

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 VI

December 2010—January 2011

Neighborhood Meetings

ABC will meet on Mon., Jan. 10, 2011 at 6 pm at Pilgrim Church.

Calvary Christian Fellowship hosts a food pantry and soup kitchen on the 1st and 3rd Thurs., (Noon to 2 pm) and a dinner on 1st Sundays after 11a service.

Eastside Community Action Center, located in **Faith Fellowship Baptist Church**, offers a **Community Children's Service and Gift Giveaway** at 6:30 pm. on Xmas Eve. Call 853-9897.

ENO Holiday Party is on Wed., Dec. 1 at 6 pm at Foster Community Ctr. Rm. 213. Please bring a dish to share. Contact Nancy Mahlow at 372-3249 or nmahlow@yahoo.com. First 2011 meeting is Jan. 5, 7 pm, Foster.

FAIR will meet Thurs., March 3, 2011.

Lansing Police Dept. Adv. Bd. will be feeding our officers on Christmas Eve and Day. Contact Nancy Mahlow, 372-3249, if you would like to donate a favorite dish.

PLACE Neighbors will meet Wed., March 9, 2011. They will be joining **Prospect Protectors** for the cookie exchange on Thurs., Dec. 16 at 6:30 pm at ANC. Bring 3 doz. cookies to trade and an extra tray. Hot chocolate and kids crafts available! If you'd like, bring extra cookies to donate to neighbors that aren't able to get to the exchange. Call Corie at 482-8756.

Potter Walsh Neighborhood Assoc. will meet Mon., Dec 13. at 6:20 pm at 1001 Dakin St. No Jan. meeting

Regent Oaks will host a Holiday Potluck on Tues., Dec. 21 at ANC at 6:30 pm. Bring a dish to pass; drinks provided. They will meet again on Tues., Feb. 15, 2011. Bring a friend.

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

Snow and Ice Removal How To Be A Good Neighbor (...and avoid a fine)

Although Lansing has had a snow removal ordinance in place since the 1890s (when leaving snow, ice, or your team of horses on the sidewalk was illegal), City Council recently ramped up enforcement procedures. This will come as good news to many (including elderly Eastsiders and young children) who are seriously endangered by snow-covered and icy sidewalks.

What's Required Of You
Within 24 hours of the end of a 'snow event,' you're required to make a reasonable effort to clear your sidewalk.

What Will Happen If You Don't Comply
Twenty-four hours after the end of a snow event, the City will check on primary pedestrian routes and then other residential areas. If your sidewalk is impassable, they will leave a sticker on your door. Later that same day, they will mail a first-class letter to you reminding you to shovel. The letter is deemed 'received' at 5 PM the next day. If your sidewalk is still not cleared by 24 hours after the official receipt time of the letter, the City will send a team out to clear your sidewalk. You will be fined \$116 for the first 20 minutes of sidewalk snow removal (and additional amounts if it takes longer than 20 minutes).

How To Get Shoveling Help
Do you have mobility or other physical issues that make snow removal difficult or impossible for you? Or will you be out of town during a time that snowfall is expected? Perhaps one or more of your neighbors would be willing to help you out with clearing your sidewalks. Maybe you could swap a bit of snow shoveling for a homemade pie. If you'd prefer, you could hire a neighborhood teen to shovel for you. ANC is compiling a list of available teens. Call us at 367-2468 and we'll do our best to put you in touch with someone who can help.
(continued in next column)

Inside Contents

- P2 **Seniors and Youth Activities Plus**
- P3 **Gardening, Food/Nutrition, Health**
- P4 **Calendar for December/January**

Next Active Neighboring Café Thinkin' Spring

ANC has launched a new bi-monthly gathering called the *Active Neighboring Café* to provide inspirational ideas to engaged neighbors of many different inclinations: gardening and walking clubs, Neighborhood Watches, etc.

'Thinkin' Spring' is the theme of the next Active Neighboring Café, scheduled for **Sat., Jan. 22 at ANC at 10 am**. **Dave Muylle will be talking about porches and porch steps (repair, rebuilding, features of classic Eastside porches)**. **Anne Rauscher of the Garden Project will be letting you know how to apply for a community garden**. Mark your calendars and plan to join us for coffee, bagels, and great conversation.

(Continued from column 2) How To Be A Good Neighbor

Perhaps you and some of your neighbors can come up with a plan to help neighbors who might find it difficult to shovel or who will be out of town for a stretch. We know that on the Eastside, we have enough neighborhood capacity to ensure that everyone who needs shoveling help will receive it. It's the neighborly thing to do!

Safety of Houses on Your Block

As a prospective renter, do you want to know whether the apartment you are considering is a registered rental and meets all code requirements? Want to know the status of the 'tagged' house next door and how long it will remain substandard? Want to make a complaint or talk to a compliance officer? All of this and much more can be found at the **City of Lansing's Office of Code Compliance's** greatly expanded on-line resource at www.lansingmi.gov/pnd/codecom/. Check it out!

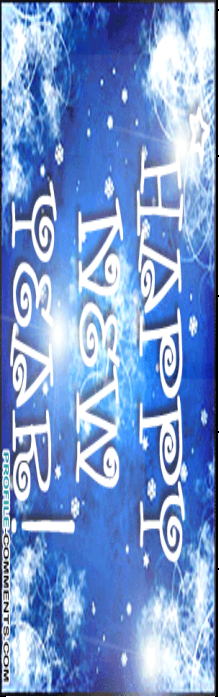
December 2010

January 2011

Happy Holidays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 GH 10-2	6 GH 3:30-5:30 KidsTime	7 Bread Basket GH 1-5:30 3:30-5:30	8 Seniors 10-12 GH 3:30-5:30 KidsTime 4:30	9 GH 3:30-5:30 YSC @4	10 GH 3:30-5:30	11 Kinship Care 1:30-3:30 Tai Chi 9:30 GH 10-2
12 GH 10-2	13 GH 3:30-5:30 KidsTime	14 Bread Basket GH 1-5:30 3:30-5:30	15 Seniors 10-12 GH 3:30-5:30 KidsTime 4:30	16 GH 3:30-5:30 Comm. Soup 5:30 YSC @4	17 GH 3:30-5:30	18 Tai Chi 9:30 GH 10-2
19 GH 10-2	20 GH 3:30-5:30 KidsTime	21 Bread Basket GH 1-5:30 3:30-5:30	22 Seniors 10-12 GH 3:30-5:30 KidsTime 4:30	23 GH 3:30-5:30 YSC @4	24 GH Closed	25 GH Closed
26 GH Closed	27 GH Closed ANC	28 GH Closed ANC	29 GH Closed ANC	30 GH Closed ANC	31 GH Closed ANC	1 GH Closed

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 GH CLOSED	3 GH 3:30-5:30 Kids Time	4 Bread Basket GH 1-5:30 3:30-5:30	5 Seniors 10-12PM GH 3:30-5:30 KidsTime 4-5	6 GH 3:30-5:30 YSC @4	7 GH 3:30-5:30	8 Tai Chi 9:30 GH 10-2
9 GH 10-2	10 GH 3:30-5:30 Kids Time	11 Bread Bas- ket GH 1-5:30 3:30-5:30	12 Seniors 10-12PM GH 3:30-5:30 KidsTime 4-5	13 GH 3:30-5:30 YSC @4	14 GH 3:30-5:30	15 GH 10 Kinship 1:30 Tai Chi 9:30 Workshop 11:30
16 GH 10-2	17 GH 3:30-5:30 Kids Time	18 Bread Basket GH 1-5:30 3:30-5:30	19 Seniors 10-12PM GH 3:30-5:30 KidsTime 4-5	20 Comm. Soup 5:30 GH 3:30-5:30 YSC @4	21 GH 3:30-5:30	22 Tai Chi 9:30 GH 10-2
23 GH 10-2	24 GH 3:30-5:30 Kids Time Board Meeting, 5	25 Bread Basket GH 1-5:30 3:30-5:30	26 Seniors 10-12PM GH 3:30-5:30 KidsTime 4-5	27 GH 3:30-5:30 YSC @4	28 GH 3:30-5:30	29 Tai Chi 9:30 GH 10-2 Workshop 11:30
30 GH 10-2	31 GH 3:30-5:30 Kids Time					



Allen Neighborhood Center News

ANC 's Regular Programs

Breadbasket: Tuesdays, 1-5:30 pm
Community Soup: Dec. 16, Jan. 20, 5:30-8 PM at Unity, 230 S. Holmes.

GardenHouse Events: Page 3

Kinship Care: Dec. 11 and Jan. 15, 1:30-3:30 pm.

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

for your generous donations of time, energy, and funds:

Many thanks to our **Restoration Works Partners:** Lansing Community College Environment, Design, and Building Technologies Department (**George Berghorn, President Brent Knight, faculty Sean Huberty, Liz Harrow and Dave Wilson** and their students); and the Ingham County Land Bank (**Eric Schertzing**). Thanks hugely to the folks who helped craft the strategy—members of ANC's Housing Caucus (**Jennie Grau, Lynne Martinez, James Pyle, Dave Muylle, George Berghorn, Brian McGrain, Corie and Matt Jason, Jim Noble, Rick Kibbey, Dan Dillinger and Vince Delgado**.) Much appreciation to **Matt Penniman** (webmaster of restorationworks.org) and **Gary Novak**, designer of the wonderful signs in front of 1501 and 1512 E. Kalamazoo St.

The O & E team would like to thank: Our all-star team of interns and volunteers: **Tina Evangelista, Lauren Hayes, Monica Fischer, Jennifer Schwartz, Vanessa Jill, Lauren Grevel, and Pang Yang** for their tremendous dedication to the O & E team! Thank you, also, to **Mandy Powers** of ICHD and **Saralee Howard** of Shared Pregnancy for their help reaching out to pregnant women about the risk of lead poisoning. As always, many thanks to **Pastor Jim Dunn** of Calvary Christian Fellowship for being such a gracious and supportive neighbor.

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:

Dec. 1 Internat'l speaker/ M.S.U.

Dec. 8 Cookie exchange/Sharing childhood Christmas stories

Dec. 15 Birthday Pot Luck for Oct., Nov., and Dec. birthdays

Jan. 5 Internat'l speaker/M.S.U.

Jan. 12 P.A.T.H. (Health Series)

Jan. 19 P.A.T.H. dealing with

Jan. 26 P.A.T.H. chronic disease.)

Thank You (continued)

Thank you, once again to our energetic **market volunteers** for another fantastic season, to our **farmers/vendors, loyal patrons, and to our landlord Dave Stewart** for use of the parking lot for our 7th season!

Thank you, to **George Datsenko** for his dedication to Bread Basket. Good luck with your Internship!

The GardenHouse is very grateful for **all of its volunteer staff** and support. We thank **Boys and Girls Club** for their robust program support and **ELFCO**, for their generous donations to support the healthy foods that comprise our cooking demonstrations at biweekly KidsTime. Also, we would like to thank **Linda Anderson** for her continued participation in our Urban Gardening Certificate Program and help as our 'horticulture consultant', as well as our special guest speakers **Gary Heilig, Matt Smar,** and workshop guest host **Jared Talaga**. Your expertise was much appreciated in the varied program offerings you brought to the GardenHouse this fall.

Generous donations came from: **Spiritual Renaissance Church** and **Melissa Washburn**.

Finally, thank you **Linda Anderson** and **Laura Delind** for huge help with grant writing.

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

We also constantly update our website: www.allenneighborhoodcenter.org

Youth Activities and Programs

The GardenHouse/ANC youth programming has morphed to provide a robust offerings for kids ages 5-17.

Youth Service Corps is Back!

After a brief pause, our middle and high school Youth Service Corps, famous in these parts for projects like "Garden-in-a-Box", "U 'n' Acorn", and "Rake'n'Runs", is back! Our first reunion will meet on December 2nd (that's a Thursday, our new meeting day) at 4pm sharp in the GardenHouse. We have lots to catch up on, including the planning of our new **'Edible Hunter Park Project'**.

Kids Time at the GardenHouse

We are busy almost every day of the week with homework help, field trips, facilitated sports and recreation, and our gardening and nutrition education activities--each of which are packed with fun, games, and budding neighborhood friendships. Kids time brings in 5-17 year olds,

Volunteers Needed!

We are currently looking for Eastsiders to volunteer with many of our programs, especially at our front desk (greeting neighbors, answering phone, etc.) Please contact, Heather Hymes at 517-367-2468 for more information.

ANC Staff Comings and Goings

We have welcomed a new MSW intern, **Vanessa Jill**, to the O&E team and the Senior Discovery Group!

Other newcomers include **Bekah Gulang** and **Stephanie Wallace**, this year's AmeriCorps members, working with the GardenHouse and the Food Resources Project, respectively.

We said Good-bye to **Heather McAlvey**, who just completed a year of AmeriCorps VISTA service. Heather is one of those folks about whom it seems that they have been here forever, and whose departure leaves a big hole. Thank you, Heather, for your incredibly productive, helpful, and high caliber work with the outreach team. We miss you already!

Steve King also completed his GardenHouse AmeriCorps position. Steve was a warm, solid presence offering guide-by-the-side assistance to volunteers all summer long. Thank you, Steve!

Garden, Market, Nutrition, Health, House

Hunter Park GardenHouse

GardenHouse Open Hours

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

Sat & Sun 10AM--2PM

Closed for the Holiday Dec 24th-Jan 2nd; Normal Hours Again on Jan 3rd

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

Planning your Gardening Year

Jan. 15, 11:30 a w/ Linda Anderson
At this workshop, you will learn when different garden tasks should be done throughout the year, how to decide what to plant, and how to lay out your vegetable garden. The real work starts now! It is in the very necessary planning and perusing, designing and drawing, dreaming and scheming—so RSVP today!

Composting Workshop

Jan. 29, 11:30am

At this workshop, we will show you how to turn food and garden waste into "black gold" for your garden, limiting land fill usage and maximizing the nutrients your plants need to grow strong and healthy. We'll explore the basics of backyard composting, hot piles and indoor worm composting. Join us and learn the natural method for making miracles in your 2010 garden.

KidsTime

Kids ages 5-17 can join us on Mondays and Wednesdays from 4:30-5:30P for fun games, gardening, healthy snacks, homework help, and more in Hunter Park.

Youth Service Corps returns-See p.2

GardenHouse Knitting Circle

Join the fun on the 2nd Sunday of each month at 11 am. No expertise required—Just bring your yarn and needles!

Let's Garden Lansing

We are part of a City-wide collaborative offering gardening workshops. Check: www.letsgardenlansing.org.

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 or call 517-999-3910.

Nutrition

BREAD AND CHEESE

CASSEROLE

Printed from COOKS.COM

6 slices bread (white, wheat, buns or leftover bread)

2 c. grated cheese, whatever you like

2 onions, thinly sliced

2 green peppers, sliced thin

4 tomatoes, sliced thin

Salt and pepper to taste

1/2 c. butter, or more if you like

1 1/4 c. milk

2 eggs

Parmesan cheese

Preheat oven to 350 degrees. Toast

and cut the bread into smaller

pieces. In a 9x13 pan, put a layer of

bread, onions, green pepper, toma-

atoes and cheese. Salt and pepper to

taste and sprinkle Parmesan cheese

over all. Dot with butter. Heat the

milk and beat in eggs. Pour mixture

over casserole. Bake for 40 minutes

or until milk has absorbed and

cheese is melted and bubbly. Makes

3 servings.

ALLEN STREET FARMERS MARKET

Thank you all for your continued support through the 2010 season.

Over 14,000 visitors! Bridge Card sales increased by 38%! Debit/Credit sales increased by 23%!

COMMUNITY SOUP

Eating too much pasta or ramen? It's all good *some* of the time, but we deserve a little variety! Join us on the third Thursday of each month to prepare new recipes and then sample the dishes! Children are welcome when accompanied by an adult. See you in the Kitchen!

5:30 to 8:00pm
Unity Church

230 S. Holmes
(corner of
Holmes and
Prospect)

**12/16/10: Kid's
Holiday Treats!**

**01/ 20/11 Beans
and Greens!**



Weatherization Assistance

Let us help you enroll in Capital Area Community Services generous weatherization assistance program. Households with income below 200% of the federal poverty line can receive furnace repairs, insulation, and draft sealing for **FREE**. Call **Tom at 367.2468** for more info.

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 co-pay.

For more information, call us at 367.2468. We have **appointment times available between 9 AM and Noon, Monday-Friday. Public walk-in hours are Monday-Thursday, Noon to 5:30 PM, and Friday Noon to 5 PM.**

ANC's Breast Health Club (BHC)

There are 752 members receiving their monthly Breast Health Postcard via mail and 21 more members receiving their card via email. If you'd like to receive your monthly Breast Health card via email, please call the ANC at 367.2468 and ask for a member of the O & E team to assist you. We're also collecting feedback on the Breast Health Club and the postcard's effectiveness. If you'd like to voice your opinion, please call the number above to participate in a very short survey. Thank you for your support!

Women in the Breast Health Club are reminded to do their Breast Self-Exam (BSE) on a monthly basis as well as to schedule their annual mammogram. Women over 50 years of age may be eligible for a free mammogram through the BCCCP. Please call for more information. Members/new members are also eligible for **FREE** breast-cancer fighting foods (such as walnuts and flax seed) throughout the winter months. Swing by the center, warm up, enjoy some good conversation and munch on some breast-healthy walnuts.