLIC COMMENT HEARD

The development of the Beaverdale Park Master Plan has been a community-driven effort to renovate the existing 25-acre park in the heart of Beaverdale. Members of the Des Moines Parks and Recreation Planning team worked with the neighborhood through an extensive public process which included an online questionnaire (generating 636 responses – one of the highest in department history), association meetings, community events and on-site public engagement for inclusive public input. Additional research thoroughly analyzed the existing conditions of Beaverdale Park and inventoried the surrounding community park amenities.

After compiling public feedback/input and facility data, the planning division developed a master plan concept for the park and open space. The proposed improvements in the new Master plan include:

- 20 acres of woodland restoration
 1. Remove invasive species
 2. Open canopy to increase sunlight for ground plan
 3. Native seeding
 4. Increase visibility throughout the park for safety
- Waterway and stormwater management including a bank armoring with natural stone and stone weir walls to reduce the speed of runoff
- Renovate parking orientation and entrance into the park
- Paved walkways and woodland trails
- Shelter(s) enclosed and open-air
- Picnic and Barbeque areas
- Outdoor Classroom Space
- Fitness Areas and Equipment
- Slackline and Hammock Areas
- Park Entrance Nodes (signage and trail connections)
- 2 Playground Areas: 2-5 year-olds & 5-12 year-olds
- Destination Areas: overlook, seating, art opportunity, signage (historical and nature), and viewing areas



To jump-start this master planning project, Parks and Recreation applied for an Iowa Department of Natural Resources (IDNR) Resource Enhancement and Protection (REAP) Grant. The grant application encompassed the much-needed restoration work for the 20 acres of woodland and stormwater management within Beaverdale Park. In December 2021, Parks and Recreation were

notified that their REAP grant submission was recommended for award, pending approval of the grant agreement by City Council. Upon approval, restoration work will begin in late 2022 and will create a perfect starting point for the potential park improvements.

Parks and Recreation will present the master plan concept at the Feb. 8 Beaverdale Neighborhood Association quarterly meeting, the last opportunity for public input before finalizing the Beaverdale Park Master Plan concept.

If you aren't available to attend the in-person presentation at the meeting, please fill out the online questionnaire regarding the current concept. The link to the questionnaire will be available on the Beaverdale Neighborhood Association Facebook page, Des Moines Parks and Recreation Facebook page and Parks and Recreation Planning Division Project web page. The questionnaire will be open from 2/8/22 -2/22/22.

Beaverdale Park: Master Plan Concept



★ - Park Entrance Node	● - Outdoor Classroom	■ - Shortgrass Prairie
● - Destination Area	● - Existing Signature Tree	■ - Park Boundary
● - Slack Line and Hammock Area	■ - Woodland Wildflowers	■ - Inter-Urban Trail
● - Playground Area	■ - Open Lawn Area	■ - Woodland Trail
● - Picnic and Barbeque Area	■ - Woodland Restoration	■ - Shelter Location
● - Fitness Area	■ - Waterway Restoration	■ - Paved Walkway
		■ - Sand Volleyball Court
		■ - Access Over Waterway

dmparks.org

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Lets meet for coffee and have a conversation about your real estate needs!

Buying or selling a home can be an intimidating process, but hiring a Realtor shouldn't be. Let's meet for coffee and get to know each other! I've lived here for 45 years, my office is here & I support Beaverdale 100%. Whether you're buying, selling, or need friendly advice, I would be honored to help with your real estate needs.



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GET READY FOR FALL FESTIVAL 2022! HELP MAKE FALL FESTIVAL 2022 THE BEST YET!

The Fall Festival Board and related committees continue to plan for the 2022 Festival. Fundraising, volunteer outreach, phased planning, and “new event” coordination are major focuses for us this year. Believe it or not, it’s a year-round project and run completely by volunteers of varying talents.

While rare, we do hear critics chime in online and via email to our Board, noting that there is an aspect of the festival that they do not agree with. We welcome those comments, read EVERY ONE, and learn from them. However, there is an even better conduit to share your thoughts on what makes a successful Fall Festival: JOIN THE TEAM! We are actively looking for Board Members, Committee Members, and Volunteers. Are you low on experience? Wonderful! I am quite confident you have more to contribute than you believe. Do you have LOTS of experience? Then you are welcome, too. Many hands make light work.

Please go to: www.fallfestival.org for more details, or message us on Facebook.

We have an event or two that we are looking forward to promoting BEFORE the 2022 festival. Stay tuned to Facebook and social media in general, and you will learn more.



BEVERDALE FARMERS MARKET 2022 STARTING JUNE 7TH AT 48TH & FRANKLIN

Beaverdale Farmers Market is one of the best things about summer in Des Moines. The market features a wide selection of vendors, easy parking, great music, prepared foods and friendly space for kids and dogs. The 2022 season opens on June 7th at 48th & Franklin. If you love your Beaverdale neighborhood and want to get more involved and meet new people, we are looking for volunteers. Email info@beaverdalefarmersmarket.org or call 515-650-1652. Vendor application forms and rules are available on the market website, beaverdalefarmersmarket.org. Beaverdale Farmers Market is a 501(c)3 organization, managed by an all-volunteer board of directors.



We look forward to a dynamic year, bringing local food, goods and music to the neighborhood. Join us as we “Plant the Seed!” in 2022 in Beaverdale. See you June 7th.

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HEALTHY HABITS

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Over the past few years, Live 2 B Healthy® has brought you monthly Balanced Wellness topics. As we start yet another New Year - 2022 - we wanted to take this month to highlight the TOP 4 Healthy Habits that will bring you the best results. Implement these 4 top habits, and you will notice a difference in your quality of life in 2022!

1. Move More/Sit Less: If you are reading this newsletter, then you are probably one of the lucky older adults who has access to weekly fitness classes through Live 2 B Healthy®. Make 2022 the year that you win the "Best Participation" award each month. Simply by attending our fitness classes 2-3 times per week (or more), you will increase your activity level.

Not only will you move more during class, but you will also feel more comfortable moving outside of class for a number of reasons: Motion is lotion - so those aches and pains in your joints will ease as you increase your activity level; You will gain more confidence in your ability to prevent falls as you gain strength, flexibility and practice your balance skills; You

will make new friends who also value healthy lifestyle choices, making it easier for you to remember your commitment to treat yourself better.

2. Eat a Balanced Diet: Every year, especially in January, we begin to hear about the latest and greatest diet craze that promises to "change the world". Diets come and go, but the one thing that never changes is the direction to eat a balance diet. Make certain to include protein and fruits and vegetables in every meal, and reduce your reliance on over-processed carbs and sugary foods. For more information on recommended daily food choices, see our November Balanced Wellness Series from 2020 and 2021. Additionally - keep hydrated!

3. Reduce Stress: Stress has been shown to negatively influence every single component of your entire body, from inflammation to chronic diseases. Unfortunately, the past few years have not been "stress-free". However, it is possible to learn to live with less stress in your life. Look for mindfulness-based programs in your community such as Yoga, Tai Chi and meditation, and make 2022 the year to be brave and try something new! We often hear that those who begin to practice mindfulness in their everyday lives suddenly feel a great sense of relief from burdens they never even realized they had been carrying around for years.

4. Make Sleep a Priority: Aim for 7-9 hours of good sleep every night - NO EXCUSES!



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FRANKLIN FOLLIES — THE STICK

– BY BRIAN HOGAN, FRANKLIN BARBERSHOP



It's been about five years since I bought a house. Before that it was the typical living situation that most young people have. Apartment to apartment, to mom and dad's basement then back to another apartment until finally we were in a place to buy a home. To be fair we had been ready for quite some time seeing as how the kids who are six years apart in age were sharing a room and basically living on top of each other. I hated not having a true place of residence just as much as they did I'm sure.

So eventually we pulled the trigger on home ownership and purchased a 1953 brick ranch from a woman named Mary. She had lived in the house her whole life. Her folks had bought the house right after it was built and when they downsized they left it to her. On the day we moved in Mary was there. In part to say goodbye to her childhood home but also to show us a few of the odd house hold quirks like door knobs that were installed improperly so you now need to turn them the opposite direction of what you are used to or light switches that seemingly do nothing but in reality when flipped they somehow turn off the water to the toilet. These things were new to me as a first time homeowner so I was glad she decided to share her vast knowledge of the house and all its charm however bizarre it may be. After an hour or so of sharing her stories and memories of the house, we walked Mary to her car and she handed us the keys. It was clearly an emotional moment for her and one that I felt as well. This was a big day for us both. As she pulled out of the driveway she stopped and stuck her head out the window and said, "I forgot to tell you, there's a big stick in the backyard that I forgot to pick up." And she drove off. How adorable, I thought. Here this woman was holding our hand through this process and the last thing she wanted us to know was that she didn't get around to picking up that stick in the back yard. They don't make people like Mary anymore that's for sure.

The following weekend it was time to mow. Being the saint she was Mary had left us her mower and after a few pulls of the ripcord I was getting my steps in as I cut the grass for the first time. And sure enough about half way through in the center of yard just like Mary said there was the stick. I could have moved it or even mowed over it chopping it to bits. It wouldn't have been that hard. But I didn't, I mowed around it. Actually I didn't just mow around it that day but every other day that summer. Even when fall came I left it there. I raked leaves around it, chased the dogs away from it and made sure the kids didn't touch it when they were outside playing. As winter approached I knew the snow would soon cover the stick and the odds of the its structural integrity would be compromised by the cold and moisture that were rapidly approaching

so I went out to the yard and for the very first time I picked it up and brought it inside. I'm not exactly sure what possessed me to do it. Maybe it was boredom. Perhaps it was guilt I was carrying around for all the other sticks I had ran over with a mower in my life. Or just maybe Mary wasn't as saintly as I had thought and she had placed a curse of some kind on me. Whatever it was as soon as I was in the house I went down to the basement with the stick and got to work. I started first with an extra course 20 grit sandpaper to knock off all the bark. It took me awhile and I considered giving up but I pushed through it and I'm glad I did. With all the bark off I could see a hint of what had the potential to be a really good stick. After that I moved on to a medium 80 grit paper to give it a little shape before finishing it with a 150 grit to smooth it out. By the time I was ready for varnish I had over a hundred hours invested in the stick. I'm sure this probably sounds crazy and honestly I don't give a damn. It's my stick after all and if you want something done right then you better do it yourself.

Now, I'm not a woodworker and I've never claimed to be. Hell, I'm not even that handy, but sometimes the stars align just right and magic happens. I don't know if Mary knew what she had set in motion in me that day as she backed out of the driveway, but I think she and her family would be proud. A man can achieve anything he wants if he tries hard enough. And I did. Because God as my witness, I can tell you that if there was ever a stick to shake a stick at then I have it.

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HOLIDAY LIGHTS 2021

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The 2021 Best Overall Holiday Lights Display was awarded to **4840 NW Beaver Ave** who annually decorate their magnificent display with the help of visiting Iowa National Guard volunteers as part of a charity fundraising activity. The owners of **4056 Ashby** won 2021's Best Homemade Decorations category with finely crafted frosty angels using moonlighting tomato cages from their garden. **4224 Holland Dr.** received the Best Trees award with their bright red tree trio joined by frosty and holiday presents. Also, be sure to check out last year's winner, the always epic 4329 Ashby Ave tree.

BackCountry won best business display with their homemade ornament trees on the windows and festive ambiance, their evergreen scented candles will take you back visiting the Christmas tree farm as a kid. You may also have seen Santa stopping by next door during Saturday evenings in December at the Dam Pub for a sip of eggnog.

Don't miss the People's Choice winner published on the Beaverdale Neighborhood Association Page. And of course thanks to our sponsors **The Floor Doctors, GreenState Credit Union, Mid American Energy and Jarod & Adam Adventures in Real Estate** for helping make Beaverdale glow this holiday season.



4840 NW Beaver Ave.
2021 Best Overall Holiday Lights Display



4056 Ashby
2021's Best Homemade Decorations



4224 Holland Dr.
2021 Best Trees