

**FREE  
RESIDENT GUIDE**



*Hennepin*

*County*

**MINNESOTA**

***What's Inside:  
Businesses • Directory • History  
Events and more***

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	Edina Minneapolis Spring Park
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# Local Area Events

## JANUARY

Winter Fete | Bloomington  
Arctic Fever | Excelsior, Shorewood & Tonka Bay  
Twins Fest | Minneapolis  
Lions Club Snowball Open | Orono

## FEBRUARY

City of Lakes Loppet | Minneapolis  
Kids' Fest | Minnetonka  
New Hope Invitational Hockey Tourn.  
Fire & Ice Festival | Plymouth  
Chilly Open | Wayzata

## MARCH

Mad Hatter's Ball | Excelsior  
Wine Sale | Long Lake  
Harvest Moon Member Potluck | Long Lake  
Maple Grove Craft Show  
Eco-Fair | Minnetonka

## APRIL

Arbor Day | Deephaven  
Used Book Sale | Excelsior  
Suburban Remodeling Fair | Maple Grove  
Clean Up Day | Orono  
Springtime Art Celebration | Plymouth

## MAY

Memorial Day Parade | Excelsior  
Spring Clean Up | Excelsior & Deephaven  
Golden Valley Days  
Mainstreet Days | Hopkins  
Bike Rodeo | New Hope  
Vehicle Fair | New Hope  
May Day Parade | Minneapolis  
Silver Skates Ice Revue | Minnetonka  
Trista Day | Minnetrista  
Recycle Day | Minnetrista  
Ice Out Open | Minnetrista  
Vintage Speedboat Gallery | Mound  
City Sampler | Plymouth  
Environmental Quality Fair | Plymouth

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## MAY CONTD.

Walk With the Mayor | Plymouth  
City-Wide Clean Up | Spring Park  
Wayzata Art Experience  
Member's Juried Show | Wayzata  
Trolley Kickoff | Wayzata

## JUNE

Arts in the Park | Bloomington  
Earle Brown Days | Brooklyn Center  
Tater Daze | Brooklyn Park  
Hennepin County Fair | Corcoran  
Edina Art Fair  
Art On the Lake | Excelsior  
Udder Market | Maple Plain  
Burwell Art Fair | Minnetonka  
Minnetonka Summer Festival  
Environmental Event | Minnetonka  
Old Fashioned Ice Cream Social | Minnetonka  
Minnetonka Summer Festival & 8K  
Mound Fish Fry  
Plant Sale | Orono  
Music in Plymouth 5K  
Biannual Show | Wayzata  
Tails by the Lake | Wayzata

## JULY

Summer Fete | Bloomington  
Excelsior Crazy Days Fair & Festival  
Excelsior 10K Run  
Excelsior Firefighters Dance  
Raspberry Festival | Hopkins  
Hopkins Art Festival  
Udder Market | Maple Plain  
Sommerfest | Minneapolis  
Minneapolis Aquatennial  
Spirit of the Lakes Festival | Mound  
Duk Duk Daze | New Hope  
Summer Carnival | Plymouth  
Summertunes in the Park | St. Louis Park  
Wayzata Crazy Days

# Local Area Events

## AUGUST

Deephaven Days & Triathlon  
Grayson on the Lake | Excelsior  
Minnesota's Night to Unite | Golden Valley  
Twin City Polo Classic | Independence  
Corn days | Long Lake  
Summer Faire | Maple Grove  
Udder Market | Maple Plain  
Wet and Wild Fun Day | New Hope  
Water Ski Show | Plymouth  
Night to Unite | Plymouth  
Minneapolis Fringe Festival  
Uptown Arts Fair | Minneapolis  
Minnesota State Fair  
Minnetonka Night for Neighbors  
Charity Golf Classic | Shorewood  
Victoria Volkfest

## SEPTEMBER

River Rendezvous | Bloomington  
Eden Prairie Art Crawl  
Apple Days | Excelsior  
Taste of the Lakes | Excelsior  
Classic Boat Rendezvous | Excelsior  
Golden Valley Golf Classic  
Heritage Fest | Independence  
Taste of the Lakes | Minnetonka  
Incredible Festival | Mound  
Plymouth on Parade  
Fire Dept. 5K Run/Walk | Plymouth  
Kids Fun Run | Plymouth  
Autumn Arts Festival | Plymouth  
James J. Hill Days | Wayzata  
Golf Classic | Wayzata

## OCTOBER

Halloween Party | Bloomington  
World's Largest Indoor Trick or Treat | Bloomington  
Maple Grove Farmers Market  
Twin Cities Marathon | Minneapolis  
Fire Dept. & City Open House | Minnetonka  
Fire Dept. Open House | Plymouth  
Ducks on Parade | Plymouth

## OCTOBER CONTD.

Halloween on the Creek | Plymouth  
Appreciation Dinner | Spring Park  
Fall Composting | Victoria  
Boo Blast | Wayzata

## NOVEMBER

Taste of Golden Valley  
Halloween at the Creek | Plymouth  
Tree Lighting | Spring Park  
Arts of the Holiday Show & Sale | Wayzata

## DECEMBER

Holiday Social | Brooklyn Center  
Christmas Events & Community Show | Excelsior  
Old Fashioned Christmas in Plymouth  
New Year's Eve | Plymouth  
Holidazzle Parade | Minneapolis  
Ye Olde Spirit Fest | Victoria  
Victoria Christmas  
Indoor Winters Farmers Market | Wayzata  
Holiday Celebration | Wayzata



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# Hennepin County Resident Services

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## **BLOOMINGTON**

General Information .....	(952) 563-8700
Parks & Recreation .....	563-8877
Fire Department .....	563-4801
Police Department .....	563-4900

## **BROOKLYN CENTER**

General Information .....	(763) 569-3300
Parks & Recreation .....	569-3400
Fire Department .....	503-3160
Police Department .....	569-3333

## **BROOKLYN PARK**

General Information .....	(763) 493-8001
Parks & Recreation .....	493-8333
Fire Department .....	493-8020
Police Department .....	493-8222

## **CHAMPLIN**

General Information .....	(763) 923-7110
Parks & Recreation .....	923-7172
Fire Department .....	576-2860
Police Department .....	421-2971

## **CORCORAN**

General Information .....	(763) 420-2288
Parks & Recreation .....	420-2652
Fire Department .....	478-6621
Police Department .....	525-6220

## **CRYSTAL**

General Information .....	(763) 531-2074
Parks & Recreation .....	531-1150
Fire Department .....	525-6215
Police Department .....	531-1010

# Hennepin County Resident Services

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## **DAYTON**

General Information .....	(763) 712-3221
Parks & Recreation .....	427-3224
Fire Department .....	428-2220
Police Department .....	427-2017

## **DEEPHAVEN**

General Information .....	(952) 474-4755
Parks & Recreation .....	474-4755
Fire Department .....	960-1650
Police Department .....	474-7555

## **EDEN PRAIRIE**

General Information .....	(952) 949-8300
Parks & Recreation .....	949-8442
Fire Department .....	949-8300
Police Department .....	949-6200

## **EDINA**

General Information .....	(952) 927-8861
Parks & Recreation .....	826-0367
Fire Department .....	826-0330
Police Department .....	826-1600

## **EXCELSIOR**

General Information .....	(952) 474-5233
Parks & Recreation .....	474-3464
Fire Department .....	401-8801
Police Department .....	474-3261

## **GOLDEN VALLEY**

General Information .....	(763) 593-8000
Parks & Recreation .....	512-2345
Fire Department .....	593-8054
Police Department .....	593-8079

# Hennepin County Resident Services

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## GREENFIELD

General Information .....	(763) 477-6464
Parks & Recreation .....	477-6464
Fire Department .....	479-3036
Police Department .....	477-6602

## GREENWOOD

General Information .....	(952) 474-6633
Parks & Recreation .....	474-4755
Fire Department .....	960-1650
Police Department .....	474-3261

## HOPKINS

General Information .....	(952) 935-8474
Parks & Recreation .....	939-1333
Fire Marshall .....	548-6451
Police Department .....	938-8885

## INDEPENDENCE

General Information .....	(763) 479-0527
Parks & Recreation .....	479-2473
Fire Department .....	479-0520
Police Department .....	479-0500

## LONG LAKE

General Information .....	(952) 474-6633
Parks & Recreation .....	476-2855
Fire Department .....	473-9701
Police Department .....	249-4700

## LORETTO

General Information .....	(763) 479-4305
Parks & Recreation .....	694-7670
Fire Department .....	479-3036
Police Department .....	477-6602

# Hennepin County Resident Services

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## MAPLE GROVE

General Information .....	(763) 494-6000
Parks & Recreation .....	494-6500
Fire Department .....	494-6300
Police Department .....	494-6100

## MAPLE PLAIN

General Information .....	(763) 479-0516
Parks & Recreation .....	479-0525
Fire Department .....	479-0520
Police Department .....	479-0500

## MEDICINE LAKE

General Information .....	(763) 542-9701
Parks & Recreation .....	542-9701
Fire Department .....	746-0142
Police Department .....	391-5100

## MEDINA

General Information .....	(763) 473-4643
Parks & Recreation .....	473-4643
Fire Department .....	478-6621
Police Department .....	473-9209

## MINNEAPOLIS

General Information .....	(612) 673-2489
Parks & Recreation .....	230-6400
Fire Department .....	673-2890
Police Department .....	673-3787

## MINNETONKA

General Information .....	(952) 939-8200
Parks & Recreation .....	988-8424
Fire Department .....	939-8598
Police Department .....	939-8500

# Hennepin County Resident Services

## MINNETONKA BEACH

General Information .....	(952) 471-8878
Parks & Recreation .....	471-8878
Fire Department .....	472-3555
Police Department .....	249-4700

## MINNETRISTA

General Information .....	(952) 446-1660
Parks & Recreation .....	446-1660
Fire Department .....	446-1404
Police Department .....	446-1131

## MOUND

General Information .....	(952) 472-0600
Parks & Recreation .....	472-0615
Fire Department .....	472-3555
Police Department .....	472-0621

## NEW HOPE

General Information .....	(763) 531-5100
Parks & Recreation .....	531-5151
Fire Department .....	230-7000
Police Department .....	531-5170

## ORONO

General Information .....	(952) 249-4600
Parks & Recreation .....	249-4600
Fire Department .....	471-9777
Police Department .....	249-4700

## OSSEO

General Information .....	(763) 424-5444
Parks & Recreation .....	494-6500
Fire Department .....	494-6300
Police Department .....	424-5444

# Hennepin County Resident Services

## PLYMOUTH

General Information .....	(763) 509-5000
Parks & Recreation .....	509-5200
Fire Department .....	509-5120
Police Department .....	509-5160

## RICHFIELD

General Information .....	(612) 861-9700
Parks & Recreation .....	861-9385
Fire Department .....	243-4500
Police Department .....	861-9898

## ROBBINSDALE

General Information .....	(763) 537-4534
Parks & Recreation .....	531-1204
Fire Department .....	525-6215
Police Department .....	531-1220

## ROGERS

General Information .....	(763) 428-2253
Parks & Recreation .....	428-8580
Fire Department .....	428-3500
Police Department .....	428-3450

## SHOREWOOD

General Information .....	(952) 960-7911
Parks & Recreation .....	960-7913
Fire Department .....	474-5364
Police Department .....	474-3261

## SPRING PARK

General Information .....	(952) 471-9051
Parks & Recreation .....	471-9051
Fire Department .....	472-3555
Police Department .....	472-0621

# Hennepin County Resident Services

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## ST. ANTHONY VILLAGE

General Information .....	(612) 782-3311
Parks & Recreation .....	782-3314
Fire Department .....	782-3400
Police Department .....	782-3350

## ST. BONIFACIOUS

General Information .....	(952) 446-1061
Parks & Recreation .....	474-0070
Fire Department .....	446-1404
Police Department .....	446-1131

## ST. LOUIS PARK

General Information .....	(952) 924-2500
Parks & Recreation .....	924-2540
Fire Department .....	924-2595
Police Department .....	924-2600

## TONKA BAY

General Information .....	(952) 474-7994
Parks & Recreation .....	474-2947
Fire Department .....	960-1650
Police Department .....	474-3261

## WAYZATA

General Information .....	(952) 404-5300
Parks & Recreation .....	404-5337
Fire Department .....	960-1650
Police Department .....	404-5340

## WOODLAND

General Information .....	(952) 474-4755
Parks & Recreation .....	474-4755
Fire Department .....	960-1650
Police Department .....	474-7555



## Hennepin County History *(Minneapolis, County Seat)*

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Hennepin County was established on March 6th, 1852. The county commemorates Louis Hennepin, a Franciscan missionary, explorer and author. Father Hennepin relocated to Canada in the early 1600s. It was not until 1678 that Father Hennepin joined the La Salle's expedition for exploration of the Great Lakes and the Mississippi. While on the Mississippi River, their expedition was captured by a band of Sioux Indians. While it was frightening for the explorers, they were soon rescued and returned to Canada. In 1683 Louis Hennepin published a book about his explorations. The name Snelling County was introduced by Colonel John H. Stevens, but the name was rejected and the name Hennepin County was retained. Hennepin County is the most populous county in Minnesota. It is located in east central Minnesota and some of its neighboring counties include Sherburne County to the north; Anoka County to the northeast and east; Ramsey County to the east; Dakota County to the southeast; Scott and Carver Counties to the South; and Wright County to the west and northwest. Minneapolis was selected as the county seat and it is also the largest city in Minnesota with 377,392 residents. Today Hennepin County is home to approximately 1,140,988 residents.

# Hennepin County Communities

**BLOOMINGTON** – pop. 85,172  
**BROOKLYN CENTER** – pop. 27,488  
**BROOKLYN PARK** – pop. 71,394  
**CHAMPLIN** – pop. 22,193  
**CORCORAN** – pop. 5,630  
**CRYSTAL** – pop. 22,698  
**DAYTON** – pop. 4,633  
**DEEPHAVEN** – pop. 3,775  
**EDEN PRAIRIE** – pop. 54,901  
**EDINA** – pop. 47,425  
**EXCELSIOR** – pop. 2,291  
**GOLDEN VALLEY** – pop. 20,281  
**GREENFIELD** – pop. 2,544  
**GREENWOOD** – pop. 812  
**HOPKINS** – pop. 17,145  
**INDEPENDENCE** – pop. 3,546  
**LONG LAKE** – pop. 1,795  
**LORETTO** – pop. 570  
**MAPLE GROVE** – pop. 50,365  
**MAPLE PLAIN** – pop. 1,983  
**MEDICINE LAKE** – pop. 368  
**MEDINA** – pop. 4,005

**MINNEAPOLIS (COUNTY SEAT)** – pop. 377,392  
**MINNETONKA** – pop. 50,081  
**MINNETONKA BEACH** – pop. 593  
**MINNETRISTA** – pop. 5,960  
**MOUND** – pop. 9,546  
**NEW HOPE** – pop. 20,873  
**ORONO** – pop. 7,732  
**OSSEO** – pop. 2,434  
**PLYMOUTH** – pop. 71,486  
**RICHFIELD** – pop. 34,439  
**ROBBINSDALE** – pop. 14,123  
**ROGERS** – pop. 7,536  
**SHOREWOOD** – pop. 7,426  
**SPRING PARK** – pop. 1,717  
**ST. ANTHONY VILLAGE** – pop. 8,012  
**ST. BONIFACIOUS** – pop. 1,873  
**ST. LOUIS PARK** – pop. 44,126  
**TONKA BAY** – pop. 1,547  
**WAYZATA** – pop. 3,884  
**WOODLAND** – pop. 469

*\*Populations are approximate.*

## BLOOMINGTON

In the spring of 1843 Gideon Pond built the first log home in Oak Grove, what Bloomington was originally named. He established the Oak Grove Mission and welcomed the first settlers, Peter and Louisa Quinn to the area. Later, the Quinns' would be important teachers to the Dakota Indians, showing them important farming practices. In 1851 the Bloomington area was open to settlers, and in 1858 the first town meeting was held. The name was given by the settlers from Illinois. Twelve other states have cities with the Bloomington name, the largest being in Illinois. Today Bloomington is home to approximately 85,172 residents.

# Hennepin County Communities

## BROOKLYN CENTER

Brooklyn Center is an incorporated village that has always been known as a farming area. It was opened up to settlement in 1851 and in the summer of 1852 the first families began moving into the area, clearing land for farming and building homes. The city of Brooklyn Center was originally located in the southeastern portion of Brooklyn Township, today it is located in the Crystal Lake Township after the town lines were moved. Brooklyn Center was essentially an agricultural settlement and it was not until 1911 that the citizens of Brooklyn Center took legal action to create the Village of Brooklyn Center. Elections were held later that year and 83 votes were cast to elect P.W. Reidhead as the first elected president of the Village Council. Today Brooklyn Center is home to approximately 27,488 residents.

## BROOKLYN PARK

The area known as Brooklyn Park today was once part of the Missouri Territory in the early 19th century, which was under a treaty with the Dakota Indians. By 1852, the territory that would become the Brooklyn Township was claimed. In the beginning, trails originated by the Ojibwa were the only means of transportation in and out of the area. By early 1854, the first settlers from Michigan claimed the township, which they named after their home area in Brooklyn, Michigan. Facts about the city: the first school was established in 1854; it was incorporated as a village in 1954 with a population of 3,868; it was established as a charter city in 1969. Today Brooklyn Park is home to approximately 71,394 residents.

## DEEPHAVEN

Located near Lake Minnetonka, Deephaven was founded in the 1880s and named in honor of the excellent harbor. In 1882 the Minnetonka Yacht Club was established, which now boasts over 500 members. In 1895 the historic Cottagewood General Store was founded, which has since become a local landmark. Today Deephaven is home to approximately 3,775 residents.

## EDEN PRAIRIE

Eden Prairie was settled in 1852 and officially organized in 1858. It was named after a beautiful natural prairie in its southern portion. It was named by Elizabeth Fries Ellet, who gave the name "Eden" as an expression of her admiration for its beauty. On May 11, 1858 the first town meeting was held, on that same day Minnesota was also officially a state. In the 1880's until the 1960's the population of the city barely changed with only a 1,300 person increase. It wasn't until 2000 that the population swelled and Eden Prairie became a thriving business community. Today Eden Prairie is home to approximately 54,901 residents.



# Hennepin County Communities

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## **EDINA**

Edina was incorporated in 1888 and was originally called Richfield. Now Edina is named after the Edina Flouring Mill, owned by Andrew and John Craik. They named the mill in memory of their boyhood home of Edinburgh, Scotland. The city retains the name as well as the rich heritage. Edina was once a civil war milling crossroads and currently has many homes listed on the National Register of Historic Places. Today Edina is home to approximately 47,425 residents.

## **EXCELSIOR**

Founded by colonists from New York in 1853, the name Excelsior was derived from the short poem, "Excelsior," written by Henry Wadsworth Longfellow. A streetcar line brought travelers from Lake Harriet in Minneapolis to the shores of Lake Minnetonka as the area was popular for day trips. The community originated as a vacation haven for Twin Cities residents and was home to the Excelsior Amusement Park from 1925 to 1973. Today Excelsior is home to approximately 2,291 residents.

## **GOLDEN VALLEY**

Golden Valley was incorporated in 1886 and was an agricultural community of only a few hundred at the time. It was named for its beautiful valley, which encloses a small lake, that was covered in daffodils. The city was named by William Varner, one of the first settlers to the area. The story says that Varner headed west to find a home site and he came across a hill so high he thought it was a mountain. He climbed it and looked down upon a lush valley, dotted with golden daffodils and a small lake shining in the sunlight. The community was then named Golden Valley. Today Golden Valley is home to approximately 20,281 residents.

## **GREENWOOD**

Greenwood was settled in 1855 and officially organized in 1858. It was platted by Thomas A. Holmes and named after the lush woodlands found in the area. The historic Old Log Theater, Minnesota's oldest professional theater established in 1940, is located here where audiences can still enjoy performances year-round. Today Greenwood is home to approximately 812 residents.

# Hennepin County Communities

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## **HOPKINS**

Hopkins was settled in the late 1800's as a quaint railway village. It was named after Harley Hopkins, its original postmaster. He was born in 1824, came to America in 1855 and moved to the current Hopkins area. The Hopkins City Hall was built in 1912 and housed the city's police station, jail, city offices, library and fire station. The building was remodeled in 1940 to accommodate the new fleet of fire trucks. The original fire station was torn down in 1965 and a new City Hall, police station and fire station was constructed. Today Hopkins is home to approximately 17,145 residents.

## **INDEPENDENCE**

Independence was settled in 1845 and organized in 1858. Its name is derived from nearby Lake Independence, which was named in honor of its discovery on July 4th, 1854. Independence was incorporated in 1974 and currently houses the Twin Cities Polo Grounds. Today Independence is home to approximately 3,546 residents.

## **LONG LAKE**

First recognized as Cumberland, Long Lake was settled in 1855 and renamed after the local lake. A post office was established in 1856 and by 1875, a hotel, flour mill, general store and social hall were constructed. In 1898 the Minnesota Fruit Growers Association was founded, which promoted local raspberry and strawberry growth. Today Long Lake is home to approximately 1,795 residents.

## **MAPLE GROVE**

The first inhabitants of the Maple Grove area were the Winnebago Indians, but in 1851, Louis Gervais settled in the area. It was named for the abundance of sugar maple forests that were found near the town site. By 1855 the growth of new settlers was so fast, the city was abundant in farms, homes, churches and the first town hall. The first school was constructed in 1860. In 1954 the city was incorporated as a village and then in 1974 Maple Grove became a statutory city. Today Maple Grove is home to approximately 50,365 residents.

## **MAPLE PLAIN**

Settled in 1854 near Lake Independence, Maple Plain was named after the numerous sugar maple trees found throughout the area. In 1868 the railroad arrived and a post office was built in 1871. As early local farmers experienced crop failures, many harvested ginseng and shipped it to markets in China as it was plentiful throughout the Maple Plain area. Today Maple Plain is home to approximately 1,983 residents.

# Hennepin County Communities

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## **MINNEAPOLIS (COUNTY SEAT)**

Minneapolis was founded in 1849 by Col. John H. Stevens. Stevens built the first known house of the west side of the Mississippi and organized a township eight years later. The earliest announcement and recommendation of Minneapolis' name came in 1852 from Charles Hoag. Hoag wrote to the editor of the St. Anthony Express and called the city "Minneapolis," a conjunction of Minnehaha and the Greek "polis." Other names, including All Saints, Hennepin, Lowell, Brooklyn, Albion and others were refused. Minneapolis made dramatic changes to combat discrimination in as early as 1886 and in 1968 was the birthplace of the American Indian Movement. Now Minneapolis is a vibrant recreational and cultural metropolis with many notable lakes including Lake Calhoun, Lake Harriet and Lake of the Isles. Today Minneapolis is home to approximately 377,392 residents.

## **MINNETONKA**

Minnetonka was first settled by Simon Stephens and Calvin Tuttle along Minnehaha Creek in 1852. Pioneers were attracted to the lush forests and ample water power, and a mill was established. Factories were then built and the area was one of the largest commercial centers in Hennepin County at the time. The community was named after the nearby lake and soon was a popular summer vacation spot. In 1960 the population of Minnetonka reached 25,000 and in 1968 the city was incorporated. Today Minnetonka is home to approximately 50,081 residents.

## **MINNETONKA BEACH**

Minnetonka Beach was settled in 1872 and in 1883, streets were platted and the community was named. It was the site of the Old Hotel Lafayette in 1882 which made the area a popular summer resort destination. As roads were constructed in 1887, Minnetonka Beach continued to develop and was incorporated by 1894. Today Minnetonka Beach is home to approximately 593 residents.

## **MINNETRISTA**

First recognized as German Home, Minnetrista was first settled in 1854 and organized in 1859. The community was renamed Minnetrista, a Dakota word meaning crooked waters. The Yellowstone Trail, one of the first transcontinental auto routes in America, passed through the community in the early 1900s which attracted many new residents. In 1959 Minnetrista was incorporated as a village and as a city in 1974. Today Minnetrista is home to approximately 5,960 residents.

# Hennepin County Communities

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## **MOUND**

Named after Indian mounds found throughout the area, Mound began as a resort community with summer homes located along the shores. As rail lines were constructed, the area began to grow and permanent residences replaced vacation homes. In 1946 Mound Metalcraft was established, which produced the famous Tonka toy trucks. Today Mound is home to approximately 9,546 residents.

## **NEW HOPE**

New Hope was established in the early 1900's as a small farming community. The area was originally settled as a part of Crystal Lake Township and soon became home to many family farms. In 1936 Crystal was incorporated, forming a small city and township. but many rural residents in the western half of the township were upset about paying taxes for projects like streets, lighting and sewer systems that they did not use and the community of New Hope was established. Today New Hope is home to approximately 20,873 residents.

## **ORONO**

The Orono area was first settled by Henry A. Brackett, who named the are Orono Point, in honor of an Indian chief. The community was established in 1889 from the southern half of Medina and had a population of 600 by 1900. In 1955 Orono was incorporated and has continued to grow. Today Orono is home to approximately 7,732 residents.

## **PLYMOUTH**

Plymouth was first settled by Antoine LeCounte in 1852 and the community was organized and named in 1858. By 1863 Plymouth was home to schools, churches, hotels and a post office. Its population reached 1,074 by 1880 and as roads were built, Plymouth grew dramatically as transportation improved. Today Plymouth is home to approximately 71,486 residents.

## **SHOREWOOD**

Once part of Excelsior Township, Shorewood was settled in 1853. Named after the ample woodland along the shores of Lake Minnetonka, Shorewood originated as a logging community. It was incorporated in 1956 by local residents to avoid annexation from nearby communities. Today Shorewood is home to approximately 7,426 residents.

# Hennepin County Communities

## SPRING PARK

Settled in 1850, Spring Park was named after the medicinal springs found in the area. Streets were platted in 1880 and the community was a popular resort area for residents of the Twin Cities, which housed a top of the line baseball park, dance pavilion and playground. It was the site of the historic Hotel Del Otero, built in 1887, and was also home to Native American ceremonial mounds. Today Spring Park is home to approximately 1,852 residents.

## ST. LOUIS PARK

St. Louis Park was originally included in the Minneapolis area. It was incorporated as its own city in 1886 after current land owners, with the help of five Minneapolis businessmen, created the St. Louis Park and Land Improvement Company. They named their business for the up and coming St. Louis Railway. In 1890 St. Louis Park was said to have more than 600 industrial jobs associated with agriculture implement manufacturing. In 1899, it became the home to the world's first ever concrete, tubular grain elevator. The former grain elevator is still visible near Highway 7 and 100. Today St. Louis Park is home to approximately 44,126 residents.

## WAYZATA

Settled in 1852, Wayzata was platted in 1854 and incorporated in 1884. The name Wayzata is derived from the Dakota word, "Waziyata," meaning at the pines, the north. The area began as a summer retreat, as tourists were attracted to the pristine landscape of Lake Minnetonka. The historic Lady of the Lake steamer carried passengers across Lake Minnetonka and the Wayzata dock once boasted over 90 various steamboats. Today Wayzata is home to approximately 3,884 residents.

## WOODLAND

Originally home to the Native American landmark Spirit Knob, Woodland was settled in 1855 and organized in 1858. The area first consisted of the village of Maplewoods and the Groveland Homeowners Association, which sought to improve the land. The area remained a summer community until 1882 when permanent residences replaced summer cottages. In 1948 Maplewoods residents united with the Groveland Homeowners Association to incorporate the city of Woodland, its name a combination of both areas. Today Woodland is home to approximately 469 residents.

# Check Our Website for Hours & Locations

## Burnsville

Mary, Mother of Church  
3333 Cliff Rd.  
**Thursdays**  
Noon to 5:00pm

Burnsville Transit Station  
Hwy. 13 & Nicollet Ave.  
**Saturdays**  
7:00am to Noon

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## Lakeville

208th St. & Holyoke  
**Wednesdays**  
Noon to 5:00pm

210th & Holyoke  
**Saturdays**  
8:00am to 1:00pm



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## Apple Valley

7100 W 147th St.  
**Saturdays**  
8:00am to 1:00pm

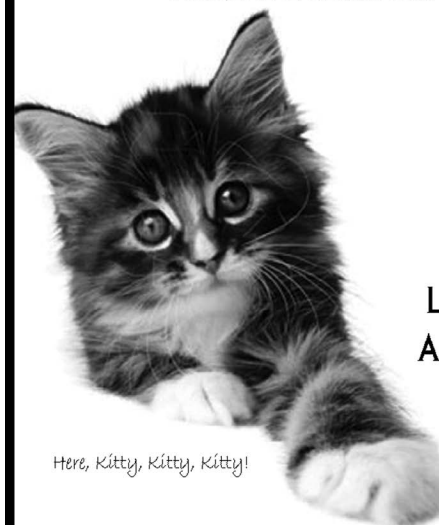
Mount Olivet Church  
14201 Cedar Ave.  
**Tuesdays**  
3:00pm to 6:30pm

**Savage**  
123rd St. & Hwy. 13  
**Sundays**  
8:00am to 1:00pm

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# Parks & Recreation

## **BLOOMINGTON**

Adelman Pond  
 Bloomington Bass Ponds  
 Bloomington Ferry Road Park  
 Bloomington Ice Garden  
 Boone Pond  
 Bush Lake Beach  
 Brookside Park  
 Cavell Pond  
 Collegeview Park  
 Corridor Park  
 Donaldson Park  
 Hopkins Park

## **BLOOMINGTON CONTD.**

Hyland Greens Golf Course  
 Hyland Lake Park Reserve  
 Hyland Ski & Snowboard Area  
 Lake Cirard Park  
 Marsh Lake Archery Range  
 MN Valley Natl. Wildlife Refuge  
 Normandale Lake Park  
 Normandale Park  
 Overlook Lake Park  
 Parker's Picnic Grounds  
 Pond-Dakota Mission Park  
 Ridgview Parkway Park

# Parks & Recreation

## **BLOOMINGTON CONTD.**

Skreibakken Park  
 St. Bonaventure Park  
 Vanderbie Park  
 Winchester Pond  
 Woodcliff Hills Pond  
 Xerxes Pond

## **BROOKLYN CENTER**

Arboretum Park  
 Centerbrook Golf Course  
 Central Park

## **BROOKLYN PARK**

Brook Oaks Park  
 Brooklyn Park

## **EDEN PRAIRIE**

Fredrick-Miller Spring  
 Hyland-Bush-Anderson Lakes  
 Red Rock Lake Park  
 Staring Lake Archery Range  
 Staring Lake Park  
 Staring Lake Sledding Hill

## **EDINA**

Arden Park  
 Centennial Lakes  
 YMCA Tri-City Skate Park

## **EXCELSIOR**

Edenbrook Conservation Area  
 Noerenberg Memorial Park  
 The Commons  
 Windham Knoll Park

## **GOLDEN VALLEY**

Brookview Park

## **HOPKINS**

Gleanloch Park  
 Grandview Park  
 Interlachen Park  
 Xylon Park

## **LONG LAKE**

Dexter Park  
 Holbrook Park

## **MAPLE GROVE**

Angel of Hope Statue  
 Weaver Lake Beach & Park

## **MINNEAPOLIS**

American Swedish Institute  
 Audubon Park  
 Children's Theatre  
 The Depot  
 Diamond Lake Park  
 Dickman Park  
 Evergreen Park  
 Firehouse Park  
 Fort Snelling State Park  
 Garden City Park  
 The Grand Rounds  
 Grazier Park  
 Guthrie Theatre  
 Jefferson Park  
 Jersey Park  
 Jewell Park  
 Kenny Park

# Parks & Recreation

## MINNEAPOLIS CONTD.

Loring Park  
Mill City Museum  
Minnehaha Park  
Minnesota Twins Baseball  
Minnesota Vikings Football  
Nicollet Park  
Orchard Lane Park  
Rice Lake Park  
Riverdale Park  
St. Anthony Falls  
Theodore Wirth Park  
Taft Park  
Utley Park  
Valley View Park  
Veterans Memorial Park  
Walker Sculpture Garden  
Yale Gardens Park  
York Park  
Zanewood Park

## MINNETONKA

Big Willow Park  
Civic Center Park  
Ford Park  
Gray's Bay Marina  
Kinsel Park  
Meadow Park  
Purgatory Park & Trails

## MINNETRISTA

Alder Nature View Park

## NEW HOPE

Cherry Meadows Park  
Hidden Valley Park  
Northwood Park  
Victory Park

## ORONO

Seven Nations Park  
Three Rivers Parks

## OSSEO

Elm Grove Park  
Lakeview Knolls Park

## PLYMOUTH

Medicine Lake Park  
Millennium Garden  
Plymouth Creek  
Plymouth Ice Center  
Plymouth Skate Park

## ST. LOUIS PARK

Aquila Park  
Oak Hill  
Outdoor Aquatic Center  
Westwood Hills Nature Center  
Wolfe Park

## SHOREWOOD

Freeman Park  
South Shore Community Park

## WAYZATA

Kiapprich Park  
Oak Hill Park



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### BASILICA OF ST. MARY

88 N 17th St. | Minneapolis | (612) 333-1381

### BLOCK E STADIUM 15

600 Hennepin Ave. | Minneapolis | (612) 338-5900

### BRAVE NEW WORKSHOP

2605 S Hennepin Ave. | Minneapolis | (612) 332-6620

### BRYANT LAKE THEATER

810 W Lake St. | Minneapolis | (612) 825-8949

### CEDAR CULTURAL CENTER

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### CHILDREN'S THEATRE CO.

2400 S 3rd Ave. | Minneapolis | (612) 874-0400

### FIREFIGHTERS HALL & MUSEUM

664 22nd Ave. NE | Minneapolis | (612) 623-3817

### GALE WOODS FARM

7210 W Co. Rd. 110 | Mound | (763) 694-2001

### GUTHRIE THEATER

818 S 2nd St. | Minneapolis | (612) 377-2224

### HEART OF THE BEAST PUPPET THEATER

1500 E Lake St. | Minneapolis | (612) 721-2535

### HENNEPIN CENTER FOR THE ARTS

528 Hennepin Ave. #100 | Minneapolis | (612) 332-4478

### HENNEPIN STAGES THEATRE

824 Hennepin Ave. | Minneapolis | (612) 339-7007

### LOWRY NATURE CENTER

7025 Victoria Dr. | Victoria | (763) 694-7650

### MALL OF AMERICA

60 E Broadway | Bloomington | (952) 854-7770

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### THE METRODOME

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### MINNEAPOLIS INSTITUTE OF ARTS

2400 S 3rd Ave. | Minneapolis | (612) 870-6323

### MINNESOTA ORCHESTRA

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### MINNETONKA CENTER FOR THE ARTS

2240 Northshore Dr. | Wayzata | (952) 473-7361

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5500 Stevens Ave. | Minneapolis | (612) 821-9045

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### ST. ANTHONY MAIN THEATER

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### VARSITY THEATER

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### WALKER ART MUSEUM & SCULPTURE GARDEN

1750 Hennepin Ave. | Minneapolis | (612) 375-7600

### WATERPARK OF AMERICA

1700 E American Blvd. | Bloomington | (952) 698-8888

### WAYZATA TOWNE TROLLEY

402 E Lake St. | Wayzata | (952) 473-9595

### WEST HENNEPIN PIONEER MUSEUM

1953 Wayzata Blvd. #332 | Long Lake | (952) 473-6557

# Minnesota Hunting Seasons

For general information on firearm safety training call 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas:

Online: [www.dnr.state.mn.us](http://www.dnr.state.mn.us), Toll Free: 1 (888) 665-4236.

## RABBIT & SQUIRREL

09/18/10 - 02/28/11; 09/17/11 - 02/28/12

## GRAY & RED FOX

10/23/10 - 03/15/11; 10/22/11 - 03/15/12

## BADGER, OPOSSUM & RACCOON

10/23/10 - 03/15/11; 10/22/11 - 03/15/12

## GOOSE

(Spring Light Goose) 03/01/11 - 04/30/11  
(Early Canada Goose) 09/03/11 - 09/22/11

## CROW

03/01/11 - 03/31/11; 07/15/11 - 10/15/11

## BEAR

09/01/11 - 10/16/11

## MOURNING DOVE

09/01/11 - 10/30/11

## SNIPE & RAIL

09/01/11 - 11/07/11

## DEER

(Archery) 09/17/11 - 12/31/11  
(Camp Ripley Archery) 10/20/11 - 10/21/11;  
10/29/11 - 10/30/11  
(Firearm) 11/05/11 - 11/27/11  
(Muzzleloader) 11/26/11 - 12/11/11

## SHARPTAILED GROUSE

09/17/11 - 11/30/11

## GROUSE & GRAY PARTRIDGE

09/17/11 - 01/01/12

## WOODCOCK

09/24/11 - 11/07/11

## MOOSE

(Northeast Zone) 10/01/11 - 10/16/11

## TURKEY

10/01/11 - 10/30/11

## PHEASANT

10/15/11 - 01/01/12

## PRAIRIE CHICKEN

10/22/11 - 10/26/11

## PRAIRIE & PINE MARTEN

11/26/11 - 12/04/11

## BEAVER (FURBEARER TRAPPING)

(North Zone) 10/23/10 - 02/28/11;  
10/22/11 - 04/30/12  
(South Zone) 10/30/10 - 02/28/11;  
10/29/11 - 04/30/12

## MINK & MUSKRAT (FURBEARER TRAPPING)

(North Zone) 10/22/10 - 02/28/11;  
10/22/11 - 04/30/12  
(South Zone) 10/30/10 - 02/28/11;  
10/29/11 - 02/28/12;

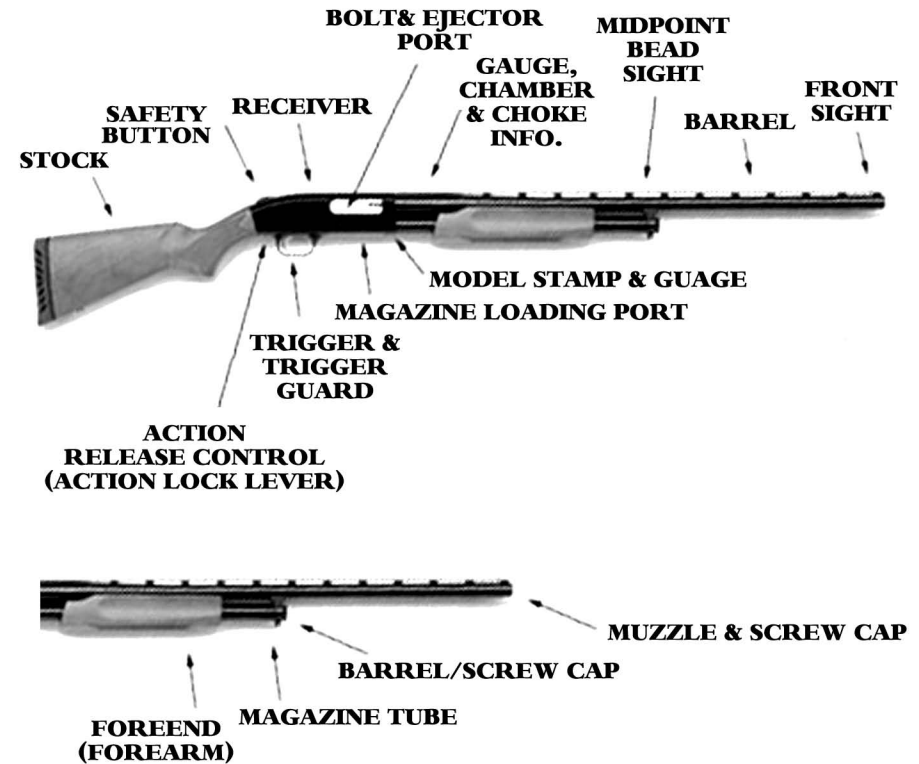
## OTTER (FURBEARER TRAPPING)

(North Zone) 10/22/11 - 01/07/12

## BOBCAT (FURBEARER TRAPPING)

11/26/11 - 01/07/12

# Hunting Safety



**All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.**

**Here are five suggestions for a safe and successful hunting experience:**

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly in Minnesota, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.
4. If you are on the water, make sure to wear a personal flotation device (life preserver).
5. Know your hunting partners' physical and emotional limitations, as well as your own, and don't push your partners or yourself beyond those limits.

# Minnesota Fishing Seasons

## BOWFISHING

05/01/11 - 02/26/12; 05/01/10 - 02/27/11

## WALLEYE, SAUGER & NORTHERN PIKE

05/01/10 - 02/27/11; 05/15/10 - 02/27/11

## LARGEMOUTH BASS

05/15/10 - 02/27/11; 05/14/11 - 02/26/12

## SMALLMOUTH BASS

05/14/11 - 02/26/12

(Catch & Release) 09/12/11 - 02/26/12

## LAKE TROUT

05/14/11 - 09/30/11

(Lake Superior) 01/15/11 - 03/31/11

(Boundary Waters) 01/01/11 - 03/31/11

(Outside Boundary Waters) 01/15/11 - 03/31/11

## STREAM TROUT

(Southeast Zone) 04/01/11 - 04/13/11;

04/16/11 - 09/14/11

(All Zones) 01/15/11 - 03/31/11; 05/15/10 - 10/31/10

(All Zones Except Southeast Zone) 04/16/11 - 09/30/11

## MUSKELLUNGE

06/05/11 - 12/01/11

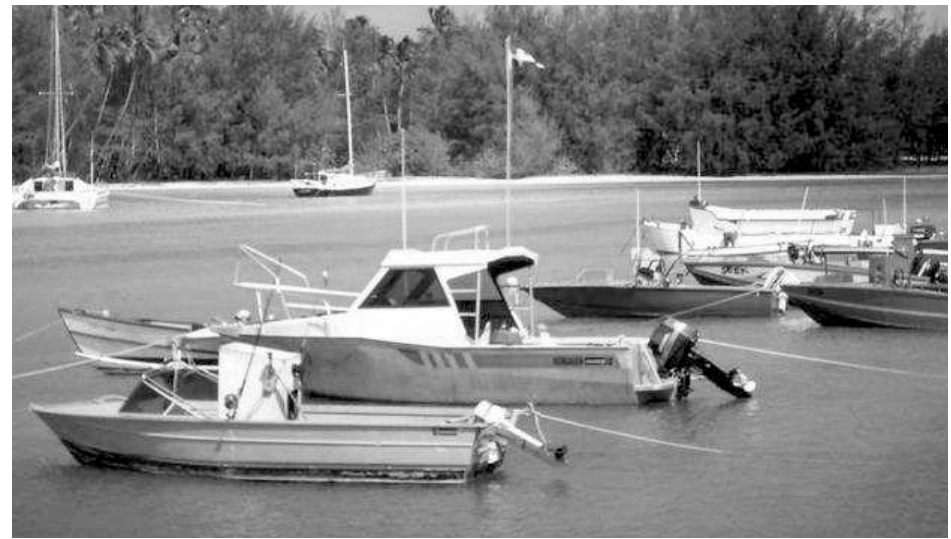
## TAKE-A-KID FISHING WEEKEND

02/19/11 - 02/21/11; 06/10/11 - 06/12/11

## TAKE-A-MOM FISHING WEEKEND

05/07/11 - 05/08/11

*\*Contact the MN DNR for specific zone information by calling: 1 (888) 665-4236.*















## Boating Safety

### Operating Watercraft

**Follow these guidelines to help prevent and prepare for capsizing, swamping, or someone falling overboard.**

- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone sit on pedestal seats when craft is not in idle.
- Don't overload your boat. Balance the load of passengers and gear stored on-board.
- Keep your center of gravity low by not allowing people to stand up or move around while craft is in motion.
- In small boats, don't allow anyone to lean beyond the gunwale.
- Turn boat at slow rates of speed.
- Secure the anchor line to the bow, never to the stern.
- Don't risk operating water craft in rough conditions or bad weather.

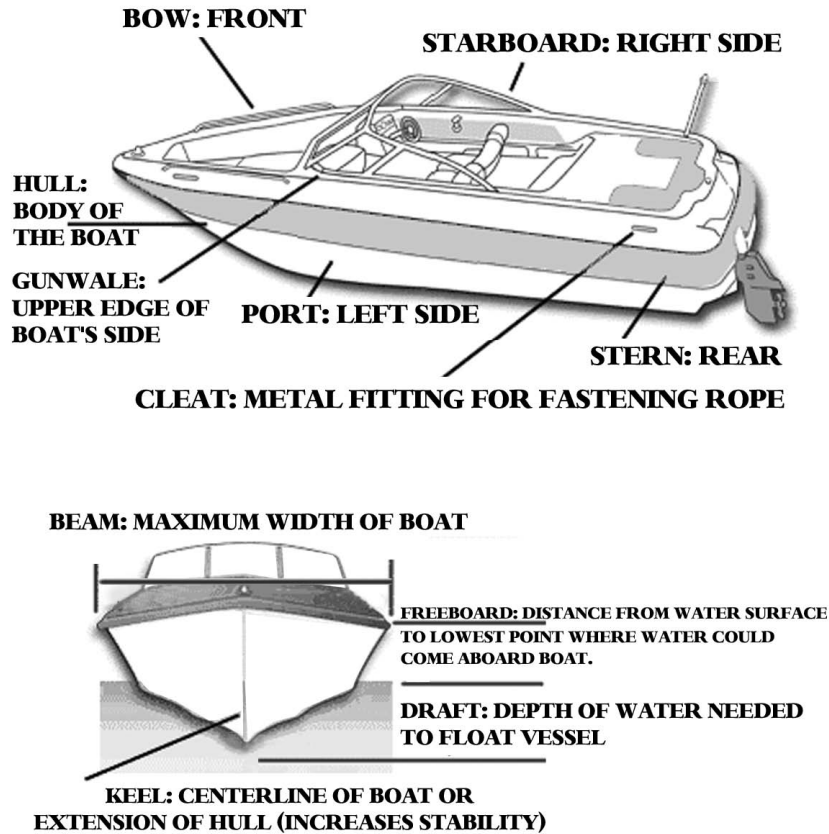
## Common Fish Species

 <b>Bass</b>	 <b>Crappie</b>	 <b>Smelt</b>
 <b>Catfish</b>	 <b>Muskellunge</b>	 <b>Sunfish</b>
 <b>Carp</b>	 <b>Northern Pike</b>	 <b>Trout</b>
 <b>Cisco-Tullibe-Herring</b>	 <b>Salmon</b>	 <b>Walleye</b>



# Boating Safety

## Know Your Craft



## Who May Operate a Motorboat (Other Than a Personal Watercraft)

### For engines 25 horsepower or less:

Those under age 12 may operate without restrictions.

### For engines over 25 horsepower through 75 horsepower:

Those under age 12 must have someone 21 years of age or older on board within reach of the controls.

### For engines over 75 horsepower:

No children under age 12 may operate, even with an adult on board.

### Other restrictions apply to boat operators 12 to 17 years old:

Operators from 12 to 17 years of age may operate engines of 25 horsepower or lower with no restrictions.

### For engines over 25 horsepower:

Operators 12 to 17 years of age must have:

A watercraft operator's permit, or someone age 21 years or older on board within reach of the controls.

# Boating Safety

## Flotation Devices



### Offshore Life Jackets - Type 1:

For rough or remote waters where rescue may take awhile. Provide the most buoyancy, excellent for flotation, turns most unconscious persons face up in the water.



### Near-Shore Vests - Type 2:

Good for calm waters when quick assistance or rescue is likely. Turns some unconscious wearers face up in the water, but not as efficiently as offshore life jackets.



### Flotation Aids - Type 3:

Vests or full-sleeved jackets good for calm waters when quick assistance is likely. Not for rough waters. They will not turn most unconscious persons face up. Used for sports, such as water-skiing. Some inflate in water.



### Unwearable / Throwable Devices - Type 4:

Cushions and ring buoys designed to be thrown to someone in trouble. Type 4 is not designed to be worn. Not for rough waters - not for anyone unable to hold on to it.



### Special Use - Type 5:

Vests, hybrids/others designed for specific activities, for example windsurfing, kayaking, water-skiing. Some Type 5 devices inflate when entering the water. To be acceptable, Type 5 must be used in compliance with their label instructions.

**All watercraft must have at least one** Coast Guard Approved Type 1, 2, 3 or 5 flotation device that is the proper size for each person on board or being towed.

**All devices must** be in good condition and easily accessible.

**Children under age 10 must wear a device** when on board a boat that is underway unless: in an enclosed cabin or below deck or on an anchored boat that is being used for swimming or diving or passenger craft with a licensed captain.

**Along with the above** at least one approved Type 4 must be on board boats 16 ft. or longer (except canoes and kayaks) and immediately available.

**A Coast Guard approved Type 5 device may be substituted** for any other Coast Guard approved device if it meets the same requirements and is noted on the label.

**Anyone riding a jet ski or other Personal Water Craft** must wear an approved -non inflating flotation device, as well as anyone being towed by a water craft.



# Hennepin County Lakes

## **BASS LAKE**

Location: Plymouth  
Size: 175 Acres  
Access: East shore off Bass Lake Rd.  
Maximum Depth: 33 ft.

## **BRYANT LAKE**

Location: Eden Prairie  
Size: 162 Acres  
Access: Northeast shore off State Hwy. 62 & Rowland Rd.  
Maximum Depth: 45 ft.

## **LAKE CALHOUN**

Location: Minneapolis  
Size: 402 Acres  
Access: Northeast shore off Co. Rd. 3  
Maximum Depth: 82 ft.

## **CHRISTMAS LAKE**

Location: Excelsior  
Size: 256 Acres  
Access: Northwest shore off State Hwy. 7  
Maximum Depth: 87 ft.

## **DIAMOND LAKE**

Location: Rogers  
Size: 407 Acres  
Access: Southeast shore off Co. Rd. 13 & S. Diamond Lake Rd.  
Maximum Depth: 9 ft.

## **EAGLE LAKE**

Location: Maple Grove  
Size: 292 Acres  
Access: Northeast shore off Co. Rd. 61 & 73rd Ave.  
Maximum Depth: 34 ft.

## **FISH LAKE**

Location: Maple Grove  
Size: 224 Acres  
Access: West shore off Fish Lake Rd.  
Maximum Depth: 48 ft.

## **LAKE HARRIET**

Location: Minneapolis  
Size: 336 Acres  
Access: Northwest shore off Co. Rd. 17  
Maximum Depth: 87 ft.

## **LAKE INDEPENDENCE**

Location: Maple Plain  
Size: 845 Acres  
Access: East shore off Co. Rd. 19  
Maximum Depth: 58 ft.

## **LAKE OF THE ISLES**

Location: Minneapolis  
Size: 108 Acres  
Access: NA  
Maximum Depth: 33 ft.

# Hennepin County Lakes

## **LONG LAKE**

Location: Long Lake  
Size: 262 Acres  
Access: West shore off US Hwy. 12  
Maximum Depth: 52 ft.

## **MEDICINE LAKE**

Location: Plymouth  
Size: 887 Acres  
Access: Northwest shore off Co. Rd. 4  
Maximum Depth: 52 ft.

## **LAKE MINNETONKA**

Location: Wayzata  
Size: 14,005 Acres  
Access: Multiple access points around lake including Northeast corner off Co. Rd. 101 at Wayzata Bay, North shore off N. Shore Dr. at Crystal Bay, West shore off Co. Rd. 110 at Cooks Bay  
Maximum Depth: 133 ft.

## **MITCHELL LAKE**

Location: Eden Prairie  
Size: 113 Acres  
Access: South shore off Co. Rd. 4  
Maximum Depth: 18 ft.

## **LAKE NOKOMIS**

Location: Minneapolis  
Size: 205 Acres  
Access: Northwest shore off W. Lake Nokomis Dr.  
Maximum Depth: 33 ft.

## **LAKE REBECCA**

Location: Rockford  
Size: 255 Acres  
Access: Northwest shore off Co. Rd. 50  
Maximum Depth: 32 ft.

## **RICE LAKE**

Location: Maple Grove  
Size: 315 Acres  
Access: NA  
Maximum Depth: 13 ft.

## **LAKE SARAH**

Location: Rockford  
Size: 575 Acres  
Access: South shore off Co. Rd. 11 & Sarah Dr.  
Maximum Depth: 58 ft.

## **SAUNDERS LAKE**

Location: Mound  
Size: 71 Acres  
Access: NA  
Maximum Depth: 32 ft.

## **STARING LAKE**

Location: Eden Prairie  
Size: 154 Acres  
Access: North shore off Co. Rd. 1 & Staring Lake Pkwy.  
Maximum Depth: 18 ft.

## **TWIN LAKE**

Location: Crystal  
Size: 213 Acres  
Access: East shore off Bass Lake Rd. & France Ave.  
Maximum Depth: 45 ft.

## **WEAVER LAKE**

Location: Maple Grove  
Size: 148 Acres  
Access: Northwest shore off Co. Rd. 101  
Maximum Depth: 56 ft.

## **WHALETAIL LAKE**

Location: St. Bonifacius  
Size: 557 Acres  
Access: South shore off Co. Rd. 92 & Highland Rd.  
Maximum Depth: 25 ft.



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## ATV Safety

- Read the owner's manual and know your vehicle thoroughly.
- Check your vehicle before you ride.
- Wear protective equipment and clothing.
- Don't lend your vehicle to unskilled riders.
- Supervise young or inexperienced riders.
- Never carry a passenger on vehicles meant for one rider.
- Do not operate under the influence of drugs or alcohol.
- Drive at speeds that are appropriate to trail conditions.
- Stay to the right on trails.
- Stay away from thin ice, open water and wetlands
- Know the weather forecast.
- Make sure headlights and taillights work properly.
- Maintain safe distances between other riders.
- Reduce your speed when riding at night.
- Yield to other motor vehicles and trail users.
- Young or beginning riders are encouraged to take a safety training course.





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## Snowmobile Safety

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

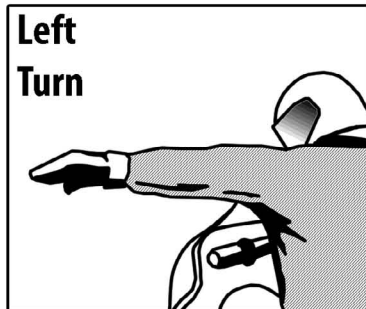
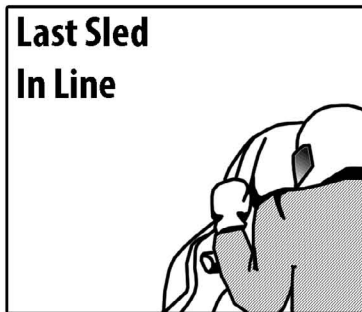
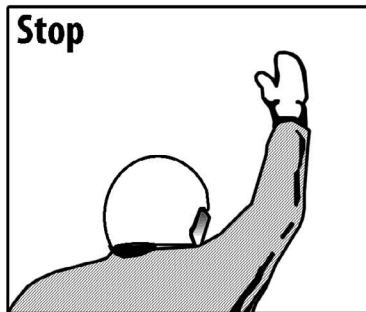
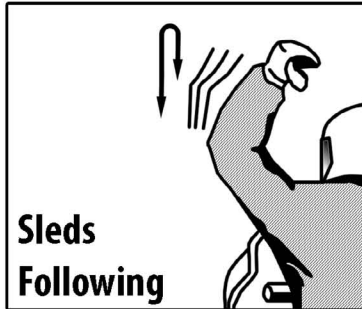
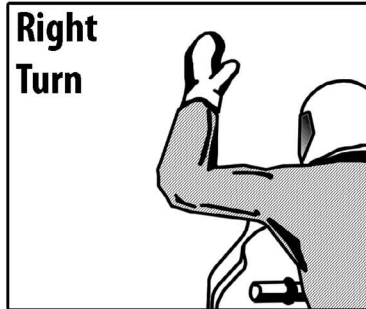
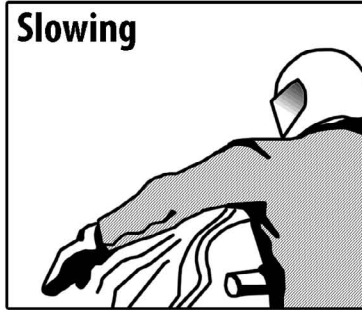
### Common Trail Signs



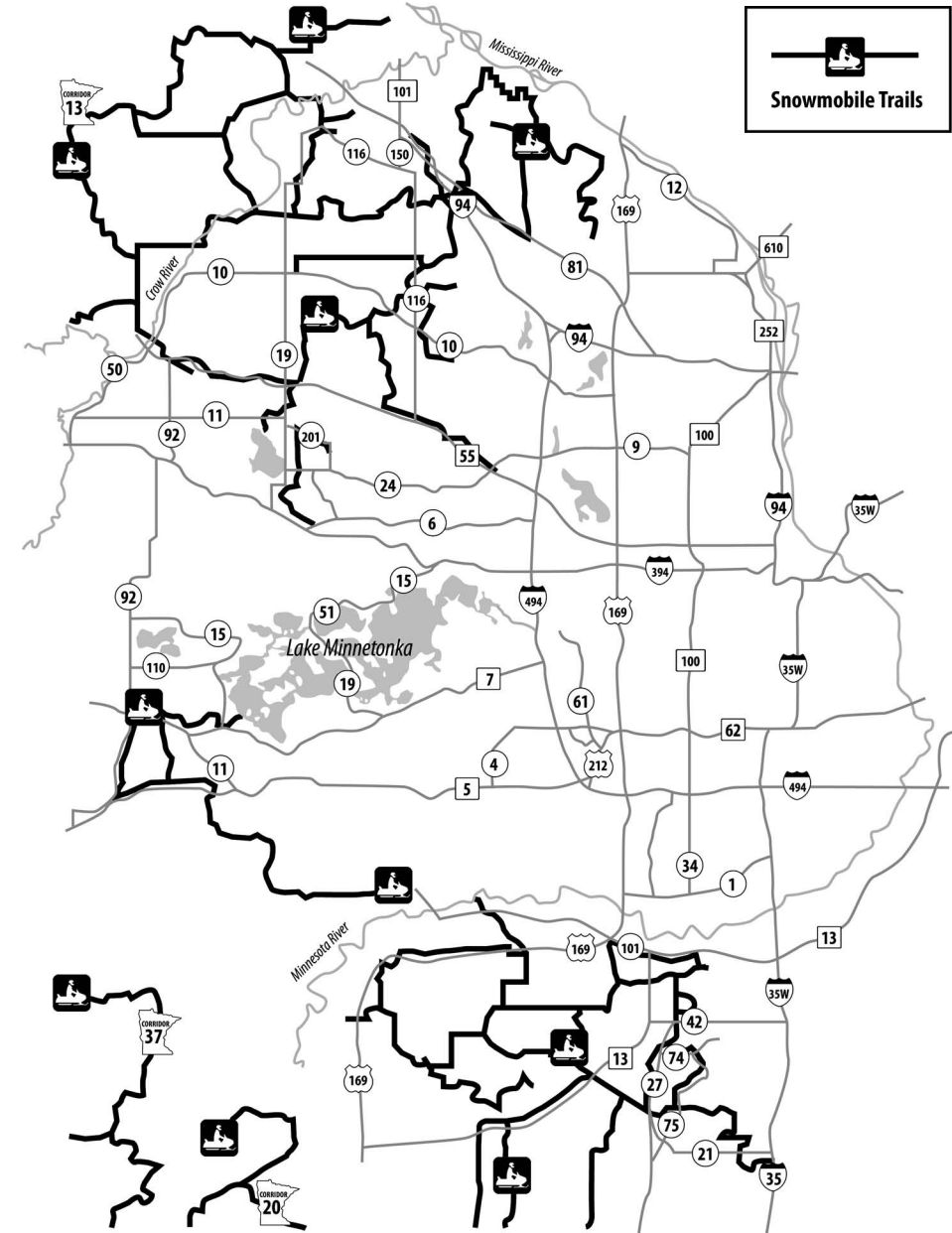
# Snowmobile Safety

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic.

Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



# Hennepin County Snowmobile Trails



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# ⊕ Emergency First-Aid Tips ⊕

## FIRST AID FOR CPR & HEART ATTACK

### CPR

CPR is to be administered when a person is not breathing or has no pulse. Be quick to act by remembering the A,B,C's: Airway, Breathing & Circulation.

### Airway:

Place the person on a firm surface, on their back. Kneel next to the person's neck and shoulders. Open the person's airway by tilting back the head and lifting the chin.

### Breathing:

With the head tilted and chin lifted, pinch the nostrils shut and cover the person's mouth with yours. Give two slow breaths.

### Circulation:

Find the hand position on the center of the breastbone. Place the heel of your hand on that position, with your other hand on top of the first hand. Use your upper body weight to push down. Give two compressions per second. Compress the chest at a rate equal to 100/minute. Perform 30 compressions at this rate. Repeat until an ambulance arrives.

### HEART ATTACK

Symptoms of a heart attack may include any of the following:

- Uncomfortable pressure, fullness or squeezing pain in the center of the chest.
- Expanded pain in the upper abdomen.
- Shortness of breath.
- Pain or numbness in either arms, shoulders, neck, jaw or teeth.
- Dizziness or fainting.
- Nausea and sweating.

**If you or someone else may be having a heart attack - follow these steps immediately:**

- **DIAL 911**
- **Chew and swallow Aspirin (unless you are allergic/not allowed to)**
- **Take Nitroglycerin (only if prescribed)**
- **Begin CPR if the person is unconscious**

**IN AN EMERGENCY, DIAL 911**

# ⊕ *Emergency First-Aid Tips* ⊕

## *FIRST AID FOR BURNS & CHOKING*

### **BURNS**

**For minor 1st and 2nd degree burns smaller than 3" in diameter:** Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

#### **Bandage the burn with sterile gauze:**

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

#### **Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:**

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sunscreen outdoors. Avoid giving aspirin to children.

***For 3rd degree burns/all major burns - DIAL 911***

***DO NOT run cold water over large severe burns - this can cause shock.***

***DO NOT remove burnt clothing.***

***Check for signs of breathing/coughing/movement.***

***If there are no signs of breathing begin CPR.***

***Elevate burned areas above heart level, if possible.***

***Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.***

### **CHOKING**

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.

***IN AN EMERGENCY, DIAL 911***

# ⊕ *Emergency First-Aid Tips* ⊕

## *FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY*

### **INSECT BITES/ANAPHYLAXIS**

**Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms:**

#### **CALL 911.**

**Administer emergency prescription medication.** See if the person is carrying special emergency allergy medicine and give it to them according to the directions.

#### **Loosen tight clothing.**

**Lay the person down.** The person should lay down on their back with feet elevated. Turn them on their side if they are vomiting or bleeding from their mouth to prevent them from choking.

**If they are not breathing - administer CPR.** Most insect bite reactions are mild and cause no allergic reaction. If stung by a bee, use a straight edged object, like a credit card, to scrape away the stinger. Don't use tweezers - they can pinch more venom out of the stinger. Apply an ice pack to the area and take an over the counter pain reliever.

### **POISON PREVENTION**

**Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.**

**Lock up your poisons and medications.** Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

**Follow directions carefully.** Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

**Keep your pets safe from household chemicals, too.** Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.

***IN AN EMERGENCY, DIAL 911***





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DAD CELL PHONE: \_\_\_\_\_

NEIGHBOR: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

POISON CONTROL: 1-800-222-1222

# EMERGENCY DIAL

# 911

# 2011

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