

# The Eastside Neighbor

*A publication of Allen Neighborhood Center*

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

www.allenneighborhoodcenter.org

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## Neighborhood Meetings:

Jan. 5: ABC, 6:00, Pilgrim Church  
Jan. 7: Avenue of Michigan Business Community, 3:00, TBA  
Jan. 7: ENO, 7:00, Foster  
Jan. 8: FAIR, 6:30, ANC  
Jan. 8: Holmes St. School Community, 6:30, ANC  
Jan. 12: We Care, 6:00, 423 Beech  
Jan. 20: Regent Oaks, 6:30, ANC  
Jan. 21: Foster Your Neighborhood, 7:00, Foster  
Jan. 22: Forum on Environment, 6:30, Foster  
Jan. 27: HERO, 6:30, ANC (call first)  
Feb. 4: Avenue of Michigan Business Community, 3:00, TBA  
Feb. 4: ENO, 7:00, Foster  
Feb. 5: FAIR, 6:30, ANC  
Feb. 9: We Care, 6:00, 423 Beech  
Feb. 12: Holmes St. School Community, 6:30, ANC  
Feb. 17: Regent Oaks, 6:30, ANC  
Feb. 18: Foster Your Neighborhood, 7:00, Foster  
Feb. 19: Prospect Protectors, 6:30, ANC  
Feb. 24: HERO, 6:30, ANC (call first)

**The Eastside Neighbor** is published every 2 months by Allen Neighborhood Center. In order to have your submissions included, please contact the current editor, Matt Penniman, at penniman@gmail.com by **the 12th of the preceding month**. The next issue will be March - April.

## Michigan Avenue Update: New Faces, New Places

Michigan Avenue is the heart of our Eastside business community, so we're kicking off 2009 with a profile of new businesses on the Avenue, along with a few familiar faces in new locations.

### Innova Salon and Day Spa



Opening in spring 2009, Innova is owned and managed by Linda and Alex Beal. Their mission is "to be a full service salon and day spa where art, creativity and imagination converge to create a customer experience that enhances the beauty of each individual, both within and without." Innova will offer all hair services (cuts, color, etc.), manicures, pedicures, facials and massage.

### Capital City Collectibles



In its new location at 1723 E. Michigan Ave, this store "specializing in wondrous weirdness" has something for every  
**Continued on page 4**



## Energy and Environment Forum

On **Thursday, January 22**, join us at **Foster Community Center, room 211, at 6:30 PM** for the next in our series of Eastside planning forums. This session will focus on a topic that emerged as central over previous discussions: energy and the environment.

The forum will again be moderated by Vince Delgado and supported by Rick Kibbey, whose issue paper will be released on ANC's website by Jan. 10. We'll look at the state of our parks and public spaces, ways to harness energy efficiency as a driver of economic growth, the embedded energy represented by our quality housing stock, and opportunities for Eastside leadership in environmental preservation.

## Beat the Winter Blues in the GardenHouse



This winter, you don't need to be a gardener to visit the GardenHouse. Many people (10-15% in the U.S.) experience some mild blues during the winter and getting outside for sunlight and exercise can help. **The GardenHouse in Hunter Park is open every weekday from 3:30 to 6:30, and from 1:30 to 6:30 on weekends.** Stop by for tea today, and read more on pages 5 and 7.

# Allen Neighborhood Center News



## 2009 Fund Development Campaign

On January 1<sup>st</sup>, ANC will be launching its 2009 Friend and Fundraising Campaign. In 2008, neighbors responded generously to our requests for help, resulting in 120 volunteers working in all of our programs and several thousand dollars in undesignated funds (which let us pay for things like rent and utilities). In June 2009 ANC will turn 10 years old! We'll have celebrations throughout the month that will include the Hunter Park Music Fest, a 10<sup>th</sup> Anniversary dinner, and the Allen St. Farmers Market. Mark your calendar and come wish ANC a Happy Birthday!

In addition to our 10<sup>th</sup> Anniversary celebration, we will continue to look for support from our corporate funders & partners, offering sponsorships with the Allen St. Farmers Market, the Hunter Park Music Fest, and the Hunter Park Community GardenHouse. Also, keep an eye out for the March/April edition of the *Eastside Neighbor* for our neighborhood solicitation.

## Thank You!

Thanks to **Joann Neuroth** and **Carolyn LeJuste** for their donation, to ANC's **Fund Development Committee**, to all of our 2008 **volunteers and supporters**, and especially to our volunteer receptionists, who are the first people you see when you visit the Center: **Francine Watts, Judy Cox, Brooke Fobes, Helen Nethaway-Mindiola, Renee Fink, Myrna Besley, Doris Hill, Lucy Irwin, Maja Redzic, Jackie Dillinger, Lindsay Shinn, and Jasmine Kumar.**

## Wednesday Morning Senior Coffee

**Every Wednesday, 10:00-Noon  
Everyone is welcome!**

Jan. 7: Micki Marx; Cross Cultural Experience

Jan. 14: Paloma Rosales; Musical Drum Presentation

Jan. 21: MSU College of Law Tax Clinic

Jan. 28—Feb. 25: TBA

## More on *The Pout Pout Fish*...

**Debbie Diesen**, ANC's longtime Financial Manager, spent two weeks on the **New York Times Best Seller List** for Children's Picture Books, and now her book, *The Pout Pout Fish* made **#7 on the Time Magazine** list for best kids books of 2008. Sure to be a favorite for any child on your Christmas list this year. Congratulations, Debbie!!

## Hello and Goodbye!

**Lily Torres** and **Maggie Kantola** are starting their VISTA service at ANC. Lily is taking over volunteer recruitment and working on outreach. Maggie is working on all things food, splitting her time between the GardenHouse and the Farmers Market.

Our warmest thanks and best wishes to **Jessi De La Cruz** and **Kelsey Hakeem**. Jessi produced a fantastic Annual Report and helped out throughout the center, while Kelsey did marvelous work in and around the GardenHouse.



Jessi De La Cruz: treehugger.

## A Roadmap for ANC by Joan Nelson

Over the last nine months, ANC's board of directors, staff members, and key supporters have worked to develop a Strategic Plan to help guide decisions, strategies and allocation of our modest resources for 2009-2011. Simply put, the plan tells us where we want to go, how we're going to get there, and how we will know when we have 'arrived'. It includes specifics on individual program areas (e.g., housing, food resources, health, etc.) as well as overall objectives. Check it out on our website and let us know what you think!

Speaking of our board members, these unsung heroes are the 'vision carriers' of this organization, jointly overseeing all the operations of the Center. They have the legal and financial responsibility to ensure that the Center and all its programs and initiatives are sound, well managed, and making a difference on the Eastside. This hardworking group meets at least monthly, and met much more often over the last year to create the Strategic Plan. Of the ten, seven live on the Eastside, two are former Eastsiders of which one still has his business here, one has worked in the neighborhood for years, and all are champions and cheerleaders of this quadrant of the City. We would like to take this opportunity to give heartfelt thanks to these valued board members:

Corie Jason, President  
Rick Kibbey, Secretary-Treasurer  
Martha Dee, Vice President  
Vince Delgado  
Velma Kyser                      Judy Cox  
Ruth Leyrer                      Monica Kwasnik  
Karan Anderson                Dan Dillinger

# Eastside Updates

## Neighborhood News

**Winter Energy Assistance:** If you're having trouble paying bills this winter, you may be eligible for assistance from your utility company. For the Lansing Board of Water and Light, call (517) 702-6490. For Consumers Energy, call (800) 477-5050.

**Bingham:** (from principal Freya Rivers) Bingham Bulldogs are off to a great start this school year. We've already been on a field trip to the Upper Peninsula for three days and four nights viewing everything from the Cliff Shaft Mines, Whitefish Pointe Museum, Painted Rocks, Tahquamenon Falls, Oswald Bear Ranch, Soo Locks to Mackinac City and Island. Our hopes are still up that we will again revisit our Gettysburg, Philadelphia, Washington DC and Luray VA in May 2009. We've also had a Lego Day with students making their own cars and racing them, then solving the math problem of speed. All of our students have been to the Wharton Center for at least one play and each month we have Reading Rocker when we sit together, read and eat something special that goes with the book. Our morning program, BodySmart is fantastic with jumping rope for fitness. However, we're still looking for someone who really knows how to jump for competition to train our little ones who are interested. If you know of anyone, please ask them to call and volunteer.

**ABC:** The Association for the Bingham Community (ABC) is working hard on plans for the future of ABC. We will be looking at the bylaws in the coming months. We have submitted a stipend for our Neighborhood Night

Out this fall. We are looking forward to the Bea Christy Award. Please remember that we have a neighborhood snowblower for use by ABC residents ONLY!!! Contact Denise Kelley at 484-9109 to make arrangement to use it. Our next meeting is set for Monday January 5<sup>th</sup>, 2009 at 6 PM in Pilgrim Church (125 S. Penn). We will be discussing what we would like to do and see changed in the coming year.

**First Ward:** Eric Hewitt, the City Council member for the 1st Ward, will be hosting a regular community forum and meeting. The next scheduled "1st Contact" will be held February 1, 2009. 1st Contact will be held on the first Saturday of the month (excluding those too close to holidays such as Jan. 3, July 4, and Sept. 5, 2009). The meeting will run from 10 AM to 12 noon, and it is currently held at Gone Wired Cafe.

**Women's Center of Greater Lansing:** A few of the offerings from our friends at the Women's Center, located at 1710 E. Michigan Ave. Phone: (517) 372-9163.

**Job Seekers Support Group**  
**Mondays, 10:00 AM-12:00 PM &**  
**Tuesdays, 5:30 PM-7:00 PM**

Need a job? Looking for a different job? Underemployed? Hate your job? We will take a structured approach to job seeking, finding the right job or career or you, and discussing the difference between a career and a job. Employers will be invited to share their expectations. This group is always open to anyone. Facilitated by Norma Bauer. FREE

**Grief Support Group**  
**Wednesdays in January from 5:30-**  
**6:30 PM**

Are you dealing with grief? Have you been told you need to "just get over it"? Grief can result from the loss of a loved one, coping with physical and/or sexual abuse, dealing with a serious illness, or even the loss of a job. Join us for a grief support group where others will share their stories, and lend support to others managing their grief. We will also learn coping strategies to work through our grief. FREE

## Meet Your Commissioner



Hello, Eastside friends and neighbors! My name is Brian McGrain, and as of January 2009 I will be representing many of you as your Commissioner on the Ingham

County Board of Commissioners. I have been a resident of Lansing for over a decade, and have lived in my home on the Eastside for over six years. I welcome the opportunity to be of service to you. Should you ever need assistance with county-related matters, please feel free to contact me at [brian@brianmcgrain.com](mailto:brian@brianmcgrain.com) or (517) 676-7200.

**Not So Happy Endings Support Group**

**Mondays 6:00-8:00 PM &**  
**Tuesdays, 6:00-7:45 PM**

A group for women who are ending relationships and want some support and resources to get through it. *Preregistration required. Please contact Claudia at 896-3311 prior to attending your first meeting.*

**Traveling Tips for the Midlife Journey**  
**Thursdays 6:00-7:30 PM**

Do you find yourself getting lost between the living room and the kitchen? Or do you just forget why you got up in the first place? Are you stressed out about getting your kids to school, your parents to the doctor and yourself to work? You are not alone; you just feel like it. Traveling companions will help you make the journey a lot easier. Come join us, we have lots to talk about. Now accepting members. FREE

**Sexual Assault Survivor Support Group**

Hope and healing for women who have experienced sexual assault. A new adult group is now forming. Contact us at 372-9163 for more details.

For a current list of workshops, visit:  
[www.womenscenterofgreaterlansing.org](http://www.womenscenterofgreaterlansing.org)

## Michigan Avenue and the Eastside

### Overlay District Considered for Michigan Avenue

The City is looking at establishing an Overlay District on Michigan Avenue in order to establish regulations that will ensure that new development is compatible with the older character and look of the area. An amendment being considered by the Planning Board will also 1) provide substantial relief from parking requirements, 2) allow pedestrian oriented signage, 3) require a Special Land Use permit for auto sales businesses, and 4) require that the front yard setbacks for all new building are consistent with the setbacks of existing buildings in the area (preventing the recreation of Cedar St. with its buildings set back with a parking lot out front.)

This matter will be on the January 6, 2009 Planning Board meeting agenda for further discussion.

### Housing Resources at ANC

Allen Neighborhood Center has a full-time housing resource program, staffed by Jason Weller and Sean Chapman. They provide the following services:

**Foreclosure prevention counseling.** Behind on your mortgage payment? Find out what your options are.

**Credit repair counseling.** We'll guide you through the process of fixing your bad credit.

**First time homebuyer education/counseling classes.** These classes qualify participants for MSHDA LINKS homebuyer assistance.

**Financial management/economic literacy counseling.** Helpful tips about saving for your first home, and beyond.

They can also connect with other programs that provide home improvement workshops, energy efficiency audits, home weatherization, low interest home improvement loans, and emergency home repair funds.

For more information, or to schedule an appointment, call Jason or Sean at (517) 367-2468. You can also email questions to them at [jasonw](mailto:jasonw) or [seanc@allenneighborhoodcenter.org](mailto:seanc@allenneighborhoodcenter.org).

### Michigan Avenue Update (continued)

comic, book, movie, and game aficionado. Owners Stephen Jahner and Peter Ryan have a vast assortment of items on display, from dinosaur bones to vintage board games and original animation cels. The store also has a gaming area for open play during the week, with Star Wars miniatures gaming on Thursdays from 6-10 PM, Axis & Allies minis on Fridays from 6-10, HeroClix on Saturdays from 12-6, Magic: the Gathering on Saturdays from 6-close, D&D 4e on Sundays from 12-6, and World of Warcraft card gaming Sundays from 6-12.

### ZZ Underwater World



Now located at 2016 E. Michigan, next to Emil's, ZZ Underwater World is going strong. With a diving trip to Belize planned for spring break, an annual sale / swap meet scheduled for Mother's Day, and trips to the Great Lakes set for next summer, ZZ is a draw for dive enthusiasts throughout Michigan.

### Heartdance

With a goal of opening its doors by early 2009, Ron and Winalee Zeeb, the former owners of ZZ's Underwater, will be transforming the retail scuba diving store into Heartdance - an area of dancing, healing, and

community gathering. Equipped with a kitchen, handicap accessible bathroom, projection and meeting area, dancing area, and ample parking space, Heartdance will create a loving, caring, and zen-like atmosphere for all to enjoy. Winalee is a certified Nia



Trainer, and will be presenting Nia and Yoga workshops in the new space. According to her website, "Nia is a body-mind-spirit

fitness and life-style practice," in which you become a student of our greatest teacher - our bodies. By blending martial arts, dancing arts, and healing arts, Nia addresses the balance between body, mind, emotions, and spirit. Winalee is also an experienced Yoga for Health instructor. She will be combining her education and teaching certifications with her passion for life and the soul-searching journey that feeds it into the fulfillment of her heart's desire.

Heartdance will be located in the former building of ZZ's Underwater, 1806 E. Michigan Avenue. You may contact Ron & Winalee Zeeb by phone at (517) 719-2446, email at [winalee@nianow.com](mailto:winalee@nianow.com), or visit her website for more information: <http://www.winaleezeeb.com>.

### Other News

**Fabiano's Homemade Candies** has reopened at 1427 E. Michigan Ave!

The **Soup Spoon Café** is now offering breakfast, Tuesday through Friday, starting at 8:00 AM.

## Change in Action

### Spring Planning for the GardenHouse



Spring is just around the corner, so we need your ideas for GardenHouse planning and planting. We'll post a suggestion board or box in the GardenHouse, and you can also leave suggestions by calling K'Anna (999-3910) or emailing Linda: LindaA@allenneighborhoodcenter.org

**1. Flower starts:** Would your neighborhood group like to start your own flower plugs to beautify your streetsides and yards? We have space for only 20 flats. Please let us know **by Feb. 15** if your group would like some of this space and what flowers you'd like to grow; we need to place our seed order soon. GardenHouse staff will help you figure out a schedule for planting, tending, and hardening off your flower babies.

**2. Vegetable starts:** We plan to start vegetable seedlings that will be contributed to Eastside home and community gardeners in early May (for cool-season crops like cabbage and broccoli) and in early June (for warm-season crops like tomatoes and peppers.) We'd like to know what YOU would like us to grow, so please suggest crops and varieties **by February 15**.

**3. GardenHouse crops:** If you garden in the GardenHouse, we'd love to hear what you would like to plant. We can plant cool-weather crops in March, and warm-season crops in April, and need to start seeds six weeks in advance, so send suggestions **by January 31**.

**4. Individual seed-starting:** We will reserve space in the GardenHouse for Eastsiders to start their own favorite seeds. Let us know **by March 15** if you'd like to do this.

### Guest Column: Eastside Youth, Changing the World by Daniel Gamble

Like a warm blanket, peace settled over the city of Kalamazoo on November 22.

Eastside Youth Service Corps (YSC) members Daniel Gamble (me) and Emily Melcher, and ANC staff member, Corey Kellicut joined more than 200 youth and advisors from Michigan, Indiana, Illinois and Ohio on the campus of West Michigan University for the 2008 Peace Jam Slam.

The Peace Jam Slam is a kick-off for the larger annual event which is scheduled for March 28-29 in Kalamazoo. This year, Emily, Corey and I presented on ANC's Garden-In-A-Box program as part of the variety of workshops offered during the daylong event. It was the first time organizers asked a student group to present.

We showed a slide show of building the garden boxes, checking in with neighbors who have the boxes and teaching people how to raise organic produce. And, Emily and I created presentations about the many ways Garden-In-A-Box helps our community.

2008 was the inaugural year for ANC's Garden-In-A-Box program, which placed 24 raised, 2-ft. by 2-ft. cedar beds for growing at neighbor's homes on the Eastside.

It gave me a sense of pride to know that I was helping the community out and making things a little prettier. ANC and the YSC plan to continue the Garden-In-A-Box program in 2009.

The mission of the Peace Jam foundation is to create young leaders committed to positive change in themselves, their communities and the world through the inspiration of Nobel Peace Laureates. While I was at the Slam, I participated in a poverty simulation activity. It changed my perspective on the resources available to people in the United States. The working poor should be provided more options because there would be much more peace in the world if there was less poverty. There wouldn't be as much fighting over resources because everybody could have enough.

ANC's Youth Service Corps is now working to train each member in the Peace Jam curriculum before the next event in March, where we will meet Nobel Peace Laureate, Jody Williams. We are also searching for funding to attend the next event.

If you would like to make a donation to send a YSC member to Peace Jam, please contact YSC Coordinator Neil Byrne at 999-3923 or send a check written to Allen Neighborhood Center with "Peace Jam" in the note field to ANC, 1619 E. Kalamazoo Street, Lansing, MI, 48912.



Photo: Amber N.

## Winter Time Brings Winter Foods



### Apple Filled Acorn Squash is Delicious!

1 hour | 10 min prep

SERVES 4 , 4 squash halves

- 2 large acorn squash
  - 3 cups apples, cored and cut in 1/2-inch pieces (about 4 large apples)
  - 2 tablespoons honey
  - 1/4 teaspoon cinnamon
  - 1/2 cup raisins
1. First cut the squash in half and clean out the seeds.
  2. Bake these halved squash in the oven for 20 minutes at 350 degrees F. While those bake, get out a mixing bowl and mix all the remaining ingredients together for the filling.
  3. Fill the hot squash and return to oven to bake for another 30 minutes at 350 degrees.

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### Veggies in a Blanket are simple and will disappear amazingly fast!

15 min | 5 min prep

SERVES 5 , 2 each

- Any variety of frozen or fresh blanched vegetables (peas, green or wax, baby carrots, onions, etc)
  - 7 1/2 ounces refrigerated buttermilk biscuits (10 count) or use your own biscuit recipe
  - Shredded cheese of your choice
1. Thaw or blanch vegetables
  2. Flatten a biscuit and sprinkle cheese in the middle.



3. Place a variety of veggies in the middle and wrap it up. Seal all seams
4. Place on a greased cooking sheet.
5. Bake as directed on the biscuit package.
6. Dip in fresh cucumber ranch dip and watch them disappear!

### Cucumber/Ranch Dip

- Your favorite ranch dressing
  - 1 fresh cucumber
1. Wash cucumber well. (leave peel on) and puree 1/2 to 1/3 using blender.
  2. Add equal part ranch dressing and mix well. Pour in shallow bowl or cup to use as dip.

### COME AND GET IT!

There's something new going on with food this winter! Become a part of **Eastside Community Soup**, where Eastside neighbors gather on the 3rd Thursday of each month from 5:30 to 7:00 PM. We'll cook and eat together by always preparing a different soup plus another recipe or two. So mark these dates on your calendar and invite your neighbor!

- January 15th
- February 19th
- March 19th
- April 16th
- May 21st



Bingham Elementary School Cafeteria/Kitchen (rear entrance)  
121 Bingham Street  
3rd Thursday of every month  
5:30pm to 7:00pm  
Children must be accompanied by an adult. Please contact Hollie at 999.3911 to RSVP.

**See You There!**

### Will Exercise Be Your New Year's Resolution?

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

The benefits of exercise—from preventing chronic health conditions to boosting confidence and self-esteem—are hard to ignore. The benefits are yours for the taking...

- **Exercise improves your mood.**

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.

- **Exercise combats chronic diseases.**

Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket. Regular exercise can help you prevent type 2 diabetes, osteoporosis and breast cancer.

- **Exercise helps you manage your weight.**

Want to drop those excess pounds? Trade couch time for walking or other physical activities.

- **Exercise strengthens your heart and lungs.**

Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier.

- **Exercise promotes better sleep.**

Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon workouts.

- **Exercise can be fun!**

Info from [www.mayoclinic.com](http://www.mayoclinic.com). Visit the site for more information.

# Get Gardening, Get Active

## How can you get started?

1. Walk with the Allen Neighborhood Center on Fridays in Hunter Park, 12 to 1:00 PM (Rain or Shine!)
2. Check out these drop-in programs at the Foster Community Center:

### Circuit Training Room (\$1)

Foster has joined in on the circuit training craze sweeping the nation! We have developed a circuit that will work your whole body in a half hour. Using a combination of stability balls, resistance bands, steps and jump ropes our circuit training room promises to give you a good work out.

**Cost is just \$1 to drop in.** Instructions are clearly posted and music will cue you to move throughout the room.

### Therapeutic Yoga (\$1)

Experience the health benefits of yoga! Body movement/stretching, breathing practices, and visualization integrated together produce relaxation and an overall sense of well being. This is an ongoing activity associated with the Yogic Sciences Research Foundation and is a drop-in program; **\$1/pay at the door**—no registration necessary. Mon 5:30-6:30pm, Thu 6-7pm, Fri 10-11am & 6-7pm.

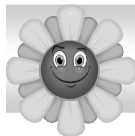
3. The YMCA offers the Turning Point Breast Cancer Survivors Support. The group includes regular exercise classes & yoga. Contact Amanda Purdy at 517-484-6464 ext. 24 for more information.



We are funded by

- MiChild
- Medicaid
- Plan First!
- Health Kids
- Foodstamps

to do enrollments in...  
 Stop in or call for information!



## Hunter Park GardenHouse News & Updates

### Winter Open Hours:

- Weekdays: **3:30 - 6:30 PM**
- Sat. and Sun.: **1:30 - 6:30 PM**

### Join Us for Tea Time in the GardenHouse, starting January 2009

The snow is flying, but there's a WARM SPOT where you can come visit with neighbors and feel like you've just walked into spring.

Beginning in January, every afternoon we will have plenty of hot water and an assortment of teas (and, occasionally, other goodies) and we would love for you to join us for Teatime in the GardenHouse! Even if you are not gardening (yet), feel free to come by and visit with other Eastsiders. If you are a gardener already, you can not only enjoy a cup of tea, but also browse through a variety of seed catalogs and other garden resources, as well as talk with GardenHouse staff who would love to help you plan a spring garden.

### New Faces in the GardenHouse

The first Urban Gardening Certification Program has completed the classroom portion, and the 24 graduates are now serving as GardenHouse Volunteer Staff! So, expect to see some familiar neighbors as well as meet new gardening friends when you come in. The new Volunteer Staff members make it possible for the GardenHouse to be open every day, and they are a valuable new community resource, eager and ready to serve as mentors to other gardeners around the neighborhood.

Joining us on December 8th in our Gardening Programs is our new VISTA, Maggie Kantola. We hope to have a new horticultural intern by

January 2009. We have said GOODBYE & GOOD LUCK to Kelsey Hakeem! Thank you for all your good work for the GH!

### Saturdays in the GardenHouse:

Starting January 10th, we invite you to join us in the GH every Saturday from 2 to 3:30 PM for extra activities! Here's our plan:

- 1st Saturdays: mini-workshops on all things gardening-related
- 2nd Saturdays: special projects in and around the GH
- 3rd Saturdays: cooking demos
- 4th Saturdays: one-on-one garden groups mentoring

### Second Urban Gardening Certification Class to begin Feb. 25

Applications can be obtained beginning Jan 5th, 2009. We will repeat this 10-week class in spring for our Eastside neighbors. Classes will be on Wednesday evenings. GH staff along with County horticultural educator Gary Hielig and other guest instructors will share information about gardening, soil science, composting, pest management and more! To register contact K'Anna (999-3910) or kannab@allenneighborhoodcenter.org for details. The course requires a \$15 fee (or \$30 for those outside the Eastside service area) and 40 hours of service work in the GardenHouse.

### Gardening Groups Welcome

We have growing space available for more Eastside gardening groups! The Blacksoil church group has just signed on, and your church group, home school group or community group can also join in the fun and food of gardening. Contact K'Anna at 999.3910 or kannab@allenneighborhoodcenter.org for details on how your Eastside group can get involved in growing in the GardenHouse!

# Eastside Events for January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>The GardenHouse is open throughout the winter, from 3:30 to 6:30 PM Monday to Friday, and 1:30 to 6:30 PM on Saturday and Sunday. Youth Service Corps meets every Tuesday and Thursday, 3:30 to 5:30 PM.</p> 				1 Center closed - Happy New Year!	2 <b>GardenHouse:</b> 3:30 - 6:30	3 <b>GardenHouse:</b> 1:30 - 6:30
4 <b>GardenHouse:</b> 1:30 - 6:30	5 <b>GardenHouse:</b> 3:30 - 6:30 <b>ABC:</b> 6 PM, Pilgrim Church	6 <b>Breadbasket:</b> 1-5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30	7 <b>Senior Coffee:</b> 10-12 <b>AMBC:</b> 3:00 <b>GardenHouse:</b> 3:30 - 6:30 <b>ENO:</b> 7:00, Foster	8 <b>YSC:</b> 3:30-5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>FAIR:</b> 6:30, ANC <b>Holmes St. School</b> <b>Comm:</b> 6:30, ANC	9 <b>GardenHouse:</b> 3:30 - 6:30	10 <b>Kinship Care:</b> 1:30 - 3:30 <b>GardenHouse:</b> 1:30 - 6:30
11 <b>GardenHouse:</b> 1:30 - 6:30	12 <b>GardenHouse:</b> 3:30 - 6:30 <b>We Care:</b> 6:00, 423 Beech	13 <b>Breadbasket:</b> 1-5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30	14 <b>Senior Coffee:</b> 10-12 <b>GardenHouse:</b> 3:30 - 6:30	15 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>Community Soup:</b> 5:30- 7:00, Bingham	16 <b>GardenHouse:</b> 3:30 - 6:30	17 <b>GardenHouse:</b> 1:30 - 6:30
18 <b>GardenHouse:</b> 1:30 - 6:30	19 <b>GardenHouse:</b> 3:30 - 6:30	20 <b>Breadbasket:</b> 1-5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>Regent Oaks:</b> 6:30, ANC	21 <b>Senior Coffee:</b> 10-12 <b>GardenHouse:</b> 3:30 - 6:30 <b>Foster Your Neighbor-</b> <b>hood:</b> 7:00, Foster	22 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>Forum on Environ-</b> <b>ment:</b> 6:30, Foster	23 <b>GardenHouse:</b> 3:30 - 6:30	24 <b>GardenHouse:</b> 1:30 - 6:30
25 <b>GardenHouse:</b> 1:30 - 6:30	26 <b>GardenHouse:</b> 3:30 - 6:30 <b>ANC Board Mtng.</b> 4:30 pm	27 <b>Breadbasket:</b> 1-5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>HERO:</b> 6:30, ANC	28 <b>Senior Coffee:</b> 10-12 <b>GardenHouse:</b> 3:30 - 6:30	29 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30	30 <b>GardenHouse:</b> 3:30 - 6:30	31 <b>GardenHouse:</b> 1:30 - 6:30

# Eastside Events for February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>GardenHouse:</b> 1:30 - 6:30	2 <b>GardenHouse:</b> 3:30 - 6:30	3 <b>Breadbasket:</b> 1- 5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30	4 <b>Senior Coffee:</b> 10- 12 <b>AMBC:</b> 3:00 <b>GardenHouse:</b> 3:30 - 6:30 <b>ENO:</b> 7:00, Foster	5 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>FAIR:</b> 6:30, ANC	6 <b>GardenHouse:</b> 3:30 - 6:30	7 <b>GardenHouse:</b> 1:30 - 6:30
8 <b>GardenHouse:</b> 1:30 - 6:30	9 <b>GardenHouse:</b> 3:30 - 6:30 <b>We Care:</b> 6:00, 423 Beech	10 <b>Breadbasket:</b> 1- 5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30	11 <b>Senior Coffee:</b> 10-12 <b>GardenHouse:</b> 3:30 - 6:30	12 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>Holmes St. School</b> <b>Comm:</b> 6:30, ANC	13 <b>GardenHouse:</b> 3:30 - 6:30	14 Happy Valentine's Day! <b>Kinship Care:</b> 1:30 - 3:30 <b>GardenHouse:</b> 1:30 - 6:30
15 <b>GardenHouse:</b> 1:30 - 6:30	16 <b>GardenHouse:</b> 3:30 - 6:30	17 <b>Breadbasket:</b> 1-5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>Regent Oaks:</b> 6:30, ANC	18 <b>Senior Coffee:</b> 10-12 <b>GardenHouse:</b> 3:30 - 6:30 <b>Foster Your</b> <b>Neighborhood:</b> 7:00, Foster	19 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>Prospect Protectors:</b> 6:30, ANC <b>Community Soup:</b> 5:30-7:00, Bingham	20 <b>GardenHouse:</b> 3:30 - 6:30	21 <b>GardenHouse:</b> 1:30 - 6:30
22 <b>GardenHouse:</b> 1:30 - 6:30	23 <b>GardenHouse:</b> 3:30 - 6:30 <b>ANC Board</b> <b>Mtng.</b> 4:30 pm	24 <b>Breadbasket:</b> 1-5:30 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30 <b>HERO:</b> 6:30, ANC	25 <b>Senior Coffee:</b> 10-12 <b>GardenHouse:</b> 3:30 - 6:30	26 <b>GardenHouse:</b> 3:30 - 6:30 <b>YSC:</b> 3:30-5:30	27 <b>GardenHouse:</b> 3:30 - 6:30	28 <b>GardenHouse:</b> 1:30 - 6:30