

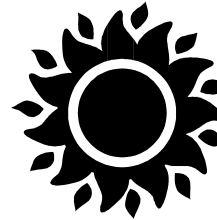
# The Eastside Neighbor

A publication of Allen Neighborhood Center

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

Volume X, Issue IV

August - September 2010



ANC wishes you an enjoyable close to your summer!

## Women's Health Picnic

You are cordially invited to Allen Neighborhood Center's first **East-side Women's Health Picnic**, graciously sponsored by Blue Cross Blue Shield.

The picnic and information fair will be held in Hunter Park on Saturday, Aug 21 from noon to 1:30 pm.

Our featured speaker will be writer Andrea King Collier. King Collier has been writing about health and health policy issues for the past 20 years. She is the author of two award-winning books, *The Black Woman's Guide to Black Men's Health*, and *Still With Me: A Daughter's Journey of Love and Loss*. Her work has appeared in The Washington Post, The New York Times, Essence, More, Heart Healthy Living, and numerous other publications. She speaks frequently on urban issues, health and health disparities, and food systems.

The Women's Health Picnic will be held under the brand new Hunter Park Picnic Pavilion, and will include a **healthy lunch**, a **healthy grilling demonstration**, and **live jazz music**. Supervised childcare and children's activities will be available.

Numerous community organizations and agencies will be participating in the picnic to provide information about resources, options, and opportunities to support your healthy lifestyle.

We hope you will join us for this festive, fun, and informative event! **Please RSVP by Monday, Aug 16**, by calling ANC at (517) 367-2468.

## J.A.M. (Jazz on the Avenue and at the Market) Continues!

Join us for two more J.A.M. performances in the month of August: **Royce Phillips and Louis Rudner at the Allen Street Farmers Market on Aug 4**, from 4:30-6 pm, and **The Marcus Miller Band at Gone Wired Café on Aug 20**, from 7-10 pm. The Marcus Miller Band performance will feature an **open jam** from 9-10, during which middle and high school students (followed by all other willing participants) will be invited on stage to jam with the musicians! Both events are free.

The purpose of J.A.M. is to strengthen the jazz music scene on Lansing's Eastside via a youth-centered offering of jazz performances. We believe that promoting various art forms is an essential aspect of engaging and empowering young people, while also revitalizing and enhancing the Michigan Avenue Corridor. The series is funded by the **Michigan Council for Arts and Cultural Affairs**, and generously sponsored by the **Lansing City Pulse** and **Gone Wired Café**. We hope to see you at both performances!

## Double Feature Fundraiser

Please join us August 26 from 7-10 pm, for a joint fundraiser to benefit Mid-Michigan Environmental Action Council (MID-MEAC) and Allen Neighborhood Center. This exciting event will feature local food and drink, and the informative and wildly entertaining film "Mad City Chickens." Cost is \$35 at the door—more if you can, less if you can't. Please RSVP by calling Corie Jason at 482-8756, or email [joann@allenneighborhoodcenter.org](mailto:joann@allenneighborhoodcenter.org)

See page 3 for details about the **Allen Street Farmers Market** and the **Hunter Park GardenHouse**, including the **Tomato Festival** and the **Winter CSA!**

## Neighborhood Meetings

**ABC:** Annual Neighborhood/National Night Out: Tues, Aug 10 from 6-8:30 pm at Pilgrim Church. Flyer coming soon with details. Meeting Sep 7, 6 pm at Pilgrim Church. (Please note date change due to Labor Day).

**ENO:** Aug 4 and Sep 1, both at 7 pm, Foster Comm Ctr, Rm 213.

**Foster Your Neighborhood:** Sep 22, 7 pm at Foster Comm Center.

**HERO: Aug 24 and Sep 28**

**Holmes Street:** Aug 12 and Sep 9  
**PLACE:** Block party Aug 10, 6-9 pm on Prospect; Sep 11 meeting

**Prospect Protectors:** Block party Aug 10, 6-9 pm

**Regent Oaks:** Aug 17 and Sep 21 (all at 6:30 PM at ANC unless noted)

## ANC Events

**Allen Street Farmers Market:**

Wednesdays, 2:30-7 pm (6:30 pm after September 1).

**Breadbasket:** Tuesdays, 1-5:30 pm

**Community Soup:** August 19, September 16, 5:30-8 PM at Unity, 230 S. Holmes.

**KidsTime:** Until Labor Day, Wednesdays & Fridays 5:30-6:30 pm in Hunter Park.

**Kinship Care:** August 14 and September 11, 1:30-3:30 pm.

**Senior Discovery Group:** Every Wednesday from 10-noon.

**Tai Chi in the Park:** Every Saturday at 10 AM.

**Youth Service Corps:** Every Tuesday and Thursday. Summer hours (11 AM-1 PM) end Sep 2. After that date, YSC meets from 3:30-5:30 pm.

**GardenHouse Fall/Winter Hours:** Starting Sep 7, Mon-Fri, 3:30-5:30pm; Sat and Sun, 10am-2pm.

**The Eastside Neighbor** is published every two months by Allen Neighborhood Center. Please contact Joan Nelson at [joann@allenneighborhoodcenter.org](mailto:joann@allenneighborhoodcenter.org) by September 10 with submissions for the Oct-Nov issue.

# August 2010

# September 2010

Sun Mon Tue Wed Thu Fri Sat

Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	7
		Bread Basket 1-5:30 YSC 11AM-1PM	Senior Discovery 10-12PM Market 2:30-7PM	YSC 11AM-1PM		Tai Chi in Hunter Park 10AM
8	9	Bread Basket 1-5:30 YSC 11AM-1PM	Senior Discovery 10-12PM Market 2:30-7PM	YSC 11AM-1PM		Kinship Care 1:30-3:30 Tai Chi 10AM
15	16	Bread Basket 1-5:30 YSC 11AM-1PM	Senior Discovery 10-12PM Market 2:30-7PM	Community Soup 5:30-8PM YSC 11AM-1PM		Tai Chi in Hunter Park 10AM
22	23	Bread Basket 1-5:30 YSC 11AM-1PM	Senior Discovery 10-12PM Market 2:30-7PM	YSC 11AM-1PM		
29	30	Bread Basket 1-5:30 YSC 11AM-1PM	<b>August is National Back to School Month!</b> 			
		ANC Board Meeting, 5PM at ANC				

5	6	7	8	9	10	11
	Labor Day	Bread Basket 1-5:30	Senior Discovery 10-12PM Market 2:30-6:30	YSC 11AM-1PM		Tai Chi in Hunter Park 10AM
12	13	Bread Basket 1-5:30	Senior Discovery 10-12PM Market 2:30-6:30	Community Soup 5:30-8PM		Tai Chi in Hunter Park 10AM
19	20	Bread Basket 1-5:30	Senior Discovery 10-12PM Market 2:30-6:30			
26	27	Bread Basket 1-5:30	Senior Discovery 10-12PM Market 2:30-6:30			
		ANC Board Meeting, 5PM at ANC				
						<b>September is National Chicken Month!</b> See p. 1 for information regarding the MID-MEAC/ANC fall fundraiser, featuring the film "Mad City Chickens!" 

# Allen Neighborhood Center News

## Restoration Works!

Lansing Community College's Environmental Design and Building Technologies Department, the Ingham County Land Bank, and Allen Neighborhood Center are partnering on the long-term restoration of two houses in the 1500 block of E. Kalamazoo Street, beginning this fall. LCC students will be honing their restoration skills on two tax-foreclosed homes, and neighbors will be invited to view the restoration process through weekly tours. Watch for the signs to go up in September, and stay tuned for more details, including tour times!

## Thank You!

**All ANC Interns and Volunteers** for your dedication to the Center, our programs and our community!

**Bake 'n' Cakes and Panera** for their generous donations.

**Francine Watts**, for her invaluable help with Breadbasket, Senior Coffee, Kinship Care, and Outreach.

**Robert Allen** and **George Datsenko** for their dedication to Breadbasket.

**Bob Teachout** for leading **Tai Chi in the Park**, every Saturday at 10 AM!

**Irene Gonzalez**, **Mandy Powers** and **Deb Behringer**.

Pastor **Jim Dunn of Calvary Christian Church** for being such a great neighbor!

Thank you to all of the **generous neighbors** and **Everybody Reads** for helping out the Swisher family on Leslie Street.

**Capital Region Community Foundation** for support of **Market Walk**.

The **Michigan Council for Arts and Cultural Affairs** and the **Lansing City Pulse** for support of **JAM: Jazz on the Avenue and at the Market**.

**PNC Bank** for their generous donation.

**LISC-AmeriCorps** for a 1/2 time AmeriCorps placement.

Participants in our **Urban Pioneer Focus Session**.

Members of our Housing Caucus (**Jennie, Lynne, Dave, James, Rick, Brian, George, Matt, Corie, Dan, Jim, and Vincent**).

**Comerica Bank** for their generous donation.

**ELFCO** and **Gone Wired Cafe** for support of GardenHouse Greens.

ANC would like to thank our World Day at Hunter Park sponsors: **Blue Cross Blue Shield, LAFCU, Peckham** and **Blacksoil**, and all of our partners and

## Allen Senior Discovery Group

Every Wednesday 10 AM until noon. Everyone is welcome! We have a different speaker or event every week. The following are confirmed:

**Aug. 4** - Wii and other games

**Aug. 11** - Soap making with Corie Jason

**Aug. 18** - Oak Park YMCA will show us senior exercises

**Aug. 25** - Matt Jason will tell us about his trip to the Republic of Georgia

**Sept. 1** - Dr. Joe Melvin will tell us about our local blood bank

**Sept. 8** - TBA

**Sept. 15** - TBA

**Sept. 22** - Ruth Leyrer from Bancroft Flowers will teach us about flower arranging

**Sept. 29** - Poetry with Tiffany Lemieux-McKissic

## Thank You (continued)

volunteers who helped make June 5th such an eventful and successful day! We look forward to working with you all again for World Day at Hunter Park 2011!

For their support of Youth Service Corps, thank you to **Wharton Center for the Performing Arts, Seats 4 Kids program, Jessi De La Cruz**, and **Everybody Reads**.

**Jackie Dillinger**, for another successful summer CSA.

**Harold Armour**, for advocating for and installing our drip irrigation system in the GardenHouse.

**Peckham**, for the generous sponsorship of our GardenHouse manager's professional development workshop at Growing Power.

The many volunteers who enable us to run a 7-day/week GardenHouse!

**James Manning**, for designing and leading workshops all day at the World Day event.

**Linda Anderson** for serving as our most generous and knowledgeable horticultural consultant.

Thank you to **Impression 5!** and the **Michigan Historical Center** for being at the Kids Table at the Market.

**Gone Wired** for allowing Emily and Co to use their kitchen for our Food Chatter Food Samples.

**Chloe Lundine** for her dedication to ANC over the past few years.

Thank you to **Dorothy Cooley**,

## Thank You (continued)

**Liz McDaniel, Double Saginaw Familiarity (Dan Pechacek), Blitz Creek, Jeff Starr and Julianna Tuell, Staying Focused, Jon Beshay and Ralph Tope, and Art Cameron** for performing at the Allen Street Farmers Market.

To all of the **Allen Street Farmers Market Volunteers**.

**Pastor Kate and the Unity Spiritual Renaissance Church** for letting us use their kitchen for Community Soup every month.

For generous contributions: **Tia Hanna, ELFCO, and Beth Monteith**.

## Staff Changes

ANC prides itself on offering opportunities for interns and AmeriCorps to learn about the field of community development, but saying goodbye to folks who have completed internships and terms of service never gets any easier.

Our warm thanks and best wishes for next endeavors go to **Meg Sparling** who is off to U-C Davis to earn a PhD in English. Meg has been our *Eastside Neighbor* editor, webmaster, fund-raiser and more for the last year, and we will miss her big-time.

We are also saying a fond farewell to **Neil Byrne** who, after serving as Youth Service Corps coordinator for two years, is moving on to other opportunities. We're hoping to stay in close contact with Neil so that we can bring him back for repeats of his outstanding workshops building raised beds, backyard greenhouses, sheds, root cellars, and more!

Other staff are transitioning to new roles: **Allison Burkholder** has completed her VISTA term and is becoming Gardening/GardenHouse Manager. She will oversee GardenHouse operations & volunteers, children's programming, and launch some exciting new projects. She'll be assisted by **Steve King**, who will serve as a LISC-AmeriCorps for the year beginning Sept. 1.

To all of these folks, we say 'thank you' for your contributions to the neighbor-

**The Active Neighboring e-bulletin brings you weekly updates on neighboring news!** To join, send an email with the subject "Add me" to director Joan Nelson at: [joann@allenneighborhoodcenter.org](mailto:joann@allenneighborhoodcenter.org)

We also constantly update our website: [www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

## Hunter Park Community GardenHouse

**GardenHouse Summer Hours**  
Mon-Fri, 10 am-12 noon, 5-7 pm  
Sat & Sun 10 am-2 pm  
\*See p. 1 for Fall/Winter hours

### Let's Garden Lansing

Look for the schedule of gardening workshops offered throughout Lansing on posters all over the City, or check out: [www.letsyardenlansing.org](http://www.letsyardenlansing.org) to get in on the action!

### KidsTime

From now through Labor Day, kids ages 5-11 can join us every day Tue-Fri from 5:30-6:30PM for fun games and gardening in Hunter Park. Contact Allison to sign up!

### Winter CSA Accepting Applications

Open enrollment for new members of the GardenHouse CSA runs through Sep. 11. Sign up to pay or work in the gardens for part of the harvest every week. Join neighbors to learn concrete garden concepts that you can translate to your own backyard while taking fresh, local food home all winter long! Contact Allison for more details.

### Urban Gardener Certificate Program Accepting Applications

Open enrollment has begun for the Spring 2010 Urban Gardener Certificate Program. It is a six-session introduction to basic yard and greenhouse gardening skills appropriate for high density, small lot neighborhoods like those on Lansing's Eastside. Contact Allison for more info!

### Need more information?

For more information about garden programs and news, or to sign up for the weekly e-bulletin "The GardenHouse Gazette," contact Allison at [allisonb@allenneighborhoodcenter.org](mailto:allisonb@allenneighborhoodcenter.org) or call 517-999-3910.

### NEW: Urbandale Farmstand!

Urbandale Farm will begin farmstand sales on Jul 24, every Saturday through September, 9AM - noon, 653 S Hayford. Discounts available for Urbandale residents and regular volunteers. Watch for us at the Allen Street Farmers Market also!

# Health, House, Garden

## Allen Street Farmers Market Schedule of Events

### August Events

**8/4** Tomato Festival sponsored by LAFCU. Entertainment by JAM performers Royce Phillips and Louis Rudner at 4:30, and the Habibi Dancers at 6 pm. Stop by the Food Chatter table for a tasty tomato food sample!

**8/11** Sponsor MSU FCU. Entertainment by Jammin' DJs. MI Historical Center will be at the Kids Table.

**8/18** Entertainment TBA.

**8/25** Entertainment by Ben Hassenger

### September Events

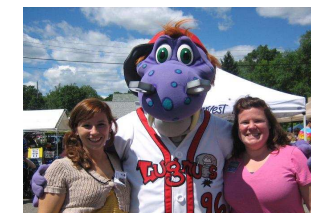
\*Starting September 1, the Market will close at 6:30 pm.

**9/15** Sponsored by Dean Transportation.

**9/29** Apple Festival sponsored by CATA. Entertainment by the Fabulous Heftones. Visit the Food Chatter Table for a food sample using the Market's wide variety of apples.

\*Entertainment for the month of September is still being scheduled.

Check the Market page at [www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org) for more information.



No cash, no problem! Stop by *The Bank* to use your debit/credit card and/or Bridge card. See you at the Market!

Interested in volunteering at the Market? Contact Heather, [heatherh@allenneighborhoodcenter.org](mailto:heatherh@allenneighborhoodcenter.org) or 517.999.3919.

## Breast Health Club

BHC members receive several benefits at no cost, including monthly postcards with information on how to support breast health. Postcards can be redeemed at the Farmers Market for **FREE** cancer-fighting foods like walnuts and flaxseeds. Sign up at the **Allen Street Farmers Market**, or by calling 367.2468 ext. 2008.

## A Huge Thank You to Our 2010 Market Sponsors!

**LAFCU** (Aug 4), **Lake Trust** (Jun 30), **CATA** (Sep 29), **Lansing Board of Water and Light** (May 19), **Sue & Jack Davis** (May 26), **Physicians Health Plan** (Jul 21), **MSU Federal Credit Union** (Aug 11), **Dean Transportation** (Sep 15), and **Neophase Development**.

Many of these folks will be present the day of their sponsorship. Be sure to stop by and thank them for their support. There are several Markets left for which we are happy to welcome you as a Day Sponsor. Call Heather at 999.3919.

## Need Health Coverage?

If you are (1) uninsured, (2) live in Ingham County, and (3) fall within IHP income guidelines, you may qualify for coverage under the **Ingham Health Plan (IHP)**. IHP covers doctor visits, prescriptions, x-rays, lab tests and urgent care for a \$5 copay.

Our Outreach & Engagement team signs people up for IHP, weatherization assistance, Medicaid, SNAP (food stamp) benefits, Medical Homes, MICHild, Healthy Kids, free mammograms, and other health, housing, and human service resources. For more information, call us at 367.2468, or stop by Monday-Friday, 9 AM to 5:30 PM.

## Community Soup

See you in the Kitchen!  
5:30 - 8:00 PM

- Every 3rd Thursday of the month (Aug. 19, Sep. 16)
- Unity Spiritual Renaissance Church, 230 S. Holmes Street, Lansing, MI 48912

It's fun to cook with others, and even more fun to sit down and enjoy the 4-6 dishes that have been prepared by everyone. Join us on Aug 19 for Kids Kitchen: Learn how to cook healthy meals that you and your kids will love! Join us Sep 16 for Pasta Possibilities: We'll put a healthy and nutritious spin on all your favorite pasta dishes. For more information on Community Soup, please call Hollie Hamel or Heather Hymes at 367.2468.

