

The Eastside Neighbor

A publication of Allen Neighborhood Center

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www.allenneighborhoodcenter.org

Volume XI, Issue I

February—March 2011

Neighborhood Meetings

ABC will meet on Mon, Mar. 7th, 6 pm at Pilgrim Church
Active Neighboring Café will be held on Mar. 26, 10 am at ANC
ANC Board Meetings: Feb. 28 and Mar. 28, 5:30 pm at ANC

ENO 31st Annual Spring Souper is Mar. 19th., 4-7 pm, at Pattengill. Tickets are \$5. Kids under 14 cost \$3; Family of 4 or more costs \$18. We will have wonderful homemade soups, desserts and other goodies. There will also be an adult/kids only raffles, and silent/live auctions. If you have any questions, please contact Denise at 484-9109 or abcneighborhood@sbcglobal.net If you would like to donation items or food, please contact Julee at 749-8631
ENO meets the first Wed. of each month at Foster Community Center, Rm. 213. Upcoming speakers include:
Drain Commissioner Pat Lindemann speaking on plans for Frandor and the former Red Cedar Golf Course on Feb. 2.
Pat Gillispie of Gillispie Group will update the group on his various Eastside development projects on Mar. 2.

FAIR Neighbors will meet Mar. 3 at 6:30 pm at ANC.
Foster Your Neighbors will meet on Feb. 16 and Mar. 16 @ locations to be determined. Call Brian at 371-2857 for details.
PLACE will meet on Wed., Mar. 9 at 6:30 at ANC.
Holmes Street School Community will meet on Thurs. Feb. 10 and Mar. 10 at 6:30 at ANC.
Prospect Protectors will meet Thurs., Feb. 17, 6:30 pm at ANC.
Regent Oaks will meet on the 15 of Feb. & 15th of Mar., 6:30 pm at ANC.

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.

Active Neighboring Café

Active Neighboring Café looks at Kid and Family-Friendly Activities Saturday, March 26, 10 am at ANC

Come learn about family and kid-friendly activities hosted by neighborhood groups (scouts, baseball, bike parades), as well as some fun new possibilities offered by our "institutional neighbors", e.g., Fenner Nature Center. (Hint: You've heard about Fenner's Campfires/Hikes?)

Jazz at Pattengill (& on the Eastside)

Are you noticing all of the jazz performances on the Eastside lately? Stobers, Moriarity's, Gone Wired, and Soup Spoon Caf'e regularly feature jazz groups. In addition, a partnership between Pattengill Middle School and the MSU Jazz Studies Department is bringing four original works composed by the MSU Professors of Jazz to Pattengill, 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 youngsters to cultural and musical aspects of jazz.

The next performance, titled 'Jazz Up South' is **Thursday, February 10 at 2 pm in the Pattengill Auditorium.** (More concert information on P. 2)

Become a Farmer Apprentice Get Paid While You Learn

The Lansing Urban Farm Project will sponsor three Apprenticeships at Urbandale Farm (653 S. Hayford), beginning in April.

• Apprentices will learn how to start and run an urban farm. After completing the apprenticeship, anyone who wants to start their own urban farm or market garden in Lansing will be assisted to find land and plan for their first year. One of our goals is to increase the number of local residents who grow and sell fresh food to their neighbors. (Continued on P. 2)

Save the date!

World Day at Hunter Park

This year's **World Day at Hunter Park** will take place on Saturday, June 11 from noon to 8 pm. Lots of musical performances, (including many by refugee groups), food, arts and crafts, swimming, workshops, and fun for all ages. **Mark Your Calendars!**

Growing Our Food System & Nourishing Our People: A 1-Day Conference

The Greater Lansing Food Bank and area partners (including ANC) have come together to provide a one day conference for people who grow, produce, process, market, distribute, prepare or eat food (**this means you**). Whether you are just beginning to consider getting involved in food related activities (home or community gardening, a career in culinary arts, exploring food-related home business or retail opportunities, etc.), come and find out what is going on. (continued on P. 2)

Urban Gardener Class

Reserve your Spot by Feb. 15
Twice each year, ANC offers its Urban Gardener Course—an introduction to growing food in the clay soil and shady lots of the Eastside. The spring class is designed for beginner and intermediate gardeners, while the fall class is for advanced gardeners. **The 2011 Urban Gardener spring class meets for 8 consecutive Tuesdays, beginning on Mar. 1.** This fun and practical class is taught by Linda Anderson, ANC horticultural consultant, with guest instruction from Ingham County Master Gardener Gary Heilig & Eastside landscape designer, Matt Smar. For more information or to reserve your spot, email Bekah Gulang, at bekehg@allenneighborhoodcenter.org or call her at 999-3910.

Hunter Park Pavilion Rental

The beautiful new Hunter Park Pavilion can be reserved for May-Oct. parties, celebrations, and reunions. Make your reservation *now* by calling Carol Munroe at Lansing Parks and Recreation, 483-4276. Rentals run \$60/day.



February



March



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 GH 10-2 GH Knit 11am	7 GH 3:30-5:30 Kids Time 4-5	8 Bread Basket 1-5:30 GH 3:30-5:30 YSC @4	9 Seniors 10-12PM GH 3:30-5:30 KidsTime 4-5	10 GH 3:30-5:30	11 GH 3:30-5:30	12 Tai Chi 9:30 GH 10-2 Work- shop 11:30 Kinship
13 GH 10-2	14 GH 3:30-5:30 Kids Time 4-5	15 Bread Basket 1-5:30 GH 3:30-5:30 YSC @4	16 Seniors 10-12PM GH 3:30-5:30 KidsTime 4-5	17 Com. Soups 5:30 GH 3:30-5:30	18 GH 3:30-5:30	19 Tai Chi 9:30 GH 10-2 Work- shop 11:30
20 GH 10-2	21 GH 3:30-5:30 Kids Time 4-5	22 Bread Basket 1-5:30 GH 3:30-5:30 YSC @4	23 Seniors 10-12PM GH 3:30-5:30 KidsTime 4-5	24 GH 3:30-5:30	25 GH 3:30-5:30	26 Tai Chi 9:30 GH 10-2
27 GH 10-2	28 GH 3:30-5:30 Kids Time 4-5 Board 530					

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Allen Neighborhood Center News

ANC 's Regular Programs

Breadbasket: Tuesdays, 1-5:30 pm
Community Soup: Feb. 17, March. 17, 5:30-8 PM at Unity, 230 S. Holmes.

GardenHouse Events: Page 3

Kinship Care: Feb. 12 and March 12, 1:30-3:30 pm.

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....

Jack Davis and **CATA**, our first 2011 Allen Street Farmers Market Festival Sponsors!

Boys and Girls Club of Lansing for their generous donation to the GardenHouse Utility Fund!

Jim O'Neil for his donation and kind words about our Outreach Team.

Linda Anderson and **Laura DeLind**, our ever-supportive collaborators in all-things related to food and community.

Community Legal Resources for connecting us with Attorney **Bill Perrone**.

Pay it Forward— for providing funds for our Edible Hunter Park Project.

Linda Anderson for her continued horticultural guidance, with a special thanks for teaching the informative Planning Your Gardening Year workshop at the GardenHouse

Sarah Fillius for so frequently lending her harvesting expertise, and for offering such a well-rounded introductory demonstration to composting in the GardenHouse

As always, huge thanks to our wonderful **GardenHouse volunteer staff ELFCO** for their generous donations that support the healthy foods that comprise our cooking demonstrations at biweekly KidsTime.

Thanks to our inexhaustible volunteers/interns from fall semester: **Lauren Grevel, Kaleigh Higgins, Krista Steignault, Pang Yang, Monica Fisher, Doris Soliz-Hill, Christy Miller, Tina Niemann, Tina Evangelista, and Sam Plotkin.**

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:

Feb. 2 International Speaker

Feb. 9, 16, 23 - PATH Personal Action Toward Health (Series on management of chronic disease)

March 2 International Speaker

March 9 Stacy Humphrey, TCOA on the new Medicare

March 16-Visiting Physicians Asc.

March 23 - Kresge Art Center

March 30 Birthday pot luck for Jan., Feb. and Mar. birthdays.

Jazz Concerts (continued)

Professor Rodney Whitaker, director of MSU Jazz Studies and internationally known bassist, has composed this piece to portray the great migration of African Americans from the southern United States to the north. In addition to the Pattengill show, 'Jazz Up South' will be performed on the following Saturday, February 12 at the Creole Gallery at 7 pm. For ticket information about the Creole concert, email meeagan@stpconcerts.com or call her at 616-389-0787.

Farmer Apprenticeships (con't)

- We especially encourage applicants who are young adults (18-25) who live in the Urbandale Farm service neighborhood (bound by 496, Clemens, Kalamazoo, and 127).
- Apprenticeships run from mid-April to mid-October, about 20 hours/week, and include a mix of instruction, farm work, market experience, and field trips.
- Apprentices each receive a stipend of \$4000 over the course of the 6 month apprenticeship.

Please call 517-999-3916 or email sarah.lansingurbanfarmproject@gmail.com for more information or to apply. For more information about Urbandale Farm, checkout our website: www.lansingurbanfarmproject.wordpress.com.

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

Youth Service Corps' Edible Park Project

The Youth Service Corps is pleased to announce that the plan to make Hunter Park *edible* is well underway! With the addition of landscape design interns, Janelle Bouchard and 'Bruce' Brusveen, and with help from our new YSC Coordinator, Michelle Marushia, kids 11-17 are developing the Edible Park Plan. **Every Tuesday, from 4-5:30 pm at the GardenHouse**, YSC members are meeting to figure out which trees (cherry? apple? pawpaw?), bushes (wild black raspberry?), plants (asparagus? horseradish?) and patches (wild strawberry, of course) they will plant as soon as warm weather arrives. To get involved, call Michelle at 999-3910 or email her at michellem@allenneighborhoodcenter.org.

Volunteers Needed!

We are currently looking for Eastsiders to volunteer 1) in the GardenHouse, 2) helping us prep for the 2011 Farmers Market, 3) graphics work. Please contact, Heather Hymes at 999-3919 for more information.

ANC Staff Comings and Goings

In January, we said good-bye to **Allison Burkholder**, a fixture in the Hunter Park GardenHouse, first as an AmeriCorps and then as Manager over the last two years. Allison set a fun and welcoming tone in the greenhouse and instituted many changes in the kids programs. We wish her the very best in her new endeavors.

Coming in as our new Coordinator of youth programming is **Michelle Marushia**. Many of you already know Michelle, one of our most dedicated (and ubiquitous) volunteers—particularly with kids—over the past several months! Michelle brings a rich set of experiences and a deep appreciation for 'community, 'gardens', and young people.

Watch for a whole new cohort of volunteers and interns in just about every program; and join with us, please, to let these folks know how much we value their energy and ideas! They include **Ben Harning, Brooke Oby, Travis Dodge, Dominique Jones, Bruce Brusveen** and **Janelle Bouchard**.

Garden, Market, Nutrition, Health, House

Hunter Park GardenHouse

GardenHouse Open Hours

Mon-Fri 3:30-5:30PM

Sat-Sun 10AM-2PM

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

Spring Urban Gardener class: See Page 1 for full article/dates. Reserve your spot soon in this popular class.

Seed Starting: Feb. 12th at 11:30am

Get a jump start on the growing season! "Starts Guru" **Denae Friedheim** will facilitate a hands-on workshop in which participants will learn seed starting techniques. Grow your own starts and take ownership over your annual transplants right from the seed.

Maximizing the Green\$ from your Garden:

Feb. 19th at 11:30am

Vicki Morrone of MSU Extension will join us to discuss how you can build a strong integrative pest management practice and maximize the growth of your garden. Then, show you how to measure your savings on produce—growing vs. grocery: when is either cheaper/most efficient?

Cultured Food: Homemade lacto-fermentation (or Let's make sauerkraut!)

Mar. 12th at 11:30am

Sarah Fillius will lead a lively sauerkraut-making demonstration and learn how to make sauerkraut and other lacto-fermented foods (such as gingered carrots, kimchi, and yogurt) at home for a fraction of the store-bought cost. Discover the health benefits of raw, cultured foods and how easy they are to make at home.

Garden Startin': Mar. 26th at 11:30am

Melissa Hornaday

Will teach you the steps you need to take to give your plants the healthy start they need to be resilient through the season. This discussion will include soil preparation, tilling recommendations, lasagna bed prep, crop rotation and more!

Need more information?

For more information about garden programs and news, or to sign up for the weekly e-bulletin, "The GardenHouse Gazette," contact Bekah Gulang, Gardening Education Coord., bekahg@allenneighborhoodcenter.org or call her at 517-999-3910.

Nutrition

Delicious for Toddlers! (adults, too)

Spinach Nuggets

1 16-oz package frozen chopped spinach, cooked, drained, and chopped further if needed
 1 cup Seasoned bread crumbs - (3/4 cup breadcrumbs and 1/4 cup wheat germ or flax meal is a healthy substitution!)

1 ½ cups shredded cheddar cheese
 Try tomato & basil cheddar!

3 Large eggs or 5 egg yolks

Heat oven to 375 degrees

1. Lightly coat a baking sheet with olive oil and set aside.
2. Combine all remaining ingredients and mix well. *Add seasonings if you like - garlic powder, pepper, extra basil & oregano for example. Add a fruit or veggie puree to substitute for the eggs if desired*.
3. Shape mixture into nuggets or fun shapes and place on baking tray. Bake for 20 to 25 minutes, turn nuggets over after 15 minutes. Serve warm

You can "roll" this out and then try using small cookie cutters to make these into fun shapes!

This recipe and other finger food ideas are found at the wholesome baby and toddler food website. Check it out!

www.wholesomebabyfood.com

www.wholesometoddlerfood.com

Join us for Community Soup

February 17th *Kid's in the Kitchen*

March 17th *Pasta Possibilities*

Children welcome with adult supervision. 5:30 to 7:30 pm at the Unity Spiritual Renaissance Church at 230 S. Holmes Street, Lansing, MI 48912

See you in the Kitchen!



O & E Health News

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.

Other resources available include: **Weatherization Assistance** – Free insulation, furnace and water heater, refrigerator replacement, crack and gap sealing, and other measures that can save you up to 30% on your utility bills!

Healthy Homes University – Families with children under 18 years old who have asthma may qualify for a long list of free products that help reduce asthma triggers in the home.

Utility Shut-off – ANC staff can walk you through the steps to find help to prevent utilities from being shut-off. It is important to contact us as soon as possible if you are facing a shut-off notice.

Vision – There are resources available in the community to assist people who have not received an eye exam in over a year.

Dental – There are health centers in the Lansing area that accept uninsured patients into their dental health programs.

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. Mammograms can detect breast cancer in its early stages, and improve chances of recovery.

Family Planning – Women of childbearing age may be eligible to receive health coverage for doctor visits and prescriptions related to family planning.

For more information, call us at 367.2468. We have **appointment times available between 9 AM--Noon, M—F. Public walk-in hours are M—Thurs, Noon-5:30 PM, and Fri. Noon—5 PM.**