

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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November 2007

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Nov. 5: ABC, 6:00, Pilgrim Church
Nov. 7: ENO, 7:00, Foster Center
Nov. 8: Holmes St. School Comm, 6:30, ANC
Nov. 12: Potter Walsh, 6:20, Faith Fellowship Baptist Church, 1001 Dakin St.
Nov. 13: PLACE, 6:30, ANC
Nov. 14: Foster Your Neighborhood, 7:00, Foster Center
Nov. 19: We Care, 6:00, 423 Beech St.
Nov. 20: Regent Oaks, 6:30, ANC
Nov. 26: Frog Holler, 6:30, ANC
Nov. 27: HERO, 6:30, ANC
Nov. 28: Hunter Park West, 6:30, Fearless Faith Church

The Eastside Neighbor is published every month by Allen Neighborhood Center. To have your submissions included, contact the editor, Franny Howes, at 367-2468 ext. 2007, or email her at ancfranny@gmail.com by **the 12th of the preceding month.**

Free Workshop: Home Purchase and Rehab Assistance

Saturday, November 3, 2007

10:00 AM to Noon

Includes Beverages & Light Breakfast

Foster Community Center, Room 211

The Greater Lansing Housing Coalition (GLHC), Allen Neighborhood Center (ANC), and Franklin Street Community Housing Corporation (FSCHC) are presenting this workshop for people who are considering a first home purchase.

This Workshop is for you if you:

- *Rent your home*
- *Think you might want to buy a home sometime soon*
- *Need some down payment help*
- *Have the right house picked out – except that it needs some fixing up*

This **free** workshop includes information about three programs that might help:

• The Home Purchase and Rehabilitation Program (HPR)

HPR is a GLHC program that can help first time homebuyers in Lansing with funds for necessary home repairs, down payment assistance or mortgage buy-down if needed.

HPR is a no-interest loan. The principle is only repaid when the buyer: 1) no longer lives in the home, 2) sells the home, 3) refinances for a reason other than better terms or 4) has lived in the home for 50 years.

GLHC staff will provide information about HPR. Learn how it works and the process for applying—explore

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Cirque de Soleil Visits ANC!



The Allen Street Farmers Market was graced with a visit from a troupe of traveling performers on October 10th. They appeared to promote Cirque de Soleil's *Saltimbanco* tour stop at the Breslin Center. Our Youth Service Corps was even granted a block of free tickets to the show! We thank them for their visit to our neighborhood.

VISTA Job Opening at ANC

Are you interested in serving your community? Do you want to participate in a nation-wide program with a nearly half-century history of fighting poverty and strengthening neighborhoods and families? Allen Neighborhood Center (ANC) has an opening for a VISTA worker (Volunteers in Service to America) who will do just that. *The position will begin on February 4, though selection will take place by mid-December.*

Our VISTA worker will enjoy a rich set of experiences working in this lively and

(Continued on page 2)

ANC Update

Activities and programs offered by Allen Neighborhood Center

Peace Jam Slam 2007



Peace Jam attendees Leslie Retzlaff and Don Moore (staff) and Andrew Muylle, Kimia Holmes, John Linguidi, and Kelsey Smith.

Members of the Youth Service Corps attended the Peace Jam Slam this past October. This international social justice program brought them into contact with young people from all over the state and raised their awareness about many issues, including the special topic of global access to clean water. The YSC will continue to work on the issues of violence and injustice throughout November and the rest of the year.

GardenHouse Thank You: Thank you so much to the workers from the City of Lansing for all their hard work on our project. Thanks also to: Cliff Conrad, Sue Irwin, Wayne Lindow, Matt Smar, Linda Cole, Cindy Marek, Corey Kellicut, JulieAnne Jones, and Nancy Van Hoozier.

Thank you to:

- Spiritual Renaissance Ministries for their donation.
- ICHD for ongoing and most generous support.
- The wonderful Cirque Du Soleil for visiting our market and providing lots of tickets for Eastside kids!
- Julianne Vittone, Suellen Hozman, Sandra L. Cade for speaking at our Breast Cancer Awareness Concert.
- *Nervous But Excited* for playing at the event.

Wednesday Morning Senior Coffee

Every Wednesday, 10:00-12:00

November 7th: Bill Nelton from Capital Area District Library

November 15th: Meet at ANC (10:00) for a trip to the Lansing Art Gallery for their Artist Showcase

November 21: Nancy Weber from Tri-County Office on Aging

November 28: Supreme Court Learning Center

Join us for pretty good coffee and great conversation!

Turner Dodge Adventure

On October 18th, the Wednesday Morning Senior Coffee group had an adventure at the historic Turner-Dodge House. Our group attended their Mystery Dinner—but they didn't plan on seeing the basement!

The weather was terrible that evening, and the tornado sirens loomed. Eventually the fire department came and required all the guests to take emergency shelter. The basement, only accessible by stairs and not a part of any tour, was once used as a stop on the Underground Railroad.

After the "all clear" signal was heard, and with much effort getting back *up* the stairs, everyone was able to return to their dinner and their mystery-solving adventures. While no one from the ANC group was able to figure out who the "murderer" was, they had a great time. Special thanks goes out to the Mayor's Grant program, which provided the funding for our group to attend this event.

VISTA Job Cont.

(Continued from page 1)

diverse community, while learning the fundamentals of community development and neighborhood revitalization. The primary responsibility of our new VISTA will be **recruiting and managing volunteers** for the Allen Street Farmers Market, Youth Service Corps, Hunter Park GardenHouse, and the many programs and activities offered by ANC.

The position is full-time, and pays approximately \$750.00/month, plus benefits (Note: VISTA is known as the 'domestic Peace Corps'—providing rich experiences, not riches). At the end of their year of service, VISTA workers also receive their choice of a cash award of \$1200 or a \$4700 stipend that can be applied toward education or a student loan. A one-year commitment is required.

Folks interested in community organizing and neighborhood based education will find much to excite them. Candidates with solid people skills, energy and enthusiasm, good written and verbal communication skills, and computer skills are especially welcome. Familiarity with the Eastside is helpful. Extensive training and mentorship are guaranteed.

Call Joan Nelson (517) 367-2468, extension 2003 for further information; or email her at joann@allenneighborhoodcenter.org. To be considered for this position, please send a cover letter and resume to 1619 E. Kalamazoo St., Lansing, MI 48912 no later than November 16, 2007.

Across the Neighborhood

Neighborhood News

Association for the Bingham Community: At our next meeting we are going to work on our by-laws and ideas for the new year. By the time you read this we will have had our CARS Halloween party that we partnered with Pilgrim Church to hold. I will share how it all went in the December newsletter.

ABC's next meeting is Monday November 5th at 6 PM at Pilgrim Church. If you have any questions/concerns please contact Denise Kelley at 484-9109 or abcneighborhood@sbcglobal.net Have a safe and happy Thanksgiving!

Hunter Park West: Our September 26th meeting was the best meeting we have had. Thank you to the Fearless Faith Ministries Church who so generously offered to let us have our meetings in their building. We had the best attendance ever.

Thanks to the Lansing Police Department officers Andy Lindeman and Matt Salmon who were available to answer questions from participants, and also to Daryl Zuk, from the Code Compliance Office, for the quick answers and response to specific concerns.

We appreciate the continuing support and advice from Harold Lee-man who has attended all of our meetings and is very encouraging in our efforts to have a strong Neighborhood Watch Group.

Our next meeting will be at 6:30pm, Wednesday, November 28th, at the Fearless Faith Church, 1033 Hickory Street. A potluck dinner is being planned. For further

information, please call Rob or Wanda at 372-5343.

Regent Oaks met on October 16th. They decided to make the third Tuesday of the month their official meeting day. They are also looking for volunteers to stand watch with flashlights to help guide neighborhood trick-or-treaters to participating homes. If you live in this neighborhood, keep a special eye out for kids on Halloween night. Their next meeting is scheduled for November 20th.

Foster Board Seeks Members

The Foster Community Center Advisory Board is seeking additional representation from neighborhood groups and interested individuals. The purpose of the Advisory Board is to support the mission of the City of Lansing's Department of Parks and Recreation. The Board provides input and assistance to Center staff regarding programs, fundraising projects, and promotion of the community center which services the needs and interests of the public.

The Board meets the 2nd Tuesday of each month at 7:00 PM at Foster Community Center, 200 N. Foster Ave. If interested, please visit the main office or call 483-4233 for an application.

Lansing School District Days Off in November:

November 6: Professional Development Day
November 21-23: Thanksgiving Break

Resurrection School Days Off in November:

November 21: half day, dismiss at 11:00
November 22-23: Thanksgiving Break

Save The Date!

I'm dreaming of...

**A White Christmas
Live & Silent Auction
to Benefit**

Resurrection School

Saturday,

November 17th 6:00 PM

Resurrection Parish Hall
1531 East Michigan Ave.

Lansing, MI

517-487-0439



- Refreshments
- Hors d'oeuvres
- Free Admission
- Great Christmas Gifts
- Donations Welcome!

Bingham Elementary: Bingham Elementary Bulldogs are continuing to "MAX IT!" with their school slogan of "Striving to reach maximum potential."

On November 7th, grades 2-3 will be taking a trip to Wharton Center to see "A Year with Frog and Toad" thanks to a PAINTS grant for arts and education. Later in the month, grades 2-5 will be traveling there to see a "Kids Koncert".

On November 15th, we will be having a Family Night and Dinner of Thanks; Bingham's Booster Club, staff, and principal will be cooking dinner. Parents and family of students are invited to have a Thanksgiving meal as Bingham family.

Bingham is the place to be! Visit our school. Join our efforts. Experience Bingham and watch us "Grow to the MAX!"

Growing in Community

The People and Groups Making a Difference On the Eastside

Silver Bells in the City



The 23rd Annual Silver Bells in the City will take place on Friday, November 16, 2007 in downtown Lansing. This event runs from 5:00 to 9:00 PM.

An Electric Light Parade steps off at 6:10 pm at the corner of Lenawee and S. Washington Square. It proceeds north on Washington, turns west on Ottawa and continues south on Capitol Avenue. Watch for the Eastern High School Marching Band!

The parade is followed by the lighting of State of Michigan Official Christmas Tree in front of the State Capitol. Following the lighting of the tree, there will be a five minute fireworks show (weather permitting) over the State Capitol. The entire evening is filled with FREE family entertainment, including admission to downtown cultural institutions, horse-drawn wagon rides on Washington Square, ice sculptures and performances by nearly 50 local arts organizations.

Silver Bells in the City is presented by the Board of Water & Light. Signature sponsor for the Electric Light Parade is the IBEW, Local 665 and NECA. Fireworks sponsor is the Capital Community Credit Union. Silver Bells in the City is a project of and is coordinated by the Arts Council of Greater Lansing working with an all volunteer community committee.

Christmas Assistance at the Salvation Army

Do you need help with food and toys for your children this holiday season? The Salvation Army's Christmas Clearance Bureau program may be able to help you.

Sign-up for this program begins October 29th and runs through November 30th. It takes place at the Salvation Army Distribution Center at 3305 S. Pennsylvania. Their hours are 9:00-3:45 Monday-Wednesday and Friday, and 9:00-6:45 on Thursdays.

Please bring a picture ID, proof of your current address, ID/documentation for all children in your home (Medicaid card, birth certificate, etc.), and a proof of your current income and any aid you are receiving.

For more info on this program, please call 394-5828.



Thanksgiving and Christmas Food Drives at Foster

Foster Community Center is sponsoring two food and gift drives in November to help Eastside families during the holiday season:



- Foster will be accepting non-perishable food item donations for Thanksgiving baskets during regular Center hours. Please drop off these donations by November 15th.
- Christmas items will be accepted starting November 26th and running through December 17th. The Christmas gift drive will be accepting non-perishable food items as well as personal toiletries such as soap, laundry products, deodorant, lotion, and shampoo.

For more information on donating to these drives, please call Foster Community Center at 483-4233.

Free Home Maintenance Classes for Lansing Residents!

As a part of the H.E.R.O. program (Homeowner Education Resource Organization), the Greater Lansing Housing Coalition is excited to announce the launch of **FREE home repair and maintenance classes** for Lansing residents! These weekly classes will be held on Tuesdays, Thursdays and Saturdays (beginning Nov. 8th) at Lett's Community Center on Kalamazoo St. and also at Faith United Methodist Church on Waverly Rd. *The classes are absolutely free and class attendees will earn free home repair products and coupons for attending!*

The four-week **Home Repair** series will feature topics such as basic home maintenance, energy efficiency, drywall, plumbing, electrical work, and budgeting. The four-week **Landscaping** series will cover late fall planting, lawn care, vegetable gardens, compost bins, and indoor plant care.



To register for classes or for more information, call the Greater Lansing Housing Coalition at (517) 372-5980 x13.

Community Builder's Toolbox: Ideas and Information for Strengthening Neighborhoods

Free Workshop Cont.

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whether it might help you. There are income eligibility requirements for the HPR program. GLHC staff at the workshop can help you determine whether you might qualify.

• Homebuyer Counseling

ANC and FSCHC offer **free** homeowner counseling to people who are getting ready to buy a home. The class will teach you about the process of purchasing a home. Most homeownership assistance programs require participation in this counseling class before any funding can be released.

You will learn to:

- work with real estate agents and lenders
 - figure your monthly payments
 - create a household budget or repair your credit
 - understand taxes and insurance
 - know the types of mortgage products that are available
 - explore financial assistance that may be available to help you with home purchase and repairs
 - maintain your home
- **Individual Development Account (IDA)**

FSCHC can enroll people with limited incomes in the IDA program. This is a special savings account. Money put into the account can only be used for home purchase. For each \$1 that you save, FSCHC can provide \$3 toward homebuyer down payment and closing costs.

This workshop is **free** and does not commit you to anything! Registration is requested. For information, or to register, call Amy Rose at GLHC, 372-5980 or Jason at ANC, 999-3913.

Eastside Business District News



Looking for some local entertainment? The Eastside has a wealth of music venues!

Check out all of these places here on the Eastside:

Dagwood's Tavern and Grill

Local Indie Music & Open Mike
2803 E. Kalamazoo St.
374-0390

The Green Door Blues Bar & Grill

www.greendoorlive.com
2005 E. Michigan Ave
485-0783

Mac's Bar

Regional Indie Music Venue
www.macsbar.com
2700 E. Michigan Ave

Magdalena's Teahouse

Local Indy Music, Poetry
www.magdalenasteahouse.com
2006 E. Michigan Ave.
487-1822

Michigan Home Grown Music

Open mic and scheduled performances
2312 E. Michigan Ave.
927-9447
www.michiganhomegrownmusic.com

Replay Entertainment Exchange

Resale: Music, Games, More
1723 E. Michigan Ave.

Tripper's Sports Bar

Sports bar, pool, music
Frاندor
336-0717

Whiskey Barrel Saloon

Lansing's Largest Country Bar
www.whiskeybarrelsaloon.net
410 S. Clippert St.
351-5690



Tips for living well in our neighborhood!

In any neighborhood, it is important not to let small stuff slide. If criminals think what they do is not noticed or is tolerated, they will continue, and probably increase these activities. Everyone can help keep themselves and the neighborhood safe!

- Illegal activity should be reported *when* ever it is witnessed. It is best to report something as it is happening.
- You can anonymously report prostitution, pan-handling and drug dealing to Lt. Larry Klaus at the number provided below. Include as much detail as you can safely get (license number, make/model of car, description of people involved, time of day, exact location)
- It is illegal to pan-handle in Lansing. Do not open your door to pan-handlers. If you are approached, simply say "no" and walk away. If you really want to help, give to the Volunteers of America or other organizations.
- Trust your instincts; if something doesn't seem right, call it in. If an immediate response is not needed, leave a voice mail message for Officer Andy Lindeman.
- Do not endanger yourself by approaching someone who is behaving strangely or participating in an illegal act; call the police.

Important contact info:

Non-emergency LPD:

483-4600

Our area Special Operations Officer at LPD:

Lt. Larry Klaus - 483-4812

lklaus@ci.lansing.mi.us

Officer Andy Lindeman:

483-4467 ext. 9339

School District Officer:

Sgt. Scott Schuelke

sschuelke@ci.lansing.mi.us

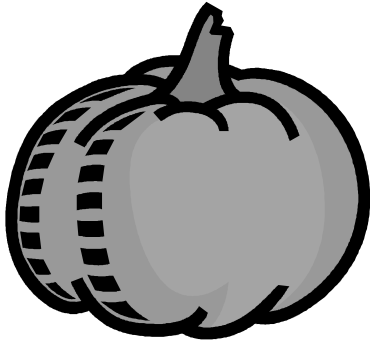
Gang Activity & Graffiti Hot Line:

483-4264

You may also report suspicious activities to:

safe@allenneighborhoodcenter.org

Carving Out Good Health With Pumpkins



PUMPKIN

*Pumpkin, pumpkin
big and round,
I'm glad you grow
upon the ground.
I'm glad you don't
grow in a tree
for then you might
fall down on me.*

It's Roasted Pumpkin Seed Time Again!

Pumpkin seeds are a superfood. Pumpkin seeds are rich in the amino acids alanin, glycine and glutamic acid, and also contain high amounts of zinc. They contain high quantities of protein, iron and phosphorous and even a tablespoon a day would be a good addition to any healthy diet.

Ingredients:

*Pumpkin seeds; clean and dry
2 Tablespoons cooking oil
salt*

Cooking Instructions:

Place pumpkin seeds in a zipper bag and coat with oil. Spread onto a cookie sheet and salt lightly. Bake at 250 degrees F for 45 minutes. Great trail food!



For cooking, you want a pumpkin that is heavy for its size. The lighter ones are drier, with a bigger open space in the middle. For the most part, stay away from the large pumpkins when selecting a pumpkin for eating – 2-5 lbs is about right.

(And remember, pumpkin is excellent for you. It has no cholesterol, is low in fat and sodium and is rich in vitamins, in particular beta carotene and vitamin A. On top of being good for your health, it tastes good too. That's why it is part of the diet in almost every country in the world.)

IT'S ALL TRUE!

PUMPKIN FACTS

- Pumpkins are a fruit.
- Pumpkins are a type of squash. They are members of Cucurbita family (cucumbers, zucchini, etc.).
- Pumpkins are grown on 6 of the 7 continents (not on Antarctica).
- Pumpkin flowers are edible.
- Pumpkins are 90% water.
- They were once recommended as a cure for freckles.
- They were used as a remedy for snakebites.



Did You Know... that pie is not the only way to cook pumpkin? Pumpkin is one of those vegetables that makes us think of harvest, of holidays, of frost, of lengthening nights and the oncoming winter. And yet, the only way it usually gets to the table is in a store-bought pie, or perhaps a can of pie filling that goes in a pie we made ourselves. But pumpkin can be so much more - and since pumpkin keeps for 6 months whole or for years in a can, it can be a year-round addition to our diets.

This Stuffed Miniature Pumpkin Recipe IS AMAZING!

Description: Small "Pepo" or "Jack-Be-Little" pumpkins make a novelty serving dish for your favorite stuffing. Select fresh pumpkins about three to four inches in diameter.

Preparation:

Pre-heat the oven to 250 degrees.

Wash the pumpkins.

Cut the tops off the pumpkins.

Scoop out the insides.

Season with any spice or seasoning that compliments what you plan to fill the pumpkins with (salt, pepper, garlic, or cinnamon, nutmeg, etc.!).

Place a piece of foil on a cookie sheet and place the pumpkins on the sheet.

Put the pumpkins in the oven and bake for 15 to 20 minutes until the insides just begins to soften.

(For use with cold foods, allow to cool.)

Fill with your favorite turkey or chicken stuffing, or serve with hot apple sauce.

Experiment with cold foods that you and your family enjoy—cinnamon applesauce, ice cream, or yogurt.

Pumpkin Sloppy Joes!

1 1/2 lb Ground beef

1/2 c Mashed cooked pumpkin

1 med Onion, chopped

12 oz Chili sauce

1 tsp. Salt

1 tsp. Pepper

1 tsp. Pumpkin pie spice

1 can Condensed tomato soup

- Combine ground beef and onion and brown lightly, breaking up meat with a fork.
- Add remaining ingredients.
- Cover and let simmer; approximately 20 minutes.
- Uncover and simmer 15 minutes longer until mixture is thick. Serve on buns.

Learn Time, Snack time, Play time, Laugh time, Break time, Talk time, Listen time, Share time

Learn time, Snack time, Play time, Laugh time, Break time, Talk time



On Sat., 11/03/07 we will meet with and learn about the Healthy Homes University, which provides help for children and families with Asthma. They also have many helpful tips and information for all of us!

Calling all Eastside Moms!

Come gather with others and please bring a neighbor or friend to this new activity held on the first Saturday of every month from 10 AM to 12 noon.

You are invited to the Allen Neighborhood Center for this series of fun-filled activities and guest speakers addressing a wide variety of topics.

Childcare will be provided for children up through 7 years of age. Please call to reserve a spot for your child.

Moms and children will experiment with new snack ideas as we all roll up our sleeves to prepare different kid-friendly recipes together every month.

Then, all Moms will relax and actually be able to focus on the featured speaker... because the children will be in another room actively involved in activities.

Help spread the news about this new group, and we'll see you on the first Saturday of every month. Future topics will be announced soon!

Questions? Planning to bring your child? Contact Hollie Hamel @ 517.999.3911 or hollish@allenneighborhoodcenter.org

Learn time, Snack time, Play time, Laugh time, Break time, Talk time

Break Time, Talk time, Listen time, Share time, Learn time, Snack time, Play time, Laugh time

Don't miss our last 2007 Allen Street Farmers Market on Wednesday, October 31st!

What a wonderful season 2007 has been and it's not quite over yet. Because the last market falls on Halloween, everyone is invited to come in costume!

The market hours will remain 2:30 to 6:30 PM with no additional activities, as many people have plans with their children later that evening.



This Eastside end-of-season tradition is four years old now!

Please come by to make those last purchases, wish all of our wonderful farmers and vendors well, and join with us in saying, "See you next May."



Eastside Events for November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>November is...</p> <p>National American Indian Heritage Month</p>	<p>National Novel Writing Month— check out www.nanowrimo.org</p>	<p>American Diabetes Month— visit www.diabetes.org</p>	<p><i>Note: YSC is still going on in November but a schedule was not ready at printing time. Stop by ANC for an up to date YSC calendar.</i></p>	<p>1 Calvary Fellowship Food Pantry: 12:00-2:00 FAIR Neighbors: 6:30, ANC</p>	<p>2</p>	<p>3 Eastside Moms' Group: 10:00-12:00</p>
<p>4 <i>Daylight Savings Time Ends—set your clocks back one hour.</i></p>	<p>5 ABC: 6:00 PM, Pilgrim Church</p>	<p>6 Breadbasket: 1:00-6:00</p>	<p>7 Senior Coffee: 10:00-12:00 ENO: 7:00, Foster Center</p>	<p>8 Holmes St. School Community: 6:30, ANC</p>	<p>9</p>	<p>10 Kinship Care: 1:30-3:30</p>
<p>11 <i>Veterans Day</i></p>	<p>12 Potter Walsh: 6:20, Faith Fellowship Baptist Church, 1001 Dakin St.</p>	<p>13 Breadbasket: 1:00-6:00 PLACE: 6:30, ANC</p>	<p>14 Senior Coffee: 10:00-12:00 Foster Your Neighborhood: 7:00, Foster Center</p>	<p>15 Calvary Fellowship Food Pantry: 12:00-2:00</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19 We Care Neighborhood Watch and Association: 6:00, 423 Beech St.</p>	<p>20 Breadbasket: 1:00-6:00 Over-the-Counter Meds: 1:00-4:30 Regent Oaks: 6:30</p>	<p>21 Senior Coffee: 10:00-12:00</p>	<p>22 <i>Thanksgiving</i></p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26 ANC Board Meeting: 4:30</p>	<p>27 Breadbasket: 1:00-6:00 HERO Neighborhood: 6:30</p>	<p>28 Senior Coffee: 10:00 Hunter Park West: 6:30, Fearless Faith Church, 1033 Hickory Street</p>	<p>29</p>	<p>30</p>	

ANC Closed—
Have a nice holiday!