

The Eastside Neighbor

A publication of Allen Neighborhood Center

1619 E Kalamazoo St, Lansing MI 48912 — (517) 367-2468
www.allenneighborhoodcenter.org

Volume XI, Issue 4

August — September 2011

Neighborhood Meetings

ABC: ABC's Neighborhood Night Out is August 9th. Watch for a flyer on your porch. ABC's next meeting is September 12th 6pm at Pilgrim Church. We have a lawnmower that ABC neighbors can use. Please, contact Denise Kelley for pick up times; 484-9109 or abcneighborhood@sbcglobal.net.

ANC Board: will meet on August 22 and September 26 at 5:30.
Eastfield: 'Summer Picnic Meeting' on August 18 at 6:00 (location TBD) For more information, please contact Beth at beth_monteith@me.com.

ENO: will meet on Wednesday August 3rd and September 7th at 7pm at Foster Com. Ctr Rm 213.

FAIR: Will meet on Thursday August 4 and Thursday, September 1. All meetings start at 6:30 PM at Allen Neighborhood Center.

Foster Your Neighbors: Will NOT meet in August. Foster Your Neighbors will meet on September 21st at 6:30. Location TBA.

PLACE: Wondering what happened to the summer rummage sale? Our core leaders were not able to organize the event this year and no one new volunteered. But don't despair. If you are interested in organizing a sale for a weekend in August or September, we have all the forms and know how and are willing to help. Call Jennie at 484-5756 or email at jenniegau@aol.com.

Attn PLACE and Prospect Protector Neighbors: Once again PLACE and Prospect Protector neighbors are gathering for our annual pot luck on August 9th from 6 to 8 PM between Virginia and Clifford Streets. Please join us, and bring a chair and a dish to pass. Kids crafts will be provided. We expect music too. All we are missing is YOU!

Regent Oaks: will meet on Sept. 20th at 6:30 at ANC.

Women's Health Picnic

You are cordially invited to Allen Neighborhood Center's second annual **Eastside Women's Health Picnic**. The picnic and information fair will be held in **Hunter Park on Sat., Aug. 27 from 10:30 am to 12:30 pm.**

The event will celebrate women's health; offer a delicious lunch; and tempt you to try out exercise samplers (way fun!) You'll also receive information about health resources, 'good food' programs (e.g., Allen Street Farmers Market, Hunter Park GardenHouse, etc.), and other local programs that support a healthy lifestyle.

See page 3 for the picnic agenda and instructions on how to RSVP!



Job Opening:

GardenHouse Program Manager
ANC is seeking a Program Manager for the Hunter Park GardenHouse. This person will oversee gardening activities as well as coordinate gardening and nutrition education programs, such as the Urban Gardener Certificate Program, workshops, food awareness and nutrition education for youth, and our community supported agriculture project.

This part-time position (25-30 hours) will start in August. Salary will be commensurate with experience. Strong candidates will have education or training related to the position, e.g., gardening/farming, nutrition education, planning and program management. Please submit your resume and cover to Joan Nelson at ANC, 1619 E. Kalamazoo St., Lansing, MI 48912 or send to joann@allenneighborhoodcenter.org by **August 5**. Call Joan at 517-999-3912 for further information.

Restoration Works

You've seen the signs. You've toured the houses. Now take a piece of RW know-how home with you.

Starting this summer, and continuing into the fall, Restoration Works brings you monthly workshops on a variety of topics. All workshops are from **6 – 8 PM** and will take place at **1512 E. Kalamazoo Street** unless otherwise noted. Join us in person for some hands on learning and ask local experts your burning questions. Blog with us on the RW website www.restorationworks.org as we puzzle through our tough construction decisions. Bring your friends, family and coworkers. Everyone is welcome.

Aug. 31 Decked Out for Function and Privacy

Explore everything about deck building from design and placement to codes and construction as Lansing Community College faculty member Chuck Coe shows you how to transform a small, public and uninviting back yard into a place where you can get away from it all. Paper handouts for the first 25 visitors. Electronic handouts available on our web site www.restorationworks.org.

Sept. 28 Small Kitchens Living Large conducted by Leslie Hart Davison. Don't see the topic you were hoping for? Suggest it by emailing Jennie Grau at Jennie-Grau@aol.com. Make sure to put RW in the subject line.


Active Neighboring Café

Join us on Saturday, September 17 at 10 am at ANC to share strategies for engaging landlords in your neighborhood improvement activities. This is not to be missed! RSVP with Tom at 999-3924.

Mark Your Calenders!


Tomato Festival– August 31
Apple Festival– September 28
See you at the Market!

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 KT 10-11	2 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	3 Seniors 10-12 KT 10-11 Market 2:30-7	4 KT 10-11	5 KT 10-11	6 Tai Chi 9:30
	8 KT 10-11	9 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	10 Seniors 10-12 KT 10-11 Market 2:30-7	11 KT 10-11	12 KT 10-11	13 Tai Chi 9:30 Kinship 1:30
14	15 KT 10-11	16 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	17 Seniors 10-12 KT 10-11 Market 2:30-7	18 KT 10-11	19 KT 10-11	20 Tai Chi 9:30
21	22 KT 10-11 Board Meets 5:30	23 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	24 Seniors 10-12PM KT 10-11 Market 2:30-7	25 KT 10-11	26 KT 10-11	27 Tai Chi 9:30
28	29 KT 10-11	30 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	31 Seniors 10-12 KT 10-11 Market 2:30-7 RW 6	The Eastside Neighbor is published every other month. Please contact joann at joann@allenneighborhoodcenter.org by Sept. 12 with submissions for the Oct.—Nov. 2011 issue. Questions regarding content? Call 959-3912.		

For neighborhood meetings and more information, please see page 1, or call 367-2468.

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5 Center Closed for Labor Day!	6 Bread Basket 1-5:30	7 Seniors 10-12 KT 4-5:30 Market 2:30-6:30	1 KT 10-11	2 KT 10-11	3 Tai Chi 9:30
4	12 KT 4-5:30	13 YSC 4-5:30 Bread Basket 1-5:30	14 Seniors 10-12 KT 4-5:30 Market 2:30-6:30	15	16	17 Tai Chi 9:30 Kinship 1:30 GHW 11:30
11	19 KT 4-5:30	20 YSC 4-5:30 Bread Basket 1-5:30 UG Starts	21 Seniors 10-12 KT 4-5:30 Market 2:30-6:30	22	23	24 Tai Chi 9:30
18	26 KT 4-5:30 Board Meets 5:30	27 YSC 4-5:30 Bread Basket 1-5:30	28 Seniors 10-12 KT 4-5:30 Market 2:30-6:30 RW 6	29	30	
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Allen Neighborhood Center News

ANC's Regular Programs

Breadbasket: Tuesdays, 1-5:30 pm

Kinship Care: Second Saturday of every month, 1:30-3:30 pm. at ANC

Senior Discovery Group: Every Wednesday from 10 am-Noon.

Tai Chi/Hunter Park: Sat., 9:30 am

ANC Hours of Operation

9 am-12 noon: By Appt.

12 noon-5:30 : Walk-In Services

GardenHouse- Open Hours

Summer Hours— starting June 6

Mon-Fri: 10AM-12PM & 5:30-7:30PM, Sat and Sun: 9AM-12PM

Fall Hours— after Labor Day

Mon-Fri: 3:30-5:30PM

Sat and Sun: 10AM-2PM

Thank You....

Thank you to our CAUW Donors:

Joseph Marutiak, Lance A. Rhines, Jeff Fleming, Daniel J. Dillinger, Kimberly R. Chung, Karen Casey, Sheila Sokoloski, Thomas Wright, Jo Sinha, Macy C. Henry, Pamela A. Weil, Ronald L. Raymond, Linda M. Hunt, Our friends from State, Employees Combined Campaign, Kim Beattie, Debra A. Nolan, Jeane Cecill Marty, Bruce B. Bragg, Leslie A. Johnshon, Dennis S. Lettau, Jeffery T. Grabill, Daria A. Hyde, Lansing Labor News, and Julie J. Vandenboom!

Warm thanks to **Trene Trowhill** of Capitol Facilities for generous donation of flowers for Hunter park.

Thank you to **Jim**, Lansing Public Service Worker, for helping to keep Hunter Park beautiful.

Thank you to neighbors who participated in our Friends and Funds campaign: **Vision Collision, Pat Bunce, the Carpenter Family, Jane and Richard Larson, and Karrin Hanshew.**

Thank you to the **Lunch With a Purpose** for help with cleaning up Hunter Park before World Day at Hunter Park.

A HUGE thank you to our **120+ volunteers** who helped make **World Day at Hunter Park** a spectacular success!

We wouldn't have been able to do it without you! And, of course, a heartfelt shout out to all of our **partners and collaborators-City of Lansing, Immigrant-Refugee Consortium, and Mutual Assistance Groups. And one more huge thanks to our Sponsors!**

Thank you to **Bake n' Cakes** for all the tasty treats you donate to us each and every week.

Allen Senior Discovery Group

Join us every **Wednesday 10 AM** until noon for pretty good coffee and great conversation. All are welcome! We have a different speaker or event every week. The following are confirmed:

August 3 TBA

August 10 Chad Johnson from JWR Health Services

August 17 Jillian Pastoor from Eve, Inc. speaking about domestic violence

August 24 Edge Brussel talking about Time Share

August 31 Gana Wilson from Better Health

Sept. 7 TBA

Sept. 14 Erica Crady talking about Code Red

Sept. 21 Bill Maier from the Board of Water and Light talking about Lansing's drinking water

Sept. 28 Jessica Yorke will tell us about Environmental Justice

Thank You continued

Warm thanks to **MSU's Women in Science** for their totally cool program for Kidstime participants.

Thanks to the **Ingham Co. Land Bank** for their purchase of 'starts' and for opening tax foreclosed homes for a walk-through by 'Urban Pioneers'. Thanks, Dave Muylle, our tour guide!

Thanks to **Kalene Curtis** for her generous donation to Kinship Care.

Thanks to **PNC** for support of our GardenHouse Kids Program this summer!

Thanks to **Lissa Anderson** for her donation to Urbandale Farm in honor of her mother's birthday (that would be Linda Anderson, Farm co-founder and generous horticultural consultant for the Hunter Park GardenHouse, as well).

Thanks a bunch to our June and July Market Sponsors: **LAFCU (twice!!), CATA, Jack and Sue Davis, and PHP.**

Thank you to **PHP, ICHD and McLaren** for sponsoring our annual **Lead Test event, and Impression 5 for providing activities at the Kids Table.**

Thank you to **MSU Extention** for providing snacks for our **Lead Test event.**

A Big GardenHouse thanks to Harold Armour for all of his help with our irrigation system; to Steve Richard whose sunflowers give us so much pleasure; and to shift managers, **Marlena Smith, Edward Deehan, Jared Talaga, and Kate Young** who help enormously!

Urbandale Farm

The **Urbandale Farm Stand** is selling fresh, affordable produce on

Tuesdays 5pm-7pm and Saturdays 9am-noon. Stop by 653 S. Hayford

for your favorite summer vegetables or to volunteer at the farm. Join us for our Tomato Festival, Saturday, August 27th as we celebrate the fruits of the season. If you live in the Urbandale neighborhood, look for our youth-operated Veggie Wagon making door-to-door vegetable deliveries. If you or someone you know in the Urbandale area would appreciate fresh vegetables delivered to your home, give us a call for more details: **999-3916.**

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News from Kinship Care

Join Kinship Care, Ingham Great Start Parent Coalition on Saturday, August 13th, 2011 from 1:30-3:30 for *Family Voices on the Eastside* at Allen Neighborhood Center. Bring your voice to share around the table as we discuss the topic of the importance of community. FREE childcare, food and books for kids and adults. RSVP to Francine before Thursday, August 11th.

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Want up to the minute news about neighborhood goings-on? The Active Neighboring e-bulletin brings you weekly updates on ANC/Eastside/City events! To join, send an email with the subject "Add me" to director Joan Nelson at : joann@allenneighborhoodcenter.org

Garden, Market, Nutrition, Health, House

Hunter Park GardenHouse

Upcoming Workshops :

Preserving Foods Panel: September 10th, 11:30-1:00

Want to preserve your delicious summer harvest for the cold winter months? Join us in learning about the options for preserving your foods: canning and drying, resourceful storage ideas, fermenting, and more from our three-person panel of experienced food preservation experts. \$5 suggested donation.

Advanced Urban Gardener Course: September 20th– October 11th, Tuesdays 6:30-8:30PM

Want to take your gardening skills to the next level? This series is intended for urban home and community gardeners who have grown vegetables for at least a year. Topics will cover crop rotation and cover crops, season extension, soil health, and pest and disease prevention. \$15 per workshop, \$40 for the series of 4 workshops.

Fall and Winter CSA:

The Hunter Park Community GardenHouse is currently in its planning stages for the Oct.-Feb. CSA. This CSA will include a produce partnership with Urbandale Farm! **Need more information? Tune into the weekly Active Neighboring News!** Contact **Bekah** at 999-3910 or bekahg@allenneighborhoodcenter.org.

Summer Youth Offerings

KidsTime (6-11 years of age):

Offered Monday through Friday, from 10- 11 am. This program will focus on gardening education and food awareness, utilizing personalized, square-foot Gardens. Youngsters will enjoy lots of games, and other fun activities.

Youth Service Corps(11-17 years)

Corps members will meet every Tuesday, from 11 am to 12:30 pm to continue work on the Edible Park Project. There will be field trips and other adventures thrown in as well.

Fall Youth Hours

Starting Sept. 6th, youth programming will change to 4:00-5:30 on Mondays and Wednesday for Kids Time and to 4:00-5:30 on Tuesdays for YSC.

News from the Food Team

Collectors bags and buttons available at the market. Help us support our wonderful volunteers!

Allen Street Farmers Market
Wednesdays 2:30 to 7:00pm
Corner of Allen/Kalamazoo
See you at the market!



Enjoy this tasty recipe

Fettuccine With Rainbow Chard and White Beans

Serves 4|

Hands-On

Time: 20m |

Total Time:

20m

Ingredients

12 ounces whole wheat fettuccine
2 teaspoons olive oil
2 cloves garlic, sliced



1 pint cherry tomatoes, quartered
2 bunches rainbow or red and green Swiss chard, stems and leaves separated and cut crosswise into 1-inch pieces
1 15.5 ounce can cannelloni beans, drained and rinsed
kosher salt
1/4 teaspoon crushed red pepper flakes
1/4 cup grated parmesan cheese

Directions

Cook the pasta according to package directions. Heat the oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes and cook until they begin to break down and release their juices, about 2 mins. Stir in the chard stems and cook until softened, about 3 minutes. Add the chard leaves, cannellini beans, 1/2 teaspoon salt, and the red pepper and cook, stirring, until the chard leaves are tender, 3 to 5 minutes.

Divide the cooked pasta among individual bowls and top with the chard mixture and Parmesan.

Nutritional Information

Per Serving
Calories 458 **Calories From Fat 10%**
Fat 5g
Sat Fat 0g
Cholesterol 5mg
Sodium 881mg
Carbohydrate 86g
Fiber 21g
Sugar 2g
Protein 29g

Women's Health Picnic

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From 10:30 – 11:30 am, participants in the Eastside Women's Health Picnic will get to experience up to three 15-minute exercise samplers (Zumba Dance, Tai Chi, and Walking the Hunter Park Path). Women and girls will receive