

NEWS AND PROFILES CONNECTING THE LATINO AMERICAN COMMUNITY IN MINNESOTA

Latino American Today

April 2019 Issue 380

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La Clinica

*Tomasa Castillo
1919-2019
¡Vaya con Dios!*



Loving Mother and Community Leader. Founder of La Clinica.

AN AMAZING LIFE Tomasa (China) Castillo: 1919 – 2019



Tomasa pictured with her husband Nicolas with their six children, from top left: Nick Jr., Michael, Peter, Lolo, Linda, and Virginia.

By Rick Aguilar

Tomasa Isadora Perez was born on April 4, 1919 in Sulfur Springs, Colorado. Tomasa (China) was the fifth of ten children that included five girls and five boys. Like many families during that era they traveled through small towns looking for work. Their travels led the family to Hampton, Iowa where they settled working with farmers harvesting crops. China's first job was working as a waitress from 6:00am to 1:00am and earning 20 cents a day. On the weekends the family would travel to St. Paul, MN to attend the Mexican dances that were held at the Neighborhood House on the West Side Flats. It was at one of the dances when China met Nicolas Castillo who was the band leader for Los Rumaleros—it was love at first sight.

China and Nicolas began dating, at that time World War II broke out, and Nicolas was drafted in the army in 1942. They stayed in contact while Nicolas served with the 2nd

Infantry Division. In 1945 Nicolas was discharged and returned to St. Paul, and on February 24, 1945 Nicolas and China were married. They raised a family of six children, Nick Jr., Michael, Peter, Lolo, Linda, and Virginia and lived on the West Side Flats.

China and Nicolas shared their love of faith and prayer that was so important to them and their family. China worked in the office at Our Lady of Guadalupe Catholic Church for several years. It was at that time that China began her leadership involvement in the Latino community. She saw the need for Latinos to get more involved in having a say in their futures in St. Paul. China became active in CLUES and served on the board of directors of many non-profit organizations.

Her love of Mexican culture found her working with the St. Paul public schools teaching the students about Mexican traditions. China's sons soon followed their mother's example and became involved with the Chicano movement in the 1970's. China joined with Nick Jr. to start the Chicano Studies at the University of Minnesota. In addition, China and Nicolas worked with and hosted many of the leaders of the United Farm Workers organization who led the battle for better working conditions for Latino farm laborers. Cesar Chavez, the national Latino leader, visited with China and Nicolas at their West Side home. China was concerned about the lack of health facilities for Latinos and through her leadership La Clinica was founded in 1969 and located on the West Side. La Clinica has grown and expanded and serves the community today!

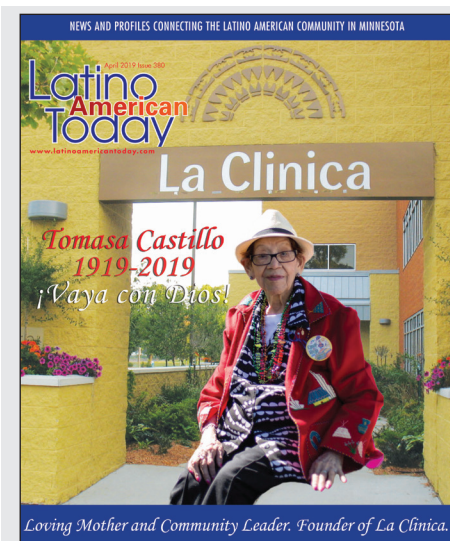
When Nicolas passed in 1987, China led the effort in St. Paul to have Peoples Park on the West Side, named after her late husband. Today, it is known as Parque Castillo.

More recently China served as the Grand Marshall for the 2017 Cinco de Mayo parade in St. Paul.

Throughout her amazing life, China was a driving force who will leave a legacy of her family, serving her community and helping others. Vaya con Dios Tomasa!

“Rest in peace Tomasa, thank you for all you have contributed in your life. Your legacy will live on through your family, friends, your community leadership and efforts to make things better for others. God bless you.

—Latino American Today



On The Cover

Tomasa Castillo 1919-2019
¡Vaya con Dios!

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Editor's Note: In the February 2019 issue, on page 9, the article featuring CSCOE was printed without permission and we regret the error.

AN AMAZING LIFE Tomasa (China) Castillo: 1919 – 2019



Grand Marshall for the 2017 Cinco de Mayo Parade in St Paul. Photo by Sara Rose Garcia.

“My beautiful mom, your journey is over. Rest in paradise with my dad and brothers. I kept my promise and took you to the end. We cry and laugh about you so much. You were an amazing powerful woman. You said you were ready to go, you had your faith and you always said God has you here for a reason and you were right. You said you were going to make it to 100 and call it quits. You were short 29 days. We will celebrate you and now celebrate with your family. Happy Birthday! I’m going to miss you but I know you are safe now. Love you so much, your daughter Ginny.”

—Virginia Hernandez
West St. Paul

“Momma I’m going to miss you so, our late nights at the Casino, our good night phone calls. Please give my love to my Daddy and brothers Nick and Peter. Dance away with Daddy Momma. Rest in peace. Te quiero mucho momma.”

—Linda Castillo, Saint Paul, MN



Tomasa in her teenage years

“Gram! You were always so full of life, perfect in every way! I wish I had more time with you. The memories all have been great, I will cherish every single one of them. Love you bunches my queen. “

—Maria Zambrano, Saint Paul, MN

“My dear sweet Grandma, you have made an impact on my life and on others as well. I will miss you, I am truly honored to be your granddaughter. Love you!! Goodbyes are not forever, goodbyes are not the end. They simply mean I’ll miss you, until we meet again.”

—Molli Hernandez,
West St. Paul, MN



Tomasa with some of her grandchildren. In total she had 21 Grandchildren, 53 Great Grandchildren, and 20 Great, Great Grandchildren.



Tomasa receiving the Certificate of Commendation from Governor Tim Pawlenty and Rick Aguilar for her community leadership.

¿Y, si volviéramos a la Fe?



Por Saúl Carranza

Este país vive una crisis de fe en la que verdades afirmadas por nuestros antecesores son cuestionadas o simplemente ignoradas por una parte de las nuevas generaciones. La filosofía posmodernista afirma lo relativo de todas las verdades. La falta de principios que apuntalen nuestra cultura ha desembocado en una sociedad sin los valores que en un pasado cercano dieron unidad y dirección a nuestra gente. La fe cristiana es uno de esos valores.

Cuando en este mes recordamos la vida, pasión, muerte y resurrección de nuestro Señor Jesucristo es común encontrar escépticos que niegan todo ello tratándolo como mitos de gente ignorante que al no tener el valor de vivir su realidad necesitan crear la narrativa de un Dios poderoso a quién recurrir en sus debilidades.

Para negar la vida de alguien tan influyente como Jesús hay que ir contra la historia y la tradición. Lo más cuestionado es la resurrección de Jesús. Para muchos eso nunca pasó. Muchos libros y películas se han producido para negar ese hecho. Por supuesto, todo ello niega los relatos históricos no solo de los evangelios sino también de historiadores de esa época. No aceptan el testimonio de los testigos presenciales del Cristo resucitado ni el de todos aquellos que sellaron con su sangre ese testimonio.

Si Cristo no resucitó resulta muy difícil creer que miles de personas incluyendo a los doce apóstoles se dejaran torturar y aún matar para sostener una mentira. Si Cristo no resucito resultaría incomprensible que el cristianismo sea una fe de billones de personas ¿y todo alrededor de una mentira? Pero aún más difícil es negar el testimonio de personas contemporáneas que afirman tener una relación personal con Dios y el impacto que dicha relación causa en su vida. Ellos afirman la presencia real de Jesús en ellos.

Recientemente un medio de comunicación cuestionó la salud mental del Vicepresidente de la república porque él afirmó que hablaba con Dios. La respuesta del Vicepresidente fue: “Esa es mi fe”. Quién puede negar un argumento como ese. Lo más importante de eso es que esa fe enseña valores tan importantes como el amor al prójimo, el respeto a las autoridades, la ética basada en la virtud y la vida digna. Enseñanzas que hoy hacen tanta falta a nuestra sociedad.

Talvez es tiempo de que demos lugar en nuestra mente contemporánea a esas narraciones que siguen impactando la vida de personas y de pueblos. Hemos permitido que toda clase de argumentos y enseñanzas guíen nuestra existencia. Si el Cristo al que se recuerda

en Semana Santa realmente existió y resucitó. Si muchas familias testifican del impacto positivo que ha sido en su vida. Por qué no darle la oportunidad de manifestarse en tu vida. Muchas personas han orado “Dios si existes muéstramelo”. Cómo sería este país si la fe de aquel que dijo que nos amemos unos a otros, que nos apartemos del mal y que vivamos en abundancia la vida que a Dios agrada guiara nuestra vida. La Biblia testifica que Jesús es la manifestación del amor que Dios tiene para cada uno de nosotros. “Más Dios muestra su amor para con nosotros en que siendo aún pecadores, Cristo murió por nosotros”. Romanos. 5:8

Saúl Carranza llegó de Guatemala a Minnesota hace 11 años para servir a la población hispana del estado. Es pastor de la Iglesia Cristo Para Todas las Naciones en Crystal Minnesota y desempeña un ministerio de ayuda a esa comunidad.

Por favor envíe sus opiniones sobre este artículo a pastorcarranza@gmail.com

Le Invitamos a la Iglesia en Crystal.

Usted y su familia son bienvenidos.

La Iglesia es un lugar de adoración a Dios.

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We are a Christian Church, of Holiness and Missionary.

Services Sunday 10:00 am

Wednesday Bible Study 7:00 pm

Saturday Morning School of Theology.

Switching Careers Successfully: When You *Want* to and When You *Have* to – Part I



Marci Malzahn

By Marci Malzahn

There may come a time when you grow bored of your current job or the situation at work changes dramatically and pushes you to change careers. You can change jobs without changing careers. There is a big difference between changing jobs and changing careers or fields. They are both stressful times that can be filled with anxiety, fears, doubts, and emotional stress. However, the very same change can be viewed from a positive perspective and take it as an opportunity to grow, to make changes in your life, to learn new things, and to meet new people.

There are many reasons why people decide to change careers. We all have heard a few or have our own reasons for having changed to a new field. In these days, it is common for people to change careers three to five times in their life time (if not more). Sometimes it is by choice and other times by circumstances. In this article series, we will explore steps you can take to prepare yourself to switch careers—when you *want* to and when you *have* to. In Part I we will discuss some of the main reasons you may choose to switch careers and how to make the switch successfully.

Switching Careers When You Want to

Dissatisfaction. Loss of satisfaction from your job can happen due to boredom. You like variety in your job and the one you have is too repetitive. Another reason could be that the fast pace is unsustainable for you and you decide to do something else less demanding. Other times, the idea you had in your mind about a certain job is not at all what the job really is now that you're in it. For example, you choose a career as a marriage counselor and once you start counseling couples, you discover the emotional burden is too much for you to handle. You find yourself taking other people's problems home and that takes a toll on you and affects the rest of your life.

Lack of Challenge. If you are the type of person who likes to be continually challenged and your job is monotonous, you may feel challenged at the beginning but as soon as you get a handle on the current responsibilities, you will be looking for new ones. You like to learn new things and there is nothing else to learn on your current job. It may be time to switch careers or at least to change jobs.

Burnout. Burnout is the most common reason why people choose to leave a career they once loved and enjoyed. Many people start a new job with excitement and high expectations of being successful. Soon, however, they discover that the amount of work necessary to do that job is simply unrealistic. If this is your case, you do the job for a while and work hard to make a good impression on the new boss. You love the job, so you work all the time. You convince yourself that it's so busy because it's a new job and you're still learning it. After a while, unfortunately, you start seeing the consequences of the never-ending workload and it takes a toll on your body, your family, and your relationships. It is time to make a change.

I have switched careers several times during my working life. Below are some tips that helped me to switch careers successfully when it was my choice to make a move:

- List your current skills and any new skills you may acquire at the job you're aspiring to have. You should do this on an annual basis regardless if you're planning on switching careers or not.
- Analyze your skills and identify the ones that are transferable to another job or field.
- Know your strengths and weaknesses well. Make a list and really think about this because it will help you identify what jobs fit you better.
- Identify which responsibilities you enjoy most and what you enjoy least.
- Identify the problems in your current career and be sure it is not something you can adjust or change in your life. Sometimes you may only need to make a few adjustments in your life to enjoy your current job again.

In Part II of this article series, we will explore reasons when you have to switch careers and how to make the switch successfully. I hope these tips are helpful to you during your transition.

Marci Malzahn is president and founder of Malzahn Strategic (www.malzahnstrategic.com), a community financial institution consultancy focused on strategic planning, enterprise risk management, cash management, and talent management. Marci is also a professional speaker and published author of three books. You can contact Marci for speaking engagements through her website at www.marciamalzahn.com or email her at marcia@marciamalzahn.com. You can purchase Marci's books at www.Amazon.com.

Advocacy for Children Day

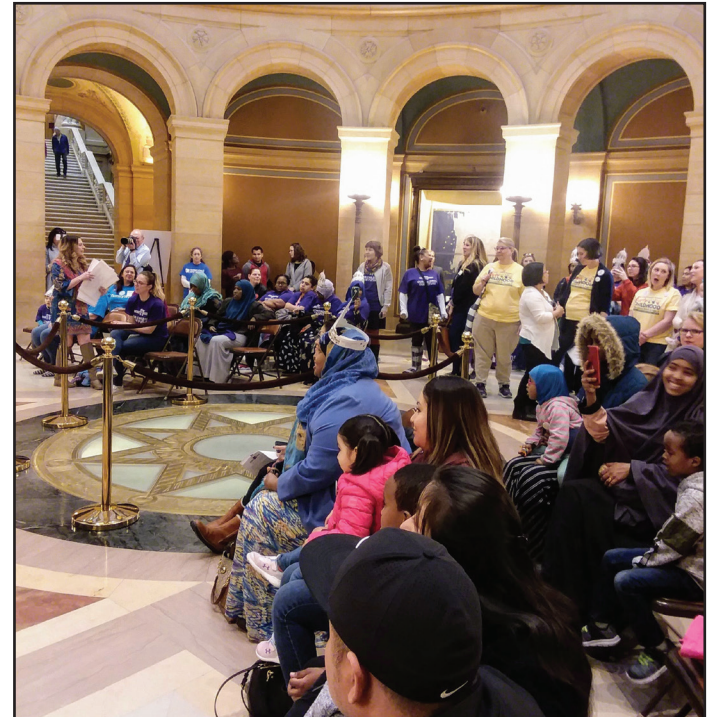


Hundreds of children, parents, and early childhood advocates joined United Way and MinneMinds for the 2019 Advocacy for Children Day at the State Capitol on March 28. They came together to have their voices heard to show support for investments in high quality early childhood development for our state's most vulnerable young children.

Photos by Wameng Moua



*Rick Aguilar,
Latino American Today Publisher*



Children's advocates at the State Capitol

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Las oficinas para la ayuda de la Asistencia de Energía están abiertas en St. Louis Park, Minnesota Council of Churches, Sabathani Community Center, LSS y Minneapolis Urban League.

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St. Louis Park, MN 55426
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Cinco de Mayo - West Side St. Paul 2019 Events • Saturday, May 4th • 9am to 4pm

Cinco de Mayo Button Unveiling

Join us April 2, 2019, as the Cinco de Mayo - West Side Saint Paul Festival unveils the 2019 button! Cash bar with food and apps provided by Boca Chica Restaurante y Cantina. Doors open at 6 PM with a short program following at 6:30 PM which will include the button unveiling and event highlights. After the program, you will be given an opportunity to purchase your 2019 button! \$2 from every button purchased is donated back to the West Side for community development and scholarship programs.

Sip & Savor: The Best of the Twin Cities

Formerly Spirits of Carnival, Sip & Savor: The Best of the Twin Cities invites you to indulge in food, craft beer, and wine from local restaurants, breweries, and wineries while supporting The Saint Paul Festival and Heritage Foundation. April 17, 2019, from 5 to 8 PM at the Saint Paul Flight Center--Sip & Savor will also include live entertainment, a silent auction with 100+ items, and a live auction. This event is open to the public and is for anyone who loves supporting Minnesota's iciest and spiciest festivals - Saint Paul Winter Carnival and Cinco de Mayo West Side Saint Paul.

West Side Community Clean Up

Join us on the West-Side on Saturday, April 27, 2019, from 9:30-11:30 AM to help clean up the West Side in preparation for the 2019 Cinco De Mayo - West Side Saint Paul celebration! We'll be tidying up the neighborhood in order to really showcase the beauty of the local community throughout the event. It's also a fun way to get to know community members & event organizers before the Cinco De Mayo celebration on May 4th! Exact meeting location TBD.

2019 Cinco de Mayo - West Side Saint Paul Festival

Festival activities will run from 9:00 AM - 4:00 PM on Saturday, May 4th, 2019.

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The Minnesota Twins Open Their 2019 Season

By Claud Santiago

The Minnesota Twins will launch their 2019 season against the Cleveland Indians in an afternoon game on Thursday, March 28 at Target Field. Latino players in the starting line-up include the following:

All of Minnesota is wishing great success for this season. Go Twins!



Nelson Cruz, DH

Jorge Polanco, SS

Jason Castro, C

Eddie Rosario, LF

Marwin Gonzalez, 3B



Governor Walz Meets with NAHREP



From left: Christina Akinola, Erik Montes, Gov. Tim Walz, Lt. Gov. Peggy Flanagan, Ricardo Poliszuk, Martha Ballek, Guille Garza, and Jackie Funk.
Photo by Matthew Hels.

Minnesota Governor Tim Walz and Lt. Governor Peggy Flanagan met with the new board of directors of NAHREP, the National Association of Hispanic Real Estate Professionals, to swear in their newly established Board of Directors. The meeting was held at Centro Tyrone Guzman in Minneapolis.

NAHREP Twin Cities was formed recently and is led Guille Garza, who is the President of the organization. The Mission of NAHREP is to advance sustainable Hispanic homeownership. NAHREP accomplishes its mission by:

- *Educating and empowering the real estate professionals who served Hispanic home buyers and sellers
- *Advocating for public policy that supports the trade association's mission
- *Facilitating relationships among industry stakeholders, real estate practitioners and other housing industry professionals

They are planning a series of events in the upcoming months.



Eddie Palmieri to Perform at the Ordway

By Elsa Vega Perez

Grammy Award Winner, Eddie Palmieri will be at the Ordway on May 19, 2019. El Fondo Boricua (The Puerto Rican Fund), a donor advised fund at the St. Paul Foundation and The Twin Cities Mobile Jazz Project have been actively coordinating the efforts of many organizations and concerned individuals with alleviating the devastating effects Hurricane Maria has had on the island of Puerto Rico. One such individual is El Maestro, El Hombre de la Barba, Mr. Nuyorican Soul, The American Icon, Grammy Award Winning musical and humanitarian hero,... Eddie Palmieri!

The event, designed to raise awareness for the ongoing challenges faced by Puerto Ricans in their post-hurricane recovery and provide an opportunity to educate the community around the historical and rich cultural heritage of the island and the Puerto Rican people.

The evening of Sunday, May 19, 2019 promises to be an evening rich in musical history. Known as one of the greatest pianist of the past 60 years, Eddie is a bandleader, arranger and composer of salsa and Latin Jazz. He skillfully blends the rhythm of his Puerto Rican roots with the jazz influences of Thelonious Monk, Herbie Hancock, McCoy Tyner as well as his older brother, Charlie Palmieri.

Those interested in participating in a meet and greet before the show will have the opportunity to do so for the \$100.00 ticket. For \$150.00 you will also be able to attend a private "up close and personal" party after the show. General admission seating is \$50.00 per person. To purchase tickets contact ordway.com or contact ELSAVEGAPEREZ1953@GMAIL.COM. Please make checks payable to Twin Cities Mobile Jazz Project.



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EDDIE PALMIERI

A fundraiser for Puerto Rico
AT THE ORDWAY

SUNDAY MAY 19TH, 2019 7PM

Puerto Rican Grammy Award pianist, and cultural figure, Eddie Palmieri will perform in Saint Paul, Minnesota at the Ordway Center for the Performing Arts. The event is designed to raise awareness for the ongoing challenges faced by Puerto Ricans in their post-hurricane recovery and an opportunity to educate the community around the historical and rich cultural heritage of the island.

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Food Culture Attitude



Chef Amalia in the kitchen

By award-winning author and chef Amalia Moreno-Damgaard (AmaliaLLC.com)

Our food attitude determines who we are, literally.

Every time a new diet comes around, I think about the bounty the Latin diet has to offer. In it there are plenty of choices for everyone, from people with food intolerances and allergies and aversions and vegetarians, to others observing special diets due to illness or to achieve weight loss.

Latin (and many world cuisines) food is ancient. Before colonization, there were cuisines that already existed

which happened out of need while taking advantage of the gifts of the land.

These foods were rustic and wholesome in nature and embraced what the times and mother earth offered. Fusion continues to transform gastronomy globally and higher awareness about the potential benefits of food and trends suggest that we make smarter food choices while statistics persistently show chronic disease.

One thing is certain, fresh, unprocessed, and wholesome food will always be in vogue, no matter what the new wave or trend is, and eating healthy will reign for eternity. Changing behaviors is the challenge. Finding the right approach is essential. Tweaking one's diet toward adopting a healthier lifestyle is easier than adopting a whole new way of life. Cultural traits are deeply ingrained within communities and a cultural-relevant strategy might be the key.

Here is a recipe to bring awareness to your existing diet. It highlights wholesome ingredients to heighten flavor (fresh herbs, vegetable variety, and vinegar), a good-for-you oil, and a healthy cooking method.

¡Buen provecho!

RELLENO DE POLLO

Chicken and Vegetable Stuffing

Recipe by Chef Amalia Moreno-Damgaard (AmaliaLLC.com)



Relleno (also called picadillo) means “filling,” “stuffing,” or “hash” in Latin America. This delicious dish can be used for stuffing chicken or turkey or as a stuffing for empanadas, rolled crispy tacos, chiles rellenos, or sandwiches. Or eat it as a side dish with corn tortillas, rice, and beans. Relleno can be made with beef, pork or turkey, and with varying vegetables. Substitute the meat with cooked garbanzo beans or lentils for a tasty vegetarian dish.

Makes about 6 cups

1 cup finely diced yellow onions
2 teaspoons finely chopped fresh thyme leaves (or 1 teaspoon dry thyme)
2 fresh bay leaves
2 tablespoons canola oil

3/4 cup julienned green beans
3/4 cup julienned carrots

3/4 cup finely diced potatoes
2 teaspoons minced fresh garlic
1 cup canned crushed tomatoes
1 tablespoon plus 2 teaspoons champagne vinegar or white wine vinegar
1 teaspoon kosher salt
Freshly ground black pepper

4 cups chopped skinless store-bought rotisserie chicken

In a large skillet over medium heat, sauté the onions, thyme, and bay leaves in the oil for about 2 minutes. Add the green beans, carrots, and potatoes and sauté until aromatic, about 5 minutes. Add the garlic, tomatoes, and vinegar, and sauté 3 minutes. Season with salt and pepper.

Add the chicken, stir well to combine all ingredients, and sauté 3 minutes. Adjust the heat to low and continue to cook the chicken and vegetable mixture uncovered, stirring from time to time, until the vegetables are tender and all liquid has evaporated (10 to 15 minutes). Taste and adjust seasonings, if needed.

Serve immediately with warm corn tortillas. If you're using the mixture for stuffing, let it cool completely.

About Amalia

Amalia Moreno-Damgaard is an award-winning author and chef born and raised in Guatemala City. Amalia creates awareness about Latin culture's nuances through consulting, bilingual speaking and writing, and healthy culinary experiences. Her book Amalia's Guatemalan Kitchen-Gourmet cuisine with a Cultural Flair is a nine-time award-winner and best seller. Learn more about Amalia and her upcoming events at AmaliaLLC.com.

Bird Watching in Minnesota: How to Increase Your “Wow” Moments



Bird watching at Fort Snelling Park

By Deborah Locke
DNR Information Officer

When Alex Watson walks through a state park, he can tell what’s going on over the next hill because of audio cues he hears from birds.

“The calls are packed with meaning,” he said. The identification from bird calls and songs came with practice and time starting in 2001. Back then Watson noticed the birds at his family’s bird feeder and then picked up his dad’s bird watching guide.

The moment arrived. Watson, a DNR regional naturalist out of New Ulm, said that the book and

bird feeding activity sparked an awareness that our planet is shared with a huge population of diverse creatures. In that moment, a lifelong interest took root.

Hundreds of bird species nest in or pass through Minnesota state parks. Free “Birding Kits” can be borrowed at many parks and include a bird guide, checklist and binoculars. Also, many park naturalists conduct bird-related programs like “Birding for Beginners” on May 4 at Fort Snelling State Park, “Spring Bird Migration” on May 4 at Mille Lacs Kathio State Park, or “Kids, Birds and Binoculars” on May 11 at Interstate State Park. Most programs are free but some require advance registration, so check the park website.



Free Birding Kits for bird watching

Over the years and after becoming familiar with hundreds of birds, Watson said he’s learned about migration, population changes, adaption to environmental changes, and the significance of calls within the same species. All beginners need to start this fascinating pastime is a set of eyes and the desire to learn. Park websites offer a bird check list at many parks, so you have a heads up on which species are common, uncommon, or rarely seen.

At Afton State Park near Hastings, for example, ring-billed gulls, the American kestrels, warbling vireos and northern rough-winged swallows are common.

When you’re new to birding, Watson suggests small goals at first, like learning the sight and sound of five new birds in a summer. Most people already know a robin from a hawk from a crow, but Minnesota is home to 246 nesting bird species. Add the number of birds that simply pass through the state, and the total rises to 317.

Bird guidebooks also serve beginning birders well, and the state park Birding Kits offer a bird guide. Watson recommends the Peterson Field Guide to Birds, but added that the best bird book is the one tailored to your interests. The Peterson guides give detailed accounts of the parts of the bird from crown to tail feathers, wing details, field marks and more.

Another tool? A bird feeder or bird bath. Both will bring birds to your property where you can learn to identify them by sight and sound. You can find a good recording of bird calls on the Audubon Guide to North American Birds website (www.audubon.org/field-guide/bird) Look up “common loon,” for example, for examples of loon flight calls, wails, yodels, hoots and duets. Then find your way to a state park for a look. Birders feel a special satisfaction when they finally locate a target species, Watson said. Sometimes travel is involved after research, then the search for the bird based on a knowledge base, then hearing or seeing the bird.

“The experience brings closure and it is a good feeling,” Watson said. “It’s like winning the lottery. You get a happy feeling of accomplishment, as with any hobby. You see what you’ve never seen.”

Birds still deliver the “wow” factor to Watson, and he need not travel far at all to reach it. In February he heard a pair of gray horned owls outside his bedroom window late at night. They hooted in a courtship exchange on a windless winter night under a full moon.



Sandhill cranes in the wild

“I never saw the birds, and knew that somewhere out there was a male calling a female who responded. They were getting ready to build a nest and lay eggs and raise their young. Bird behavior is so varied and often so spectacular that it pulls you away from your usual grind. Birds can fill you with wonder and wow moments on a weekly basis.”

For a list of state parks with bird checklists, go to mndnr.gov/park-finder. To see which parks have Birding Kits, go to https://www.dnr.state.mn.us/state_parks/loaner.html. See the “Birds of Minnesota” list from the Minnesota DNR at <https://www.dnr.state.mn.us/birds/index.html>. For a list of bird-related events at Minnesota state parks, go to https://www.dnr.state.mn.us/state_parks/birding.html. Most bird programs are free, but registration may be required. Call the park before you go. A daily vehicle pass to a Minnesota state park is \$7, or \$35 for an annual pass which gives year-round access to all of Minnesota’s 66 state parks.

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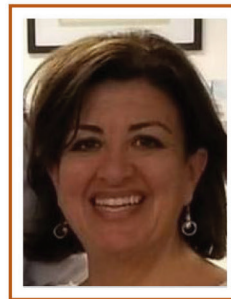
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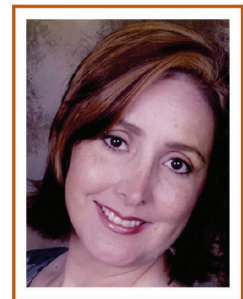
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