

FIND THE FUN!



What's Up, Babe?

Bemidji & Beyond

Arts, Culture & Entertainment

April 7—April 23



WHATSUPBABE.COM ISSUE #1-33 TAKE ONE SHARE ONE
UPLOAD/LIST YOUR EVENT FOR FREE!

ROCK, ROLL, AND RUN!

Follow the **Pine to Prairie Fiber Arts Trail** this weekend, April 8 – April 10. The tour is focusing on our area's heritage from indigenous historical and contemporary arts to the voyagers and pioneers. Regional Artists will be showcasing their craft as well. Don't forget the Woolen Mill tours! For specific details, as well as a map of the tour, go to www.midwestfiberartstrails.org/pine-prairie-2016. Maps also at all studios and Watermark Art Center.

Saturday night, our very **own Babe City Rollers take on the Iron Range Maidens** at the Sanford. Every bout will be held at the Sanford this year; season tickets are available. Want to help out? They always need people to help with every aspect of roller derby Ticket takers, set-up, time keepers (right behind the penalty box!), etc. BabeCityRollers.com. Fierce. Fun. Family.

You can catch **"The Pillowman"**, a theatrical production produced by The Exciting Play Society at the Rail River Folk School this weekend and next. Suited for mature audiences (high school and up), this dark drama explores the relationship between two brothers.

Sunday, April 10, Great River Rescue (formerly Beltrami Humane Society) hosts the **Furr Bowl** at Bemidji Bowl. For \$25 you'll get 2 hours of bowling, pizza, soda, and chances for prizes. Register ASAP and get your friends to join up. Where else can you get a meal deal and tons of bowling fun for just \$25 while contributing to a great cause.

Music Diplomacy is the topic April 12 with Adventures in Lifelong Learning. Scott Guidry, now at BSU, but also most recently Director of Operations



for The United States Air Force Band in Washington, D.C. presents at 10 with Q & A at 11 am Tuesday April 12. Beltrami Electric Spiry Community Room. On the 19, relive **1792 canoeing through the Boundary Waters** with historical Black powder Trekker Tom Jessen. Similar format.

"Historical Trauma, Why Healing Matters", a presentation by Sandy White Hawk with the Bemidji Area Truth and Reconciliation project, invite you to develop a greater understanding of the contemporary implications of historical trauma and how a healthy community for everyone depends on your understanding. April 12 at 6pm Beltrami Electric Spiry Community Room.

The 47th Annual Festival of Nations celebrates cultural heritage at BSU on April 13. This year over 90 ethnic groups will present performances, ethnic foods, and exhibits. Free entry for all ages. \$1 food tickets available on-site.

Poetry Slam is back! April is national poetry month and the Bemidji Library is sponsoring an event at the Keg N' Cork, downtown Bemidji. Read, cheer, judge or sit quietly with your popcorn and beer. Sign up now. Friday evening April 15.

KBXE is holding Record Store Day April 16 at Brigid's Pub. Miss that rich sound of screaming guitars on vinyl? Hundreds of LPs (that's "Long Playing" to the uninitiated) will be available to the public. April 15.

Enchanted Sleeping Beauty runs both weekends at the Chief Theatre. It's a cute interpretation of the traditional Sleeping Beauty storyline. Then, the next weekend, Sanford is holding a special **Enchanted Tea Party** on Saturday April 16. Princesses and Fairies join your child for a personal tea party. Sparkles and magic!

Leech Lake celebrates **Earth Day April 22 Friday afternoon** at the Boys and Girls Club. Visit the many booths with local foods and info for sustainable living.

BSU celebrates Earth day with **Stride into Spring 5 and 10K** fun runs on Saturday morning April 23. Sign up online or contact the Gillett Rec Center. Showers are available after the event if you're planning to head over to the **Bemijigamaag Sanford Center Powow** (and you should). This is going to be a traditional Powow with all the modern staging, visual affects and sound the Sanford can offer.

If you're interested in something on the front page, search the date inside for more info or follow links & read the full event description online at WhatsUpBabe.com



MORE FUN AT WHATSUPBABE.COM



THURSDAY

APRIL 7

Books are Fun April 7 |Recurring Event Sanford Medical Center, 1300 Anne St NW Bemidji, Friends of Sanford Health will host a Books are Fun sale in the east lobby of Sanford Bemidji Medical Center just outside the Gift Shop from 7 a.m. to 7 p.m. on Wednesday, April 6 and from 7 a.m. to 3 p.m. on Thursday, April 7. The sale features a wide variety of books and gift items for all ages.

AAD Shrine Circus April 7 @ 5:00 am - 8:00 pm Sanford Event Center, 1111 Event Center DR. NE Bemidji, For one night only, the AAD Shrine Circus is coming to perform on Thursday, April 7 2016 in the Sanford Center Arena starting at 6:30pm with doors opening at 5:00pm. All proceeds go to benefit the Shrine Hospital for Kids, and the AAD Shrine organization. Elephant and Pony rides will be available on the main floor 1 hour prior to Showtime. \$14.25 Day of Show: \$23.25 Adult / \$18.25 Kid



Self-Defeating Habits Workshop April 7 @ 8:30 am - 4:30 pm Northwest Foundation, 201 3rd Street NW Bemidji, In this seminar, the specific behaviors, and their far-reaching consequences, become stunningly clear. You will learn why negative assumptions pick up momentum and spread, how to short-circuit destructive disagreement, and eliminate unconscious behaviors that spark power struggles and mistrust. Trainer Anna Maravelas integrates her experiences with cutting-edge

research on neuroplasticity, conflict resolution strategies, anger management, and process improvement. The workshop is limited to 30 participants. A limited number of scholarships are available. Please contact Dawn Ganje, dawng@nwmf.org to inquire. To register, please visit www.nwmf.org,

Bemidji Regional Job Fair 2016 April 7 @ 3:00 pm - 7:00 pm Sanford Conference Center, 1111 Event Center Drive NE Bemidji, Join Rural MN CEP, Department of Employment and Economic Development, Greater Bemidji and the Bemidji Area Chamber in the upcoming Job Fair. The goal of the job fair is to connect companies with potential employees looking for work in the greater Bemidji region. For Job Seekers, contact the MN Workforce Center for more information on the Job Fair at 218-333-8200. Full Schedule at WhatsUpBabe.com

Senior Surf Computer Training Classes April 7 @ 5:00 pm - 7:00 pm Bemidji Public Library, 509 America Avenue NW Bemidji, The Bemidji Public Library continues to offer the Senior Surf computer training classes. If you have always wanted to learn about computers and how to access the internet... now is your opportunity! Join others in a relaxed, comfortable atmosphere where you can learn new things about Medicare, Social Security, fun websites to check out information, etc. To reserve a space for the Bemidji Senior Surf, please call the Library at 218-751-3963. Thursday April 7 5:00- 7:00 p.m. Tuesday April 19 8:00- 10:00 a.m.

Open Mic with Gary Broste and Donny Williams April 7 @ 8:00 pm - 11:55 pm |Recurring Event Bridg's Pub, 317 Beltrami Ave NW Bemidji, Open mic every Thursday

FRIDAY

APRIL 8

Spinning with Charlie at NOXQS April 8 @ 5:30 am - 6:30 am |Recurring Event NOXQS Fitness Facility, 3481 Lauren Dr NW Suite C Bemidji, Try something new and get in shape for the summer bike season. Join Charlie, certified Spin coach, for a Spin class at NOXQS at 5:30am each Friday. Classes give you a great cardio workout for about 50 minutes with an added warm up, cool down and stretch. \$6

Pine to Prairie Fiber Arts Trail: Friday Night National Textile Arts Speaker April 8 @ 5:00 pm - 9:00 pm Northwest Foundation, 201 3rd Street NW Bemidji, Spend a delightful weekend meeting the fiber artists along the first fiber arts trail in Minnesota! The Pine to Prairie Fiber Arts Trail celebrates the unique heritage of the area's voyageurs, pioneers and indigenous peoples showcasing both traditional and contemporary textile art forms. The Pine to Prairie Fiber Arts Trail is a newly forming group of collaborative, dynamic, resourceful textile artists who embody fiber arts tradition and innovation in the Bemidji - Fosston - Osage area. Kate Anderson gives keynote talk on April 8, 2016 - Nationally known textile artist Kate Anderson kicks off the Pine to Prairie Fiber Arts Trail Grand Opening Weekend with her talk entitled, "How Knotting Revolve My Life" at 7:00 p.m. at the Northwest Minnesota Foundation in downtown Bemidji. Trail member Artist Reception and exhibit starting at 5:00 p.m. The public is welcome. Don't forget the Woolen Mill tours! For specific details, as well as a map of the tour, go to www.midwestfiberartstrails.org/pine-prairie-2016. Maps also at all studios and Watermark Art Center.

Clearwater Hot Club - Bridg's Pub April 8 @ 7:00 pm - Bridg's Pub, 317 Beltrami Ave NW Bemidji, Clearwater Hot Club at 7 playing traditional and gypsy jazz with occasional show tunes and other 40s and 50s era popular tunes.

Enchanted Sleeping Beauty - Theater April 8 @ 7:30 pm - April 10 @ 9:00 pm Chief Theatre, 314 Beltrami Ave Bemidji, April 8, 9, 15, 16 at 7:30 April 10, 17 at 2pm Bemidji Community Theater

Jay Leno -Comedy April 8 @ 8:00 pm - 11:00 pm Shooting Star Casino, 777 SE Casino Rd Mahnomen, Join us for a night of laughs with Jay Leno, a comedian, actor, writer, producer, voice actor, and television host. He hosted his last episode of The Tonight Show on February 6,

5:30 pm - 11:00 pm |Recurring Event The Eagles Club Bemidji, 1270 Neilson Ave SE Bemidji, Karaoke Wednesdays and Fridays at 6 pm. Meat raffle on Friday begins at 5:30

Bemidji State's Professional Education Hall of Fame to induct Anderson, McCannell, Weyer April 8 @ 6:00 pm - May 6 @ 8:30 pm Bemidji State University Bemidji State University's Professional Education Department and Alumni Foundation will induct Richard "Dick" Anderson '68 '75 '87 of Solway, Daryle McCannell '73 of Brandon, Manitoba and Jean (Fulton) Weyer '81 of Menahga into the University's Professional Education Hall of Fame at an April 8 dinner in their honor. The event will take place at 6 p.m. in the American Indian Resource Center on the BSU campus. This award honors alumni who demonstrate excellence in teaching students or managing schools. The event is open to the public, and tickets are \$25 per person. Register online at bsualumni.org or call 218-755-3989.

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ROLLER DERBY 2016 Bemidji's own Babe City Rollers women's flat track roller derby team take on the Iron Range Maidens of Grand Rapids on April 9, 2016 at the Bemidji Sanford Center. Doors open at 6, Bout starts at 7 with half-time fun!



This will be a fierce athletic battle between established regional rivals. Fans should be ready for hard hits and fast-paced skating action. In honor of Sexual Assault Awareness Month, the halftime fundraiser for this game will benefit Support Within Reach, our region's sexual violence resource center. Post-game party will be at Buffalo Wild Wings.

2014. That year, he was inducted into the Television Hall of Fame. He is currently hosting the weekly show 'Jay Leno's Garage' on CNBC.

Ska Spank Redemption - Live Music April 8 @ 9:00 pm - 11:55 pm Toddy's Pub and Grub, 119 3rd St NW Bemidji,

Exciting Play Society is producing a production of The Pillowman by Martin McDonagh at the Rail River Folk School April 8, 9, 15 and 16 at 7:30 pm and at 2:30pm on April 10. Tickets are 12.00 and available at Shannon's Art and Soul, The Wild Hare and at the door. The play is suited for mature audiences only, and is recommended for high school age and up.

SATURDAY

APRIL 9

Babe City Rollers VS Iron Range Maidens - Roller Derby April 9 @ 7:00 am - 9:00 pm 1111 Event Center DR. NE Sanford Event Center Bemidji Fierce, Fun, Family. Babe City Rollers vs. Iron Range Maidens. Doors open at 6 pm, Bout starts at 7pm. This is our first bout of the season. Half-time with Chuck-A-Duck will help raise funds for our showcased organization, "Support within Reach." Bring in your bout ticket stub and get a 5% discount on your meal at our after-party at Buffalo Wild Wings. Tickets are \$12.00 for adults (ages 13 up), \$6.00 for children (ages 6 to 12), with kids age 5 and under free

Pancake Breakfast Fundraiser April 9 @ 8:00 am - 10:30 am Bemidji Senior Activity Center, 216 3rd St NW Bemidji, Second Saturday of every month. All the pancakes you can eat, plus two sausages, juice, coffee or milk for only \$5.00 per adult, \$2.50 per Child ages 5 to 9 and 4 and under are free. The Senior Creation Craft Shop will also be open. All proceeds go to help support the Senior Center.

Spring Annual Indoor Garage Sale and Craft Show April 9 @ 9:00 am - 2:00 pm Sanford Event Center, 1111 Event Center DR. NE Bemidji, Lots of vendors: individual and club rummage items, crafts and food for sale. \$3 admission Sponsored by Bemidji Pioneer Newspaper Proceeds help support Newspapers In Education Literacy Program.

What's Up, Babe? is a currently published bi-weekly, distributed on Thursdays and Fridays. WUB is available in at least 50 high traffic areas in and around Bemidji, Minnesota. WUB is also online with event listings available to read 365 days in advance. We encourage you to upload your event and event image for free. Submittal form at WhatsUpBabe.com. When you upload your event, you may include photos for the online edition. Affordable, yet limited, advertising space is available in the print and downloadable pdf versions. PSA's are accepted but priority is given to events, advertising, our columnists and artists. Contact Lisa@WUBabe.com. We try really hard for accuracy, but sometimes events are cancelled, changed or submitted incomplete. Double check with the organizer if you have planning concerns. Check the Events page online at WhatsUpBabe.com for expanded information.

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RECURRING EVENTS:

Good Sports of the North : Get in the game and explore the history of sports at the Beltrami County Historical Society. Score big with stories about curling, baseball, Ojibwe lacrosse, cross country skiing, and the many sports in between. Go behind the numbers, and find out how sports moments, coaches, and personalities shaped local communities. And be part of the team with hands-on vintage sports equipment, interactive touchscreens, and more! runs through Summer 2016 Wednesday—Saturday from 12-4.

Tots 'n' Science at Headwaters Science Center : Every Thursday at 10 am young children ages 3-6 along with an adult are getting together for some fun hands-on science at Headwaters Science Center. Tots 'n' Science offers stories, activities and games to help kids learn about things going on in their world. The cost is \$4 per child and caregivers are free and must accompany the child. Admission fees to the exhibit floor apply. Reservations are encouraged by calling 444-4472.

Free indoor walking program at the Sanford Event Center: October 5- April 21, Monday- Thursday, 7:00-9:00am, Gate 2

Kids programming is coming every last Saturday of the month with Harmony Co+op Explorers. Children ages 12. To become a card-carrying Co+op Explorer, kids simply need to bring a parent or supervising adult to Harmony's customer service desk and ask to become a Harmony Co+op Explorer. Each child will be issued their very own official Co+op Explorers member card and a Co+op Explorers Fruit & Veggie Passport. In their Fruit & Veggie Passport Co+op Explorers can record their opinions and details of tasting various fruits and vegetables. Along with our

rewards program, each time children bring their badge to Harmony they receive a special Co+op Explorers sticker.

MAP Time is back for another season! Join us for a free indoor play space designed for preschoolers. Date: November 6- April 22 Thursday & Friday, 10:30am-12:30pm Boys & Girls Club Cost: FREE!!!

Better Choices, Better Health Workshop : Committed to helping all people live fuller, healthier and more active lives. The workshops are for anyone with ongoing health conditions and their caregivers. Registration is required; call Sanford Health at (701) 234-5570 or (877) 234-4240

Relay for Life team "Pharmacy Phanatics" is doing an on-going fund raiser for the American Cancer Society. They are selling energy efficient compact fluorescent light bulbs ranging in price from \$2.00 each to \$2.50 each. A box of 12 bulbs is \$24. They have various watts from 23 to 100. Available for sale at Iverson Corner Drug at 408 Minnesota Avenue in Bemidji or contact Bernie at 556-0910 or Brenda at 556-9446. All sales benefit Relay For Life of Beltrami County.

Reading for Relay: Readers of all ages are encouraged to join in! Just head to either library and tell them you are interested in "Reading For Relay". The library will give you a donation sheet and a "bank" of your very own for your Reading For Relay donations. Then - simply ask people you know to donate to you for every book read throughout the month of March, or for a one time donation for your reading accomplishments. At the end of the month, we will choose the winner of the most books read or most money collected. The winner will be recognized at our Relay For Life on July 9th at the Sanford Center as well as getting

their picture in the paper and winning a free book! All donations will go directly to the Beltrami Relay For Life Event.

Story & crafts for pre-K children and their families Tuesdays, Wednesdays, Thursdays and Saturdays: 10:30 am. Themes for April's storytimes are: My First Day, Rain Rain Go Away, Earth Day Birthday, and How Does Your Garden Grow. Bemidji Library.

Ojibwemotaadida: Let's Speak Ojibwe. Leech Lake Tribal College: Drum Room. Mondays 5—7pm. Potluck.

April is Child Abuse Prevention Month. Paul Bunyan Broadcasting Hubbard Radio has teamed up with MARKETPLACE FOODS of Bemidji to collect donations of money and items for use by the Beltrami County Family Advocacy Center and the Evergreen Youth Center. Lists of needed items are available at "The Caring Tree" display at Marketplace Foods.

Entrepreneurs Meetup Every Wednesday. Launch Pad Bemidji, 102 1st Street West Bemidji, Launchpad offers casual, flexible and fun workspaces in the historic Mayflower building, Bemidji. Everyone is welcome. This gathering is open to anyone interested in hearing, supporting, and connecting with the area's entrepreneurs. No attendance requirements or membership fees. The gatherings are run by entrepreneurs for entrepreneurs. Meetings are weekly at 8:00 am to 9:00 am in the atrium of the Mayflower building. Come as early as 7:30 for social time. Attendees are encouraged to come early or stay after to socialize and connect with new faces. Presenters are encouraged to limit their presentation to 6 to 10 minutes to allow plenty of Q&A time. launchpadbemidji.com/ or FB LaunchPadBemidji for weekly meeting specifics.

Pine to Prairie Fiber Arts

Trail April 9 @ 10:00 am - April 10 @ 4:00 pm Bemidji area The Pine to Prairie Fiber Arts Trail celebrates the unique heritage of the area's voyageurs, pioneers and indigenous peoples showcasing both traditional and contemporary textile art forms. Don't forget the Woolen Mill tours! For specific details, as well as a map of the tour, go to midwestfiberartstrails.org/pine-prairie-2016. Maps also at all studios and Watermark Art Center. Open studio hours are Saturday, April 9th from 10:00 – 5:00 p.m. and Sunday, April 10th from 10:00 – 4:00 p.m.

Early Childhood Initiative's Bemidji Tiny Tot Expo 2016

April 9 @ 10:00 am - 12:00 pm Boys & Girls Club - Bemidji, 1600 Minnesota Ave Kids under 5 are going to love this! Games and activities, community resources, emergency services, children's performances. FREE!

43rd Annual Council of Indian Students Pow Wow

April 9 @ 1:30 pm - 6:00 pm John Glas Fieldhouse, Bemidji, MC: Braden Bowstring. Host Drum: Big Red. Contact Melanie Childrey (507) 720-3072

Ralphie May – Comedy

April 9 @ 6:00 pm - 9:00 pm Sanford Event Center, 1111 Event Center DR. NE Bemidji, For 25 years now, Ralphie May has riffed on pop culture, race, excesses, the dangers of meeting Anderson Cooper, and the mesmerizing deliciousness of Chick-Fil-A. Don't miss this soon to be historical performance with Ralphie May in the Sanford Center Ballroom.

Roots Within and Common Ground – Live Music

April 9 @ 9:00 pm - 11:55 pm Toddy's Pub and Grub, 119 3rd St NW Bemidji,

SUNDAY

APRIL 10

Annual Boy Scout Pancake Breakfast

April 10 @ 8:00 am - 12:00 pm First Presbyterian Church, 501 Minnesota Ave Bemidji, Cooked and Served by Bemidji Boy Scout Troop 25. "All You Can Eat" Pancakes – Sausages – Egg Bake – Beverage. Adults \$8.00 Children 6-12 \$4.00. Children Under 6 FREE. Tickets available at Classic Cuts. For more information call 218 -751-1404

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Furr Bowl April 10 @ 1:00 pm - 3:00 pm Bemidji Bowl, 3455 Laurel Dr NW Bemidji, Great River Rescue (formerly Beltrami Humane Society) will be hosting its annual Furr Bowl on Sunday, April 10th at Bemidji Bowl from 1 to 3pm. For just \$25 per person, you will receive two hours of bowling, pizza, pop, and the chance to win great prizes. Participants are encouraged to raise funds from family and friends to benefit the work of Great River Rescue. Top fundraisers will get first pick of specially designed bowling pins by the artists of Gallery North and other prizes. Register today- space is limited. Registrations accepted online at www.greatriverrescue.com/furbowl

The Pillowman April 10 @ 2:30 pm - 5:00 pm Rail River Folk School, 303 Railroad Street Bemidji, The Exciting

Play Society is producing a production of The Pillowman by Martin McDonagh at the Rail River Folk School April 8, 9, 15 and 16 at 7:30 pm and at 2:30pm on April 10. Tickets are 12.00 and available at Shannon's Art and Soul, The Wild Hare and at the door. The play is suited for mature audiences only, and is recommended for high school age and up.

MONDAY

APRIL 11

Kundalini Yoga April 11 @ 12:00 pm - 1:00 pm |Recurring Event NorthWoods Yoga Collective (Nymore Location), 319 Central Ave SE Bemidji, Mondays and Wednesdays at 12noon Classes are open to all levels. Free/very donation – come as you are and pay what you can.

Library Book Discussion

April 11 @ 12:00 pm - 1:00 pm Bemidji Public Library, 509 America Avenue NW Bemidji, The Bemidji Public Library offers a monthly book discussion program. The next scheduled session is on Monday, April 11 at 12:00 pm. The program will run for approximately an hour. At the April program, the book for discussion will be The Buddha in the Attic by Julie Otsuka. Come join the discussion of this riveting story.

Safe Sitter Babysitting

Program April 11 @ 3:30 pm - 5:30 pm |Recurring Event Public Works Facility, 1351 5th Street NW Bemidji, Safe Sitter® teaches young teens (11-14) everything they need to know to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue! April 4- 25 Mondays, 3:30-5:30pm. \$30



Celiac/ Gluten Free Group

April 11 @ 6:00 pm - 8:00 pm Harmony Co-op, 302 Irvine Ave NW Bemidji, Harmony Co-op is starting a monthly meeting for folks who have celiac disease/gluten intolerance, as well as for people who help them. Each session will include a gluten-free snack prepared either before

the session or as a learning tool during the meeting. Lisa Knights, Harmony Co-op Education Specialist, Facilitator. Free

Cornhole for the Fun of It!

– **Toddy's** April 11 @ 7:00 pm - 11:55 pm |Recurring Event Toddy's Pub and Grub, 119 3rd St NW Bemidji, Every Monday from 7-close

Trivia – Brigid's Pub

April 11 @ 7:15 pm - 10:00 pm |Recurring Event Brigid's Pub, 317 Beltrami Ave NW Bemidji, Mondays. Put together a team, a name, and sign up by 7:15pm

TUESDAY

APRIL 12

Music Diplomacy with

Scott Guidry – Speaker Series April 12 @ 10:00 am - 11:30 am Beltrami Electric Roger Spiry Community Room, 4111 Technology Dr. MW Bemidji, Adventures in Lifelong Learning – Series: Prior to joining the BSU faculty, Guidry served a 20-year Air Force career, and was most recently the Director of Operations for The United States Air Force Band in Washington, D.C. Presentation at 10. Q&A at 11. Refreshments at 9:40. Everyone welcome. Info: Al Yarnott 218 -444-7091

Sat 4/30
& Sun 5/1
Register Now



LOW COST SPAY/NEUTER

(763) 489 -SPAY

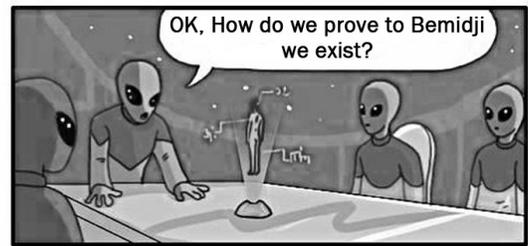
KindestCutMN.com

Low Income Restrictions
Vaccinations &
Microchipping also
available to surgery patients

**196 Anne St NW
Bemidji**



Spay Neuter Assistance Program (SNAP)



Babe Needs Talent

We are looking for columnists,
poets, artists, & cartoonists.

INFO: Editor@WUBabe.com



WANTED Art & Crafts Vendors: Carnegie Art & Crafts Fair

Event set for June 11 from 9am to 3pm
Vendors will be INDOORS at the Carnegie Library as
part of a fundraiser for the Save the Carnegie Project.

Please join us! Spread the word!

Booth rental only \$25 for the day.

(How cool is that??)

Contact Kay for more information and application.

carnegie@ci.bemidji.mn.us

SaveTheCarnegie.org

WUB SPRING Deadline UPDATES
Be sure to plan ahead so your event gets listed!

Deadline is April 3 for April 7- April 23 bi-weekly issue
April 17th for April 21 - May7
May 1 for May 5 - 21
May15 for May 19-June 4
May 29 for June 2 - June 18

Even if you miss a deadline, you can still upload or email your event to WUB so that it's in the online version!

What's Up, Babe?

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GRAND RAPIDS

91.7

KAXE-FM



BAGLEY BEMIDJI

90.5

KBXE-FM

NORTHERN COMMUNITY RADIO

Q: WHAT ARE YOU GOING TO DO FOR EARTH DAY?
A: I'M GOING TO RECYCLE ALL MY OLD JOKES!

HAHA!
KNOCK, KNOCK.
WHO'S THERE?
AN ECO CONSCIOUS CALLER WHO REFUSES TO USE
YOUR DOORBELL AND WASTE POWER.

THERE WAS AN OLD WOMAN WHO LIVED IN A SHOE
BECAUSE SHE HAD AN EXEMPLARY REGIMEN OF RECYCLING.

Northwoods Yoga Collective April 12 @ 5:00 pm - 6:00 pm |Recurring Event Rail River Folk School, 303 Railroad Street Bemidji, New, on-going yoga class Tuesdays 5 to 6pm (Northwoods Yoga Collective, Rail River Folk School). Kathryn at kathryn.glez@gmail.com or 218-407-7266

Second Annual Grower/Buyer Food Summit April 12 @ 5:30 pm - 7:00 pm Harmony Co-op, 302 Irvine Ave NW Bemidji, With the objective of growing and sustaining a local food network in mind, Harmony is inviting grower/harvesters of local products, commercial buyers of local products and processors of local products to the Second Annual Grower/Buyer Food Summit. This year's summit will be again structured informally as a 'meet and greet' between buyers and sellers, with a brief overview of the increasingly important topic of Food Safety on the Farm Produce Manager Lisa Weiskopf. or call/email Lisa Weiskopf at 218-751-2009, harmonycoop-produce@gmail.com

Historical Trauma: Why Healing Matters April 12 @ 6:00 pm - 8:00 pm Beltrami Electric Roger Spiry Community Room, 4111 Technology Dr. MW Bemidji, Bemidji Area Truth and Reconciliation. Ms. Sandy White Hawk will be joining us to provide more education regarding the Historical Trauma affecting our Native Communities, help us understand the contemporary implications of that trauma, and illustrate why healing is paramount to moving forward toward a healthier community for us all. We encourage all community members interested in learning more to attend. For more information, contact Linsey McMurrin at (218) 444-8048 or via email at Linsey@PeacemakerResource.org.

Hard Water Blues Band April 12 @ 9:00 pm - 11:55 pm |Recurring Event Toddy's Pub and Grub, 119 3rd St NW Bemidji, Live Blues every Tuesday

WEDNESDAY
APRIL 13
Entrepreneurs Launchpad Meet-ups Every Wednesday morning @ 8:00 am - 9:00 am Launch Pad Bemidji, 102 1st Street West Bemidji, See page 3 for full description. launchpadbemidji.com/ or FB LaunchPadBemidji for weekly meeting specifics.

FYI NOW
The Northwest Minnesota Women's Fund, a component of the Northwest Minnesota Foundation, serves as a catalyst for improving the quality of life for women and girls by focusing on women's initiatives, leadership and philanthropy to build successful communities.

Since 1998, the Northwest Minnesota Women's Fund has honored 47 women who have demonstrated leadership for improving the quality of their own lives or those around them. In our increasingly complex society, the Women's Fund seeks to applaud the efforts of the women who have made Northwest Minnesota a better place to live, work, raise families, and have fun.

The Women's Fund is asking for your assistance in recognizing these women who live in the counties of Beltrami, Clearwater, Marshall, Hubbard, Pennington, Polk, Kittson, Red Lake, Norman, Mahanomen, Roseau and Lake of the Woods. Nomination forms can be obtained at www.nwmf.org. click "find a fund" and search Northwest Minnesota Women's Fund or call 218-759-2057 or 1-

Kundalini Yoga April 13 @ 12:00 pm - 1:00 pm |Recurring Event Northwoods Yoga Collective (Nymore Location), 319 Central Ave SE Bemidji, Mondays and Wednesdays at 12noon Classes are open to all levels. Freewill donation - come as you are and pay what you can.

47th Annual Festival of Nations April 13 @ 4:00 pm - 8:00 pm Beaux Arts Ballroom, BSU Bemidji, This Festival will continue its legacy as the longest running multicultural festival at Bemidji State University, and, once again amalgamate over 90 ethnic groups to create a truly unique experience - one that celebrates cultural heritage and provides our community's immigrants with a platform to express their stories through world-class performances, exhibits, ethnic cuisine, and personal connections. Free entry for all ages, \$1 per food ticket available at the front entrance. sthasajil@gmail.com www.bemidjistate.edu/services/international/international-students/international-student-org

Professor Louie and Miss Marie - Brigid's Pub April 13 @ 7:00 pm Brigid's Pub, 317 Beltrami Ave NW Bemidji, Professor Louie and Miss Marie playing rock and blues with special attention to the accordion at the 7. Professor Louis, AKA Aaron Hurwitz, produced the last three recording by The Band, and his unique sound and producing techniques come through in

800-659-7859. All nomination forms must be submitted by June 1, 2016. After the selections, the Advisory Committee will plan and host receptions in the recipients' hometowns, to be held in late summer or early fall.

Community Builders' awards are given based on the following criteria:Leadership: A woman who through leadership roles has made significant contributions to her community; and through volunteerism, citizenship or community service has significantly improved the lives of women and girls. Outstanding Mentor: A woman who has demonstrated wisdom and devotion to helping others; a role model and mentor who has supported and encouraged positive development in young women, and who also shows the characteristics necessary for success while actively sharing her skills.

Professional Excellence: A woman who has demonstrated leadership and excellence in her work, and whose leadership has benefited her community and/or her company; and outstanding entrepreneur; a role model for other women in achieving success in traditional or non-traditional positions.

their writing and performances.

Karaoke - Bemidji Eagles April 13 @ 8:00 pm The Eagles Club Bemidji, 1270 Neilson Ave SE Bemidji, Karaoke Wednesdays and Fridays at 8 pm. Meat raffle on Friday begins at 5:30

THURSDAY APRIL 14

Friends of Sanford Health hosts \$6 Jewelry sale April 14 @ 7:30 am - 5:30 pm Sanford Medical Center 1300 Anne St NW Bemidji, Friends of Sanford Health will host a Jewelry is Fun sale in the east lobby of Sanford Bemidji Medical Center just outside the Gift Shop from 7:30 a.m. to 5:30 p.m. on Thursday, Apr. 14 and from 7:30 a.m. to 12:30 p.m. on Friday, Apr.

As a part of the **Let Life Bloom** campaign in April, Sanford Bemidji Medical Center is highlighting the importance of organ, eye and tissue donation and encouraging people to register as a donor. Currently, 64 percent of Minnesotans are registered donors. About 55 percent of residents in Beltrami County are registered. "While that number is higher than the national average of 50 percent, we'd like to increase it," said Brenda Kingdon, Sanford Bemidji Medical Center's donation champion and Administrative Director of Perioperative Services. Sanford Bemidji Medical Center is a strong supporter of organ, eye and tissue donation. Since 2012, Sanford Bemidji Medical Center's 10 tissue donors have provided over 600 tissue gifts for grateful transplant recipients. One in 20 people will need a tissue transplant in their lifetime. Across the nation, thousands of hospitals will display Let Life Bloom materials throughout the month of April. Sanford Bemidji Medical Center is proud to be part of this bold initiative and won a national award in 2015 through the Department of Health and Human Services for donation public awareness initiatives.



FRIDAY APRIL 15

Poetry Slam April 15 Keg and Cork, 310 Beltrami Ave NW Bemidji, The Library Sponsored Poetry Slam will return during Poetry Month, April, on the 15, a Friday, at The Keg and Cork. This early notice is to alert you and the slam poets you know to begin preparations. After this hiatus we hope more poets will have more new work to share. So - mark the date, write and practice, and plan to read, cheer, judge, or sit quietly with your popcorn and beer. Info at the library - sign-up will begin 2 weeks from the event.

Spinning with Charlie at NOXQS April 15 @ 5:30 am - 6:30 am |Recurring Event NOXQS Fitness Facility, 3481 Lauren Dr NW Suite C Bemidji, Try something new and get in shape for the summer bike season. Join Charlie, certified Spin coach, for a Spin class at NOXQS at 5:30am each Friday. Classes give you a great cardio workout for about 50 minutes with an added warm up, cool down and stretch. \$6

The Pillowman April 15 @ 7:30 am - 10:00 pm Rail River Folk School, 303 Railroad Street Bemidji, The Exciting Play Society is producing a production of The Pillowman by Martin McDonagh at the Rail River Folk School April 8, 9, 15 and 16 at 7:30 pm and at 2:30pm on April 10. Tickets are 12.00 and available at Shannon's Art and Soul, The Wild Hare and at the door. The play is suited for mature audiences only, and is recommended for high school age and up.

\$6 Jewelry sale April 15 @ 7:30 am - 12:30 pm Sanford Medical Center, 1300 Anne St NW Bemidji, Friends of Sanford Health will host a Jewelry is Fun sale in the east lobby of Sanford Bemidji Medical Center just outside the Gift Shop from 7:30 a.m. to 5:30 p.m. on Thursday, Apr. 14 and from 7:30 a.m. to 12:30 p.m. on Friday, Apr. 15, 2016. The sale features a wide variety of jewelry, accessories and gifts for all ages.

Karaoke & Meat Raffle - Bemidji Eagles April 15 @ 5:30 pm - 11:00 pm |Recurring Event The Eagles Club Bemidji, 1270 Neilson Ave SE Bemidji, Karaoke Wednesdays and Fridays at 8 pm. Meat raffle on Friday begins at 5:30
Animal Lover's Overnight April 15 @ 6:00 pm - April 16 @ 9:00 am Headwaters

Science Center, Bemidji, All girls in grades K-5 are welcome to join us at the Headwaters Science Center on April 15-16 where you can hold soft and fuzzy critters, as well as more unusual creatures like snakes, lizards, tarantulas, rabbits, amazing insects, and beautiful birds of prey. There's even a hedgehog who can't wait to hang out with you! Girls will also spend time on the HSC exhibit floor and finish the evening with popcorn and a movie. Don't wait! Sign up today at www.gslakesandpines.org or call 218-751-4886. \$32

Bemidji Jazz Quartet April 15 @ 7:00 pm Brigid's Pub, 317 Beltrami Ave NW Bemidji, Bemidji Jazz Quartet play at 7 and features local BSU guys, Greg Gaston, Patrick Riley, Steve Konecne and Kevin Daley. These guys play traditional and cool jazz and play it well.

Enchanted Sleeping Beauty April 15 @ 7:30 pm - 9:30 pm Chief Theatre, 314 Beltrami Ave Bemidji, Bemidji Community Theater presents the children's play about Sleeping Beauty. \$6.00 for children age 17 and under, \$12.00 for adults. Can be purchased at Shannon's Art and Soul, Iverson Corner Drug, Ken K Thompson Jewelry and at the door.

Rick Springfield - Stripped Down April 15 @ 8:00 pm - 9:30 pm Shooting Star Casino, 777 SE Casino Rd Mahanomen, An intimate solo performance of music & storytelling - acoustic show

Maddog Morgan - Live Music April 15 @ 9:00 pm - Toddy's Pub and Grub, 119 3rd St NW Bemidji,

KBXE Record Store Day April 16 Brigid's Pub, 317 Beltrami Ave NW Bemidji, KBXE record store day at the pub starting at noon. Remember when we'd page through vinyl for hours, well you can do that again. There are hundreds of albums that have been donated and that were in KAXE's library and they will be available to the public on this day and time.

SATURDAY APRIL 16

Saturday Science at Headwaters Science Center April 16 @ 8:00 am - 5:00 pm 413 Beltrami Ave NW Bemidji, Saturday Science happens on the 3rd Saturday of every month from 2 to 3 pm and is open to the public and free with admission to the exhibit

floor. HSC is located in downtown Bemidji at 413 Beltrami Ave NW.

Gun Show April 16 @ 9:00 am - 5:00 pm Bemidji Curling Club, 1230 23rd Street Northwest Bemidji, Over 100 vendors: guns, cases, holsters, knives, etc. Admission: \$5 Contact: 218-845-2530

The Enchanted Tea Party April 16 @ 10:00 am - 4:59 pm Sanford Event Center, 1111 Event Center DR. NE Bemidji, Once again, the Enchanted Tea Party is coming to Bemidji, MN on Saturday, April 16th, 2016 for one day only. The Enchanted Tea Party is an opportunity for children to experience the magic of meeting their favorite Princesses and Fairies from their favorite movies and books. The Enchanted Tea Party allows children to have one-on-one time with each Princess and Fairy and join them for a tea party! **SHOW DATE & TIME:** April 16 @ 10:00 a.m. - 12:00 p.m. - 2:00 p.m. - 4:00 p.m. **TICKETS:** ALL tickets (General Admission) are \$34.99 each are available now (additional fees may apply) Tickets for this event may only be purchased at:

<http://kernz-and-kompany.ticketleap.com/enchanted-tea-party-bemidji/>

Support the Troops April 16 @ 10:00 am - 10:30 am |Recurring Event Bemidji Fire Station, 318 5th ST NW Bemidji, Volunteer group supports the troops deployed overseas through "Chaplains Wings Bemidji", a non-denominational group who sends care packages to chaplains serving at military bases and/or individual soldiers away from home. Meetings are 3rd Saturdays of each month. Opportunity for a monthly commitment or one time participation. For more info contact Rosemary at rdbleick@yahoo.com.

B.A.R.C. - Reading with Dogs April 16 @ 10:00 am - 12:00 pm Bemidji Public Library, 509 America Avenue NW Bemidji, Bemidji Area Reading Canines or B.A.R.C., which is a reading program that's hosted on the third Saturday of every month at the library. Elementary school age children are invited to read to the dogs, or in the case of Stella, be read to. It helps children improve reading skills and also helps them

be more confident reading aloud. Call the library to reserve a time slot.

The Legend of Lobo April 16 @ 2:00 pm - 4:00 pm Beltrami County History Center, 130 Minnesota Avenue SW Bemidji, The Beltrami County Historical Society announces The Legend of Lobo by local historian Keith Butler. Keith tells the story of Lobo, the infamous wolf that terrorized the Lake Itasca region for over 10 years. After Algot Wicken trapped and killed Lobo in 1938, newspapers reported that hundreds rejoiced, "for 'Lobo' was a ruthless savage, fiendish killer wolf, who it is conservatively estimated has killed more than 200 deer in and around Itasca State Park." Keith draws on interviews with Wicken and his own research and storytelling to bring the The Legend of Lobo to life. Free with paid admission to the museum and FREE for BCHS members!

The Pillowman April 16 @ 7:30 pm - 10:00 pm Rail River Folk School, 303 Railroad Street Bemidji, The Exciting Play Society is producing a production of The

Pillowman by Martin McDonagh at the Rail River Folk School April 8, 9, 15 and 16 at 7:30 pm and at 2:30pm on April 10. Tickets are 12.00 and available at Shannon's Art and Soul, The Wild Hare and at the door. The play is suited for mature audiences only, and is recommended for high school age and up.

Ross William Perry April 16 @ 9:00 pm pm Toddy's Pub and Grub, 119 3rd St NW Bemidji,

SUNDAY APRIL 17

Gun Show April 17 @ 9:00 am - 3:00 pm Bemidji Curling Club, 1230 23rd Street Northwest Bemidji, Over 100 vendors: guns, cases, holsters, knives, etc. Admission: \$5 Contact: 218-845-2530

Enchanted Sleeping Beauty April 17 @ 2:00 pm - 4:00 pm Chief Theatre, 314 Beltrami Ave Bemidji, Bemidji Community Theater presents the children's play about Sleeping Beauty. \$6.00 for children age 17 and under, \$12.00 for adults. Can be purchased at Shannon's Art and Soul, Iverson Corner

email.joelswanson@pbbroadcasting.com. The Tournament will continue to support many non-profit organizations in the Bemidji area.

DRAGON BOAT FESTIVAL The 11th Annual Lake Bemidji Dragon Boat Festival is just over 5 months away; August 3rd thru the 6th. Team registration is NOW open and the committee is busy signing up Major Sponsors and Food Vendors for this fun, summer weekend in Lakes (God's) Country. For more information visit bemidjdragonboat.com.

Great River Rescue Happy Tails Summer Day Camp will be held from June 20 - June 24 and will feature animal related learning activities for children entering grades 3 - 5. Cost to attend is \$100 for the 5-day camp and will be limited to 12 participants. Registration is now open and runs through June 1. Once the registration limit is reached, a waiting list will be created. greatriverrescue.com/events/event/summer-day-camp/. **Volunteers are also needed** to help coordinate and supervise the camp.

Summer Day Camp Registration Opens Bemidji Parks and Rec. Registration is now open for our summer day camps. This includes both Kids in Motion and Theatre Day Camp. Stop into the Public Works Facility, 8:00am-4:30pm, Monday- Friday. Or register online. Here we go!! We have 2 team openings for both the competitive Wednesday nights and also the fun Thursday night leagues for summer volleyball.. Tuesday nights we are looking for 4 teams... We are looking for committed teams that show up every night and want to have fun... Call the bar 218-333-3934 and sign up... The first teams that pay the league entry fee will be entered into their choice of nights until all the leagues are full!

American Indian College Fund/Full Circle Scholarships for college students All scholarships require U.S. Citizenship and American Indian or Alaska Native tribe membership, or proof of descendency (parent or grandparent). Full-time enrollment is required for all scholarships. http://www.collegefund.org/content/full_circle_scholarships_listings

Drug, Ken K Thompson Jewelry or at the door.

MONDAY APRIL 18

Kundalini Yoga April 18 @ 12:00 pm - 1:00 pm North-Woods Yoga Collective (Nymore Location), 319 Central Ave SE Bemidji, Mondays and Wednesdays at 12noon Classes are open to all levels. Freewill donation - come as you are and pay what you can.

Safe Sitter Babysitting Program April 18 @ 3:30 pm - 5:30 pm |Recurring Event Public Works Facility, 1351 5th Street NW Bemidji, Safe Sitter® teaches young teens (11-14) everything they need to know to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue! April 4- 25 Mondays, 3:30-5:30pm \$30.00/participant. This program is sponsored by the Bemidji Jaycees. Scholarships are also available for those who qualify to cover half the cost of the program.

Dragon Boat 101 April 18 @ 5:00 pm - 7:00 pm Bemidji Brewing Taproom, 401 Beltrami Ave NW Bemidji, Thinking or joining or creating a team for the Dragon Boat Festival this summer? Erin Messer, Special Events Coordinator, Bemidji Area Chamber of Commerce 218-444-3541 ext 109. events@bemidji.org. Free Q & A.

Cornhole for the Fun of It! - **Toddy's** April 18 @ 7:00 pm pm |Recurring Event Toddy's Pub and Grub, 119 3rd St NW Bemidji, Every Monday from 7-close

Trivia - Brigid's Pub April 18 @ 7:15 pm - 10:00 pm, 317 Beltrami Ave NW Bemidji, Mondays. Put together a team, a name, and sign up by 7:15pm

TUESDAY APRIL 19

Special evening mammograms offered in 2016 April 19 Sanford Medical Center, 1300 Anne St NW Bemidji, Sanford Bemidji's Edith Sanford Breast Center will offer evening mammogram appointments on select dates in 2016. These are designed to offer additional options for those with busy schedules. Appointments will be offered: • Tuesday, April 19 7 Tuesday, July 19. To schedule your appointment, please call (218) 333- 5475. No referral is needed, but an appointment is required.

Cancer Concerns and Connections April 19 @ 7:00 am - 8:00 pm Sunnarborg's, 5818 Birchmont DR NE Cancer Concerns and Connections (CCC) hosts its monthly meeting at 7 p.m. on April 19, at the Sunnarborg home, 5818 Birchmont Dr., Bemidji. This month's discussion "Adjusting to changes following the various cancer treatments of surgery, chemotherapy or radiation." Together we will identify changes and share adjustments that are part of establishing our "new normal. Monthly meetings will be held at the Sunnarborg home beginning at 7 p.m. on the third Tuesday of each month. The gatherings are facilitated by Tom and Yvonne Sunnarborg and Pat Reynolds and will include discussions exploring mind, body and spirit aspects of living with cancer. In addition, each meeting is followed by fellowship time. Anyone included on the cancer journey is welcome to attend. Registration is not required. The complete schedule through July 2016 is posted online.

Senior Surf Computer Training Classes April 19 @ 8:00 am - 10:00 am Brigid's Pub, 317 Beltrami Ave NW Bemidji, Seniors - Are You Interested in Learning Some Basics About Computers? The Bemidji Public Library continues to offer the Senior Surf computer training classes. If you have always wanted to learn about computers and how to access the internet... now is your opportunity! Join others in a relaxed, comfortable atmosphere where you can learn new things about Medicare, Social Security, fun websites to check out information, etc. Space is limited so you will need to call the Library at (218) 751-3963 to reserve your session. There is no charge for this event.

SAVE THE DATE: Tickets/Reservations/Registration Required

ARTS PROJECT GRANTS Available for Region 2 Arts Programming. Maximum Request: \$2,500. Spring Deadline: April 15, 2016. Earliest Project Start Date: June 1, 2016. Non-profit organizations, schools, universities, community education programs, and units of local government located in Minnesota's Beltrami, Hubbard, Lake of the Woods, Mahanomen, and Clearwater counties are eligible to apply for funding to support arts programming for Region 2 Arts Council residents. Create a login at r2arts.org and begin the application process today! Grant Writing Support is available and advised. Region 2 Arts Council Offices are located in the Rail River Folk School Building, 303 Rail Road Street SW, Bemidji, MN 56601. Stop by M-F, 9 a.m. - 5 p.m. or contact staff@r2arts.org / 218- 751-5447 or 800-275-5447.

The First City of the Arts Studio Cruise will celebrate its ninth year during the Oct. 21-23 weekend of the MEA weekend and is calling for artists to submit their applications by April 15. There is an early bird discount of \$10 non-refundable jury fee and \$100 artist participation fee if postmarked by April 1 or the late fee of \$110 artist fee if postmarked by April 15. Again this year, artists who create their artwork within a 40-mile radius of Bemidji but may not have a studio accessible to visitors for demonstrations and sales may apply to be a Guest Artist at a qualifying host studio. There will be a maximum of three artists total at any one studio location. Download applications at the Watermark Art Center website watermarkartcenter.org. Contact Dave or Kathy Towley at or email dtowley@paulbunyan.net with questions.

WALLEYE CLASSIC SPONSORSHIPS The Knights of Columbus Walleye Classic Fishing Tournament (formerly the Kraus Anderson), scheduled for June 11th on Lake Bemidji, currently has sponsorships available at several levels. For more information call Joel at 218-444-1500 or



1792 canoe trip on the Rainy River Relived – Speaker Series April 19 @ 10:00 am - 11:30 pm
Beltrami Electric Roger Spiry Community Room, 4111 Technology Dr. NW Bemidji, Adventures in Lifelong Learning – Series Black Powder and Historical Trekker Tom Jessen will show and tell us how he and Steve Orr read the 18th century journals of voyagers and then relived the journals and maps and clothes and equipment on a canoe trip through the Boundary Water Canoe Area Wilderness in 2014. Presentation at 10. Q&A at 11. Refreshments at 9:40. Everyone welcome. Info: Al Yarnott 218-444-7091

Northwoods Yoga Collective April 19 @ 5:00 pm - 6:00 pm |Recurring Event Rail River Folk School, 303 Railroad Street Bemidji, New, on-going yoga class Tuesdays 5 to 6pm (Northwoods Yoga Collective, Rail River Folk School). Kathryn at kathryn.glez@gmail.com or 218-407-7266

Sound Off, combat veterans support group April 19 @ 5:00 pm - 7:00 pm Sanford Medical Center, 1300 Anne St NW Bemidji, Sanford Bemidji offers a support group, Sound Off, for combat veterans. It is held from 5 to 7 p.m. the first and third Tuesday each month at Sanford Bemidji Medical Center's Conference Room A, located immediately to the right through the hospital's main east entrance. The group will meet next on April 5 and April 19. The group is free and open to men and women from all branches of service, regardless of conflict or disaster. The group provides members with a safe and confidential place to openly discuss personal issues and how their combat experience impacts their daily life. Call (218) 333-5165 or (218) 333-2582 to learn more.

Hard Water Blues Band April 19 @ 9:00 pm |Recurring Event Toddy's Pub and Grub, 119 3rd St NW

Bemidji, Live Blues every Tuesday

WEDNESDAY APRIL 20

Entrepreneurs Launchpad Meet-ups Every Wednesday morning @ 8:00 am - 9:00 am Launch Pad Bemidji, 102 1st Street West Bemidji, See page 3 for full description. launchpadbemidji.com/ or FB LaunchPadBemidji for weekly meeting specifics.

Kundalini Yoga April 20 @ 12:00 pm - :00 pm |Recurring Event NorthWoods Yoga Collective (Nymore Location), 319 Central Ave SE Bemidji, Mondays and Wednesdays at 12noon Classes are open to all levels. Freewill donation – come as you are and pay what you can.

Karaoke – Bemidji Eagles April 20 @ 8:00 pm |Recurring Event The Eagles Club Bemidji, 1270 Neilson Ave SE Bemidji, Mondays and Wednesdays at 12noon

THURSDAY APRIL 21

Norwegian Adult Week-end April 21 - April 24 Concordia Language Villages, 9550 Ruppstrasse NE Bemidji, www.concordialanguagevillages.org Skogfjorden, 218-586-8600 or 1-800-222-4750 CLV@cord.edu

Swedish Adult Weekend April 21Concordia Language Villages, 9550 Ruppstrasse NE Bemidji, www.concordialanguagevillages.org Skogfjorden, 218-586-8600 or 1-800-222-4750 CLV@cord.edu

Spanish Adult Immersion April 21 - April 27Concordia Language Villages, 9550 Ruppstrasse NE Bemidji, www.concordialanguagevillages.org El Lago del Bosque, 218-586-8600 or 1-800-222-4750 CLV@cord.edu

Nordic masters: Sibelius, Nielsen, Grieg and Grondahl April 21 @ 3:00 pm -

5:00 pm Bangsberg Fine Arts Building – BSU, Lake Blvd NE, Bemidji, Bemidji, Join the BSU Wind Ensemble for an unforgettable afternoon featuring music of the Nordic masters: Sibelius, Nielsen, Grieg and Grondahl. Special guest artist: Maestro Martin Akerwall. Adults \$8, Seniors \$5, Students Free. www.akerwall.com PLUS, Maestro Akerwall will present a lecture on Sibelius and Nielsen on Thursday, April 21st at 2:00, Carl O. Thompson Recital Hall. Free Admission.

Family Movie Night April 21 @ 5:30 pm - 7:30 pm Bemidji Public Library, 509 America Avenue NW Bemidji, In celebration of Earth Day, we will be showing a documentary about our Planet Earth

Brulé April 21 @ 7:00 pm - 8:30 pm Shooting Star Casino, 777 SE Casino Rd Mahanomen, Brulé is a contemporary Native American New Age/Worldbeat music group based in South Dakota, including full stage productions with traditional dancers

Open Mic with Gary Broste and Donny Williams – Brigids Pub April 21 @ 8:00 pm 317 Beltrami Ave NW Bemidji, Open mic every Thursday

FRIDAY APRIL 22

April 22 is Earth Day!

A Nite at the Races April 22 Beaux Arts Ballroom, BSU



Bemidji, It's the 8th Annual Northwest Technical College Foundation Scholarship Fund-raiser, Friday pril 22nd , at the Beaux Arts Ballroom on

the campus of Bemidji State University. Call 444-3541 to reserve your table or to learn about contributing an item or two to the Silent Auction.

Spinning with Charlie at NOXQS April 22 @ 5:30 am - 6:30 am |Recurring Event NOXQS Fitness Facility, 3481 Lauren Dr NW Suite C Bemidji, Try something new and get in shape for the summer bike season. Join Charlie, certified Spin coach, for a Spin class at NOXQS at 5:30am each Friday. Classes give you a great cardio workout for about 50 minutes with an added warm up, cool down and stretch. \$6

Leech Lake Earth Day April 22 @ 1:00 pm - 5:00 pm Boys and Girls Club, Cass Lake, "How To Make Earth Day Everyday" Boys and Girls Club (Old High School)Enter Thru Door 5 on Northside of building. Visit the many booths on local foods and sustainable living. Bring in all of your plastic bags to recycle, Drawings and T-shirts. This year we're also organizing an Earth Day Bike Event that will take place on Friday, April 22nd with pre-registration starting at 8:30 and biking from 9am-Noon & a Fashion show @ 4:00 PM For more information contact the Leech Lake Environmental Department: 218-335-7400 or stop by 15756 State 371 NW-Cass Lake, MN 56633

Karaoke & Meat Raffle – Bemidji Eagles April 22 @ 5:30 pm - 11:00 pm

Bemidji,1270 Neilson Ave SE Bemidji, Karaoke Wednesdays and Fridays at 8 pm. Meat raffle on Friday begins at 5:30

Legend of Gert – Live Music April 22 @ 7:00 pm Brigid's Pub, 317 Beltrami Ave NW Bemidji, Legend of Gert at 7. Local guys play and sing a mixture of original and semi-ethereal mood music. Perfect for Fridays at Brigid's Pub.

Country Unplugged April 22 @ 8:00 pm - 9:30 pm Shooting Star Casino, 777 SE Casino Rd Mahanomen, Don't miss this amazing show by country legends, Lorrie Morgan, Mark Chesnutt and Joe Diffie. They will be singing their biggest hits all night.

SATURDAY APRIL 23



Stride into Spring Earth Day 5K RUN – 10K RUN April 23 @ 9:00 am Bemidji State UniversityRegistration Forms here: bemidjistate.lwcal.com/sustainability/#event_id/12736/view/eventAWARDS: The Awards will be handed out as each competitor finishes. All participants will be eligible to

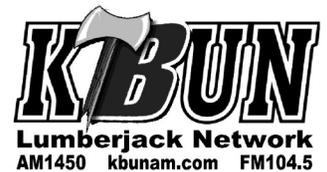
enter into a drawing for a pair of Steger Mukluks! TIMING: A large digital clock will be located at the finish line for easy view by runners. FACILITIES: The starting and finishing areas are in the parking lot in front of the Gillett Recreation Center. Showers will be available in the Gillett Recreation Center and refreshments will be available at the finish to all participants. Vendor booths will be set-up in the lobby area of the Gillett Recreation Center. Questions? Contact kean@bemidjistate.edu

Bemijigamaag Sanford Center Powwow April 23 @ 1:00 pm - 10:00 pm Sanford Event Center, 1111 Event Center DR. NE Bemidji, "Minnesota's 2nd Annual Bemijigamaag Sanford Center Powwow" will be hosted in the Sanford Center arena on Saturday, April 23rd from 1pm – 10pm. Admission is free to the public, and all are invited to come and celebrate. This historic event will again feature the tradition of POWWOW in its entirety with the use of Jumbotron footage, camera operators, special arena staging, arena sound system, and live radio broadcast. Grand Entry at 1pm, a communal feast will be hosted starting at 5pm Free. Schedule at WhatsUpBabe.com or thesanfordcenter.net

This space could be yours for just \$25/issue!

Send us your info and logo and we'll put it together, no extra charge.

What's Up, Babe is distributed at 50+ locations in Bemidji
Sales@wubabe.com



EARTH DAY 2016

*"Only after the last tree has been cut down.
Only after the last river has been poisoned.
Only after the last fish has been caught.
Only then will you find that money cannot be
eaten." - Native American Proverb (Cree?)*

On April 22, 1970 Gaylord Nelson, a US Senator from Wisconsin, hatched the idea of Earth day. On that day, 20 million Americans across the United States banded together to demonstrate for a more healthy, cleaner environment. Shortly after, with support from both Democrats and Republicans, the passage of the Clean Air, Clean Water and Endangered Species Acts were passed. The rest is history!

Make every day Earth Day

Not to make light of the gimmicks or once-a-year celebrations, but really folks, we have to make every day earth day to make a difference. Americans' ecological footprints are unarguably much larger than that of the rest of the world. We are conditioned to prefer climate controlled spaces, the open road, big houses, and a whole bunch of conveniences and luxuries that depend on big oil for manufacturing and transportation.

Our economy and oil are joined at the hip; that's just the way it is. We all know about the pipeline disputes that are ruffling feathers right here in Bemidji.

So, what's a person to do? First of all, decide to make changes in your daily life. Educate yourself and make informed decisions based on the things that matter to you. If oil consumption, climate change, clean water, clean air, and protecting the environment are on your list (and I'm a bit worried if they aren't), then consider incorporating these upgrades to your routine.

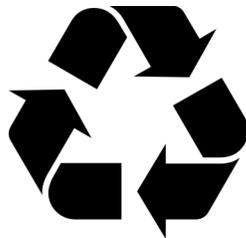
1) Live in walkable, transit oriented communities, whether large cities, small towns or suburbs. Bemidji isn't exactly a perfect match for this recommendation, but if you happen to live in town, selecting a location near the center of town offers more opportunities for walking and biking. I am constantly amazed at how many people will strap on

their ski's for an afternoon of snow and cold, but won't pull on their boots and bundle up for a 15 minute walk to the grocery store. Ya, Ya, I get that it's a drag to walk around with a gallon of milk cutting off the circulation to your fingers. But hey, with a little planning, you can pick up the heavy stuff on your next trip to the ski hill.

2) Get a bike. Living with snow and ice can make bicycle use unworkable for year-round transportation. BUT, fat tire bikes are making cold-weather riding more attractive to the hearty among us. Saddlebags, lights, neon, racks and fenders are practical additions for anyone who wants to reduce car-time in warmer weather. Teach your kids how to ride safely and quit carting them around!

3) Create a Comfort Zone and Dress Appropriately. Take the time to block all those drafts in the winter and sweat a little in the summer. Enough said.

4) Eat local and seasonal food. Eat less red meat. So here's the deal. No longer can we just make blanket statements about organic vs. traditional. Organic, greenhouse tomatoes might taste great in January, but a lot less energy goes into tomatoes grown in your backyard in August. Organic is less toxic for our environment, including for the people who work the fields. But transporting both organic and non-organic food consumes a lot of energy. Buy local, grow and preserve your own.



Did you notice "Recycle" is NOT in this list? To most of us, recycle is the final stage after we read something or buy something in a container we can't re-use. We sort and deposit supposed "recyclables" into collection bins imagining they will be carted off to some magical centralized sorting location. Well, let me tell you, your efforts often don't end in actual recycling. I know, Landfill Cashier was one of those odd jobs I had as a student.

A lot of times oil prices drop so low that it's cheaper to burn recyclables than it is to recycle them. So despite your feel-good efforts, your community's waste management plan likely includes financial considerations based on market fluctuations. Where there's a landfill involved, consider the future. Compostable items packed tightly in an oxygen-starved landfill often take thousands of years to decompose.

When too many non-recyclable junk items are hastily tossed into the community collection bin, the whole bin may be considered trash. Only plastics marked with the numbered triangle thingie are recyclable. BUT (*again with the buts*) not all numbered recyclables are accepted at every recycling center. Similar problems occur when folks try to recycle paper that has glossy or non-stick finishes (think anything that goes in your refrigerator, including pizza boxes and shiny paper cups). So, put trash in its place.

So what are the "Rs" you SHOULD incorporate into your routine? Here's a few from Collin Dunn (Treehugger.com):

- 1) Reuse instead of buying new every time.
- 2) Repurpose The more creative cousin of reuse, repurposing turns old junk into new, functional objects.
- 3) Rot compost everything organic.
- 4) Repair instead of replacing.
- 5) Return Only buy from companies with take-back programs.
- 6) Refill instead of buying disposable bottles and paper cups.
- (7) Refuse to buy overpackaged, disposable, single-use junk.

And one "S" from WUB:

- (8) Share, share, share.

More on recycling and plastic safety here:
<http://naturalsociety.com/recycling-symbols-numbers-plastic-bottles-meaning/>

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