

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 2

April—May 2011

Neighborhood Meetings

ABC will meet on Mon. May 2nd, 6pm at Pilgrim Church
Active Neighboring Café will be held on Sat. May 21, 10am at ANC
ANC Board Meetings: April 25 and May 29 at 5:30 pm
Eastfield: will meet on Thurs. April 14, 6pm potluck and 7pm meeting at 1445 Vine St.. For more info. contact Beth at Beth_Monteith@mac.com

ENO: Meets the first Wednesday of every month at Foster Community Center, Rm. 213, at 7 pm. Upcoming speakers include:

Allen Edwin Homes, the new developer for the East Village Neighborhood, will update the group on their plans for the East Village property on April 6.

Drain Commissioner Pat Lindemann speaking on plans for Frandor and the former Red Cedar Golf Course on May 4.

Foster Your Neighbors will meet on April 20 @ 6:30 @ Hong Kong Sichuan Restaurant; and on May 18, 6:30 pm, Location TBA
HERO will meet on April 26 at ANC at 6 pm.

PLACE will meet on Wed. April 13 & Wed. May 11, 6:30pm at ANC
Prospect Protectors will host an Earth Day Litter Clean Up on Sun., April 17 at 3 pm. Bring garbage bags and meet at Prospect and Clifford. Latex gloves provided. Following the clean up, we'll convene to discuss relevant topics and share a yummy dessert! Call Corie @ 482-8756 with questions.

Northtown Neighborhood: Tues. Apr. 26 & Tues. May 31 at Cristo Rey on High Street

The Eastside Neighbor is published every two months by Allen Neighborhood Center. Please contact Joan at joann@allenneighborhoodcenter.org by Mar. 10 with submissions for the Apr—May 2011 issue. Questions regarding content? Call 999-3912.

8th Season of the Allen Street Farmers Market begins May 18th, 2011!



Our very own Eastside farmers market will open with lots of 'starts', herbs, and early produce on **May 18th**. By mid-June, we will be in full swing for another bountiful Michigan growing season! Mark your calendars to stop by **every Wednesday from 2:30 pm through 7:00 pm at the corner of E. Kalamazoo St. and Allen St.** Every market day, a parade of produce and local goods will be offered for your shopping pleasure. Every month will feature a Festival, music, often live entertainment, interesting food and community news, youth activities in the kid's booth, and much more! Make the ASFM your destination this season!

Active Neighboring Café on Summertime Projects

Mark your calendars for **Saturday, May 21, 10 am—Noon**, for the next **Active Neighboring Café**. We'll be swapping information on how to organize classic summertime neighborhood events: block parties, serious neighborhood clean-ups (with the City trucks), beautification, roaming potlucks, kid parades, and more. Plan to join us for bagels, coffee, and a fun and useful chat with neighbors.

World Day at Hunter Park

ANC has been awarded a mini-grant of \$2,950 from the State of Michigan Council for Arts and Cultural Affairs (MCACA) and the Arts Council of Greater Lansing in support of this year's **World Day at Hunter Park**. The event will be on **Saturday, June 11th from noon until 8 pm in the beautiful, 13 acre Hunter Park on Lansing's Eastside.**

More details on page 3...

Restoration Works

Check out restorationworks.org to track progress on the two houses in the 1500 block of E. Kalamazoo and to learn about monthly tours. Call Jennie Grau at 999-3912 for information about this joint project with LCC and the Ingham County Land Bank to completely restore these two houses. The restorationworks.org website also features house histories, construction plans, energy efficiency information, info about LCC classes, a blog, and much more!

Spanish-Tinged by Diego Rivera Fri., April 29, 1:30 pm @ Pattengill Public is Welcome!!

Spanish Tinged, an original composition by Diego Rivera, is the next performance at Pattengill, offered by the MSU Professors of Jazz. These performances are courtesy of a grant from the Arts Council of Greater Lansing. These *world premiere* performances, provided free to the entire student body and **open to the public**, expose youth to cultural and musical aspects of jazz—this next one on Latin influences.

Recycle Rama will be held at the **Ingham County Health Dept., from 9am - 2pm on Saturday, April 9, 2011**. Many items including computers and electronics, books, clothing, shoes, appliances, scrap metal, unwanted medicines and much more will be collected FOR FREE! Please call Martha Knorek at 517/483-4400 with questions.



April



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 GH 10-2 Roundtable 12:30	4 GH 3:30-5:30 Kids Time	5 Bread Basket 1-5:30 YSC @4	6 Seniors GH 10-12PM KidsTime	7 GH 3:30-5:30	1 GH 3:30-5:30	2 Tai Chi 9:30 GH 10-2
10 GH 10-2 Roundtable 12:30	11 GH 3:30-5:30 Kids Time	12 Bread Basket 1-5:30 YSC @4	13 Seniors GH 10-12PM KidsTime	14 GH 3:30-5:30	15 GH 3:30-5:30	16 Tai Chi 9:30 GH 10-2
17 GH 10-2 Roundtable 12:30	18 GH 3:30-5:30 Kids Time	19 Bread Basket 1-5:30 YSC @4	20 Seniors GH 10-12PM KidsTime	21 GH 3:30-5:30 Com. Soup5:30	22 GH 3:30-5:30	23 Tai Chi 9:30 GH 10-2
24 GH 10-2 Roundtable 12:30	25 GH 3:30-5:30 Kids Time	26 Bread Basket 1-5:30 YSC @4	27 Seniors GH 10-12PM KidsTime	28 GH 3:30-5:30	29 GH 3:30-5:30	30 Tai Chi 9:30 GH 10-2



May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 GH 10-2 Roundtable 12:30	2 GH 3:30-5:30 Kids Time	3 Bread Basket 1-5:30 YSC @4	4 Seniors GH 10-12PM KidsTime	5 GH 3:30-5:30	6 GH 3:30-5:30	7 Tai Chi 9:30 GH 10-2
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29 GH 10-2 Roundtable 12:30	30 Closed for Memorial Day	31 Bread Basket 1-5:30 YSC @4				

For neighborhood meetings and more information, please see page 1, or call 367.2468.

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Allen Neighborhood Center News

ANC's Regular Programs

Breadbasket: Tuesdays, 1-5:30 pm
Community Soup: Third Thursday of every month, 5:30-8 PM at Unity, 230 S. Holmes.

GardenHouse Events: Page 3

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 Operations

9 am—12 noon: By Appt.

12 noon—5:30 : Walk-In Services

GardenHouse Hours

3:30—5:30 pm: Mon.-Fri.

10 am—2 pm : Sat. and Sun.

Thank You....

As always, **Linda Anderson** for serving as our volunteer horticultural consultant and teaching the Urban Gardener Class, and **Denae Friedheim**, our 'plant starts chief' and workshop leader.

Other folks lending their expertise for Gardening Workshops include **Vikki Morrone, Sarah Fillius, Gary Heilig, and Melissa Hornaday!** Thank you!

Bill Perrone, for legal assistance.

Melany Mack, on the occasion of her retirement from ICHD, for years of unstinting support of ANC.

For generous donations, thanks goes to: **Steve Richard & Tom Johnson.**

For all of our stakeholder advisory groups, especially members of the **Housing Caucus** and **Eastside Living Community** for all of their hard work.

Thank you to the **State of Michigan Council for Arts and Cultural Affairs (MCACA)** and the Arts Council of Greater Lansing for their support of World Day at Hunter Park!

Thank you to the **R.E. Olds Foundation** for their generous support of our Health programs!

O&E Thank You!: **Pang Yang**, for her weekly commitment and extra time over spring break. **Jennifer Schwartz, Vanessa Jill, Dominique Jones, Brooke Ody, Travis Dodge, and Monica Fischer** for their weekly dedication to helping in the downstairs office and at outreach events!

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:

- Apr. 6** International Speaker from M.S.U.
Apr.13 Jennie Grau on Restoration Works Project!.
Apr. 20 Kathy Dunbar on millage
Apr. 27 Kathy Jackson is coming with her therapy dog, Charlie.
May 4 International Speaker from M.S.U.
May 11 Dan Dowsett will explain the history and services of Gabriels Community Credit Union
May 18 Katie McKinley, Dietician, on healthy foods
May 25 LaFay Markle, Strings of Time

Thank You continued

Thank you to our committed World Day at Hunter Park partners: **City of Lansing Parks & Rec., St. Vincent Catholic Charities, the Refugee Development Center, Lutheran Social Services, Red Cross of Mid-Michigan, Ray Neatfield of Summerplace Apartments, Capital Area District Library, and the WORLD Coalition.** **Ben Carson Harning** for excellent work on several housing projects.

Harold Armour, Master Plumber for the City and gardener (!) for all of his help in and around the GardenHouse!

Thank you to all of our new **GardenHouse, Kids Time** and **Youth Corps volunteers**; and to our hard working **Bread Basket volunteers!**

Thanks, **Jared Talaga, Johnny Bolan, Tom Curtis, Bekah Gulang, and Travis Dodge** for writing successful grants!

Urbandale Farm

Spring is an exciting time at Urbandale Farm! The Urbandale Farm Stand and Community Work Parties will open in late May. If you're interested in getting involved, give us a call as the weather warms at 999-3916 or check our website for updates at www.lansingurbanfarmproject.wordpress.com

Attention Youth aged 11-17!

Are you looking for a fun after school activity that incorporates service work for your community, gardening, landscaping, having fun, and much more? Then join the Youth Service Corps (YSC)!

YSC meets every Tuesday, from 4-5:30 pm at the Hunter Park GardenHouse. This spring and summer, YSC members are making Hunter Park 'edible' by planting fruit trees (pear, cherry) and berry bushes. To get involved, call Michelle at 999-3910 or email her at michellem@allenneighborhoodcenter.org.

ATTENTION NEIGHBORS!

Did you know that last year volunteers contributed over 1,900 hours of service to Allen Neighborhood Center? **Are you interested in joining the fun and making a difference in your community?** Become a volunteer for one of our dynamic programs. We are currently recruiting neighbors for long-term volunteer positions for the 8th Annual Allen Street Farmers Market, Outreach and Engagement team and our many other programs. **Looking to help on a short-term basis?** We are also looking for neighbors to help us put on World Day at Hunter Park, on June 11. Please contact, Heather Hymes at 999-3919 for more information.

ANC Staff & Board Changes

Welcome to **Sarah Schillio**, the newest member of our Board of Directors.

Warm Welcome back to our long-time, faithful volunteer **Francine Watts**. We've missed you!

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

GardenHouse Open Hours

Mon-Fri 3:30-5:30PM

Sat-Sun 10AM-2PM

Gardeners' Roundtable: Every Sunday from 12:30-1:30 pm, Gardeners are invited to gather at Hunter Park GardenHouse to swap ideas, tips, and occasionally seeds and plants! Wander on over for a relaxed and informal conversation with neighborhood gardeners, leaf through our seed catalogues, and enjoy a cup of tea!

Really Raised Beds!: April 16th, 11-4.

Volunteers are invited at 11am to the Hunter Park Community GardenHouse to join with us to build a *Really Raised Bed*. The *Really Raised Bed* will be put into the GardenHouse so that older and differently-abled neighbors have the chance to get their hands dirty and grow vegetables and herbs! In celebration of Youth Service Week, young volunteers are invited at 1:30 to design garden signs, help fill the Really Raised Bed with soil, and plant seeds.

Upcoming Workshops Be sure to join us at the GardenHouse for:

All About Soil:

April 9th, 11:30am

A productive garden starts with soil. Join **Matthew McDermott** from Michigan State University's Student Organic Farm to learn the basics of soil preparation and maintenance. Bring a sample of your garden soil to examine and explore!

Greens, Greens, Greens!: May 7th at 11:30am. Enjoy eating vitamin-packed leafy greens? Learn more about growing, preparing, and storing greens with a great panel of presenters!

Need more information?

For more information about garden programs (CSA, etc.) and news, contact **Bekah Galang, Gardening Education Coordinator:** bekahg@allenneighborhoodcenter.org or call her at 517-999-3910.

Market

Continued from page 1...

Keep your eyes out for posters popping up in April complete with Festival details. Here is a sampling of what's to come:
May - Starts and Herbs Festival
June - Strawberry Festival
July—Kid's and Lead Free Testing Festival
August—Tomato Festival
September—Apple Festival
October—Harvest Festival
Always feel free to contact ANC with questions/comments.

See you at the market!

Hollie Hamel at hollish@allenneighborhoodcenter.org or 517.999.3911, and Stephanie Wallace at stephaniew@allenneighborhoodcenter.org or 517.999.3923.

Nutrition

Baked Sweet Potato Sticks

Prep Time: 15 Min

Cook Time: 40 Min

Ready In: 55 Min

Original Recipe

Yield: 8 servings

Ingredients

1 tablespoon olive oil
1/2 teaspoon paprika
8 sweet potatoes, sliced lengthwise into quarters

Directions

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
2. In a large bowl, mix olive oil and paprika. Add potato sticks, and stir by hand to coat. Place on the prepared baking sheet.

Bake 40 minutes in the preheated oven.

Nutritional Information

Amount Per Serving Calories: 132
| Total Fat: 1.9g | Cholesterol: 0mg

<http://allrecipes.com/Recipe/Baked-Sweet-Potato-Sticks-2/Detail.aspx>



Komen Race for the Cure!

The 2011 Susan G. Komen Race for the Cure will take place on **Sunday, April 17th**. Speakers, performers, and exhibits will open at 11 am. The race will start at 2 pm. **Join the ANC Run/Walk Team by calling the Center at 367-2468!**

Can you sponsor a neighbor to run or walk on the ANC Team? We can help! Let us know if you are interested in a sponsorship opportunity.

FREE Mammograms – Women age 50 and over or women under 50 who have discovered a breast abnormality may be eligible to receive a free mammogram. Call ANC to find out if you are eligible!

Continued from page 1...

World Day at Hunter Park will feature a **full day of International Musical and Dance Performances** and an **Arts and Crafts Fair with displays from every corner of the globe**. Other activities include:

- **Additional evening performances** by headliner musicians such as **Elden Kelly** on the City Showmobile Stage,
- **A Food Court featuring diverse cuisines**, as well as a **mini-Allen Street Farmers Market**,
- **A Blue Cross Blue Shield-sponsored Family Fun Walk**, which rewards participants with a **\$5 token for the food court**,
- **Tours of the Hunter Park GardenHouse**, as well as **gardening workshops for all ages**,
- **Swimming and playing** in the newly remodeled **Hunter Park Pool and Splash Pad**,
- **Formal ribbon-cutting** on the new **Hunter Park Pavilion**.

World Day at Hunter Park is made possible by funding from Blue Cross Blue Shield of Michigan, Peckham, Inc., Blacksoil Church, Mercy Ambulance, City of Lansing Parks & Rec., and LCC's WLNZ Radio (so far!)

For additional information about Elden Kelly, please visit eldenkelly.com. If you have any questions about **World Day at Hunter Park**, please call ANC at 367-2468 or visit our website.