

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 5

October– November 2011

Neighborhood Meetings

ABC: will be meet on Nov. 7 at 6pm at Pilgrim Church

ANC Board: will meet on October 25 and November 29 at 5:30.

Eastfield: will meet on October 13 at 6:00pm, location TBD. Contact Beth for more information at beth_monteith@me.com.

ENO Eastside Neighborhood

Organization): will host their annual Candidates' Night on **Wednesday Oct. 5th at Foster Comm Ctr at 6pm with a Meet and Greet Time. The Question and Answer Sessions will begin promptly at 6:30pm** . For more info. Please see the right column.

ENO will have a regular meeting on **Wednesday November 2nd at 7pm Foster Comm Ctr ; the presentation for November TBA**

For more information, please contact Denise Kelley, chair at 484-9109 or abcneighborhood@sbcglobal.net

FAIR: will meet Oct. 6 and Nov. 3, 6:30 PM at ANC

Foster Your Neighbors: will meet on October 19 and November 16 Contact Brian Baer, 3712857 or contact by email: fosteryourneighborhood@gmail.com for more info about the meeting location

(HERO): will meet on Oct. 25 and Nov. 22 at 6:30 at the ANC

Holmes St. School: will meet on Oct. 13 and Nov 10 at 6:30 at ANC
PLACE: will meet on October 12 to discuss the Halloween Decorating Contest which will occur on Oct. 31st. Lights must be on by 6pm to be eligible. The winner will receive pizza from Papa Johns. PLACE will have their last meeting of the year on Nov. 9th. PLACE meeting are at 6:30 PM at ANC.

Regent Oaks: Annual Harvest event will take place this Fall. For more information, please contact Julie at 517-507-1803.

Coming in 2012

Eastside Food Resource Center

Since 2000, ANC has been working with neighbors and others to craft food projects that build on Eastside strengths and meet our needs. These include: Breadbasket, Allen Street Farmers Market, Community Soup, and the Hunter Park Garden-House. With a generous grant from Capital Region Community Foundation, we are ready for the next step: creation of a Food Resource Center in the 5200 sq. ft. warehouse located behind the Center. By the end of 2012 the space will be completely renovated and house:

- **A commercial kitchen**, where people can get involved in programs on product development, cooking, preservation, and business skills for those interested in starting a food-related enterprise.
- **Large, temperature-controlled food bins**, for rent by backyard & community gardeners and farmers to store late season produce that will keep into February;
- **The Allen Street Farmers Market!** In November 2012, we will bring our weekly Wednesday market indoors. Imagine a slightly scaled down version of what we enjoy outside every May-Oct.— complete with The Bank, Food Chatter, Music, and Kids Table. And then in May of 2013, we'll take it back outside for six months of warmer weather. This will ensure *year-round* access to locally grown produce-1/2 year inside and 1/2 year outside!

As with our Restoration Works houses in the 1500 block of E. K'Zoo, students & faculty from LCC's building technologies program will be involved in renovating this long empty warehouse. Watch for updates and invitations to tour the space during the renovation, help paint a wall, design a display, and otherwise play a part in creating the Eastside Food Resource Center.

"Red Cedar Renaissance" proposed for MI Avenue Decisions and Opportunities

Lansing voters will have the opportunity in November to consider the sale of 12.6 of the 61 acres that make up the Red Cedar Park. If approved by voters, the City will then issue a national call for bids to create a mixed-use (commercial and residential) village along MI Ave, across from Frandor on the 12.6 acres. Lansing Economic Development Corporation (LEDC) representatives would like to see the remaining 48.4 acres turned into the Red Cedar Park, complete with trails and recreational opportunities for Lansing residents. The sale of the 12 1/2 acres will also enable Ingham County Drain Commissioner Pat Lindemann to clean up the drainage district that encompasses much of the Frandor area. As reported in the *LEDC Update*, "Work would include cleaning what is the dirtiest entry point of pollution into the Red Cedar River by utilizing green water management techniques that will beautify and enhance the entire Frandor area while cleaning the area's contaminated water that enters the river." Watch for community forums on this topic, or call Ken at LEDC for further information. And don't forget to vote on November 1.

ENO's Annual Candidates' Night

ENO will host their annual Candidates' Night on **Wed., Oct. 5th at Foster Comm Ctr at 6pm with a Meet and Greet Time. The Question and Answer Sessions will begin promptly at 6:30pm.** Candidates for Lansing School Board, Lansing City Council (1st Ward and At-Large) have been invited. Bring your questions; learn more about each candidate and their ideas for the future of Lansing. For more information, please contact Chair Denise Kelley, at 484-9109.

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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The Eastside Neighbor is published every other month. Please contact Joan at joann@allenneighborhoodcenter.org by Nov. 11 with submissions for the Dec. 11— Jan. 12 issue. Questions regarding content? Call 999-3912.

GardenHouse - Open Hours
Mon-Fri: 3:30—5:30PM Sat and Sun: 10AM—2PM

2	3	4 KT 4-5:30 Bread Basket 1-5:30 UG 630	5 Seniors 10-12 YSC 4-5:30 Market 2:30-6:30 RW 6-8	6 KT 4-5:30	7	8 Tai Chi 9:30 Kinship 1:30
9	10	11 KT 4-5:30 Bread Basket 1-5:30 UG 630	12 Seniors 10-12 YSC 4-5:30 Market 2:30-6:30	13 KT 4-5:30	14	15 Tai Chi 9:30
16	17	18 KT 4-5:30 Bread Basket 1-5:30	19 Seniors 10-12 YSC 4-5:30 Market 2:30-6:30	20 KT 4-5:30	21	22 Tai Chi 9:30
23	24	25 KT 4-5:30 Bread Basket 1-5:30 Board Meets 5:30	26 Seniors 10-12 YSC 4-5:30 Market 2:30-6:30	27 KT 4-5:30	28	29 Tai Chi 9:30 GH WS 11:30
30	31					

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

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8 Bread Basket 1-5:30 KT 4-5:30	9 Seniors 10-12 YSC 4-5:30	10 KT 4-5:30	11	12 Tai Chi 9:30 GHWS 11 Kinship 1:30
13	14	15 Bread Basket 1-5:30 KT 4-5:30	16 Seniors 10-12 YSC 4-5:30	17 KT 4-5:30	18	19 Tai Chi 9:30 GHWS 11am
20	21	22 Bread Basket 1-5:30 KT 4-5:30 Board Meets 5:30	23 Seniors 10-12 YSC 4-5:30	24 Closed for Thanks-giving	25 Closed for Thanks-giving	26 Tai Chi 9:30
27	28	29 Bread Basket 1-5:30 KT 4-5:30	30 Seniors 10-12 YSC 4-5:30	31 KT 4-5:30		



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

Allen Neighborhood Center News

ANC's Regular Programs

ANC Hours of Operation

9 am-12 noon: By Appt.

12 noon-5:30 : Walk-In Services

Allen Street Farmers Market: Weds, 2:30– 6:30pm (till Oct. 26)

Breadbasket: Tuesdays, 1-5:30 pm

GardenHouse- Open Hours

Fall Hours

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

Sat and Sun: 10AM-2PM

Kinship Care: 2nd Saturday of every month, 1:30-3:30 pm. at ANC

Senior Discovery Group: Weds from 10 am-Noon.

Thank You....

Thank you to **MC Rothhorn** for his donation to Kinship Care.

Thank you to everyone who contributed to the **Kinship Care Back to School** backpack supply drive!- Francine

Thank you to all who contributed to the Women's Health Picnic: **Jessica Yorko, Sheila Bauer, Bob Teachout, Trailer Park'd, Bake N' Cakes, Gone Wired, Canada Dry, Anthony Hatinger and Siobhan Olaires**

Healthy Homes University - for the opportunity to present at their quarterly meeting

Thank you to our Summer Interns: **Kenny, Siobhan, Miriam, Anthony, David, Vanessa, Briaa, Courtney, Lauren, Brooke, Yuyang, Edward and Erin.**

Thank you to our Restoration Works Tour and Tutorial presenters **Dennis Connik of O'Leary Paint, LCC's Chuck Coe and Leslie Hart-Davidson of Allied Member ASID.**

Thank you to our wonderful volunteer groups we've had over the busy summer months; **Lunch with a Purpose, Plumbers & Pipefitters Local 333, MSU Medical Students, MSU College of Law Students and LEAD Peer Mentorship Program.**

Thank you to our dependable GardenHouse shift leaders; **Paula Adams, Marlena Smith, Jared Talega and John Bolan!**

To the families and kids of the "Eastside": Thank you for a wonderful summer of youth gardening! ~Michelle

And again, to **Bill Perrone**—the best of counselors!

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:

Oct. 5 International speaker from M.S.U.

Oct. 12 Sally Purdy, Social worker and visiting nurse will talk about services for Seniors

Oct. 19 Clarice Thompson, Story teller

Oct. 26 Ann McMeekin from Ingham Medical will talk about P.A.D.

Nov. 2 International speaker from M.S.U.

Nov. 9 Randy Marwede will talk about Veteran's benefits

Nov. 16 Jim Guyer from WILX will talk about Michigan weather

Nov. 23 Thanksgiving celebration

Nov. 30 Bruce Witwer from Tuesday Toolmen will show us the Tool Lending

Thank You continued

Thanks to young Urbandale residents: **Adrian, Clifton, Jasmine, Justin, Maliek, Nancy, Trevon, and Zaine** for their service as Urbandale Farm Veggie Wagon Vendors who braved the summer mosquitoes to deliver veggies throughout the Urbandale neighborhood.

Huge thanks to **Judi and Jim Herbert** for graciously hosting Evening in the Garden. Much gratitude to the following donors: **Mary Ellen Sheets, Dave and Kris Hollister, Jack and Sue Davis, Ira Ginsburg, Dennis Swan, and Eric Schertzing,** Thanks to **Sohn Linens** for support, as well.

Hearty thanks to dear ANC friend **Jennie Grau** for hosting a Porch Party Fundraiser and to donors: **Denise and Paul Pratt, Jon Heller, Pastor Jim Dunn, Elizabeth Adler, Brian McGrain, Martha Levenson, Vincent Delgado and to Sohn Linen Service** for their donation of linens.

Heartfelt appreciation to the **Capital Region Community Foundation** for a \$75,000 grant to begin development of the Food Resource Center.

Thanks to the **City of Lansing Human Relations/Community Services Department, Lansing Community Trust Fund, MI State Housing Development Authority, and PNC** for generous grants to support our programs!

Restoration Works

Checked out one of our **Tour and Tutorials** yet? These are great opportunities to see the progress LCC building and energy technologies students are making on the tax-foreclosed home at 1512 E. Kalamazoo and 1501 E. Kalamazoo. Both will be restored over the next 2 years, and the process will provide lots of opportunities for you to learn about resources and approaches for your own home improvement project!

Coming soon:

Preserving Porch: More Than Just a Place to Sit on Oct. 5 from 6 to 8 PM. Join **Dave Muylle**, Eastside restorationist, as he explores the 'ups and downs' of porch repair and remodeling.

Low Cost Low Tech Fixes for Heat Leaky Houses on Nov.5, from 10:00 to 12:00. Join **Sean Huberty**, LCC Alternative Energy Instructor, as he shows us how to weatherize our houses, analyze bills, get a competitive return on our energy investments and explore the 'health' of our houses.

ANC Staff Changes

Welcome **Rita O'Brien**, our new GardenHouse Program Manager!

And say hello to our 3 new AmeriCorps: **Kristina Adair, Erin Kelly, and Karen Sherman.**

Welcome to our Fall 2011 Interns—**Christy Churchill, Misozi Houston, Amanda Limon and Kathlenn Manstrom.**

Urbandale Farm

Urbandale Farm Stand

653 S Hayford Ave Saturday 9am-noon (through October)

Fall is an exciting time on the farm and the Urbandale Farm Stand is open as usual on Saturday mornings until the end of October. Volunteer work parties are also during that time, so feel free to stop by and help with the fall harvest or one of the many projects we have going on at the farm. Call 999-3916 for more information.

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

Upcoming Garden Workshops

Advanced Urban Gardener Course

Join us for this series which is intended for urban, home, and community gardeners who have grown veggies for at least a year and who are ready to take their gardens to the next level. Our dream team of presenters will address topics that will bring you to greater productivity, extended seasons, and a better balance with nature.

October 4th— Improving Soil Quality in the Urban Garden, presented by the Student Organic Farm's Brian Allnut

October 11th— Organic Pest and Disease Control in the Urban Yard Garden, presented by the Student Organic Farm's Dan Fillius

Tuesdays, 6:30-8:30

\$15 per session.

Visit allenneighborhoodcenter.org/food/gardenhouse for more info.

Please register in a advance by contacting the GardenHouse office at (517)999-3910 or e-mailing Rita at ritao@allenneighborhoodcenter.org

Pumpkin Painting: October 29, 11:30 am- 1 pm

The GardenHouse

youth programs are having a Halloween

Party! Change into your best costume and come out to see a pumpkin carving demonstration!

Along with sampling some scary good treats, we will be dressing up, playing games, and having a frightening good time! Kids of all ages are welcome. \$5 suggested donation. Please RSVP to Rita at ritao@allenneighborhoodcenter.org.

Container Gardening: November 12, 11 am - 12:30 pm

Use that bright spot in your kitchen to your advantage! Save money on fresh herbs all winter long by growing in pots and containers on your windowsill. Learn the science of container gardening indoors, what kinds of plants to plant, how to maximize the food you grow from those containers, and how to choose the best spot in your home. \$5 suggested donation. Please RSVP to Rita

at ritao@allenneighborhoodcenter.org

News from the Food Team

Fantastic Yellow Squash Casserole

Ingredients

2 lbs yellow squash

1 medium green bell peppers, diced

1 bunch green onions, chopped

2 tablespoons butter

1 cup milk

1/4 cup brown sugar

4 eggs, slightly beaten

1 teaspoon seasoning salt

1/4 teaspoon pepper

1 cup whole grain breadcrumbs

Directions

1. Wash and dice squash.
2. Put in saucepan.
3. Add 2 cups water.
4. Bring to boil and cook for 10 mins
5. Drain and set aside.
6. Sauté bell pepper and onion in skillet with butter.
7. Add pepper & onion mixture, brown sugar, salt and pepper.
8. Add eggs and milk.
9. Mix well.
10. Spray a 2 quart casserole with Pam.
11. Spoon mixture into casserole.
12. Bake in 325 degree oven 30 mins
13. Sprinkle breadcrumbs on top.

Bake 10 minutes more or until breadcrumbs brown.

Nutrition Information

Calories 362.5, Calories from Fat 133, Total Fat 14.7 g, Saturated Fat 7.0 g, Cholesterol 235.3 mg, Sodium 365.1 mg, Total Carbohydrate 44.8 g, Dietary Fiber 4.2 g, Sugars 19.4 g, Protein 14.6 g



Don't Forget that the Market is Still Going Strong till October 26.
Hours: 2:30– 6:30pm
Harvest Festival is on October 12th!

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 level can receive furnace repairs, insulation, and draft sealing for **FREE**. Call Tom at 367-2468 for more info.

NEED HEALTH COVERAGE?

If you live in Ingham County and fall within Ingham Health Plan (IHP) guidelines, you may qualify for county-sponsored health coverage for the uninsured. IHP covers doctor visits, prescriptions, x-rays, lab tests and urgent care for a \$5 co-pay. Call ANC at 367-2468 and ask for an IHP specialist TODAY!

BREAST HEALTH CLUB

Sign up for our Breast Health Club TODAY and receive:

- Monthly reminders to do your breast self-exam
- Information about getting a FREE mammogram
- Recipes designed to improve your health

Monthly Breast Self-Exams, Annual Clinical Breast Exams (by a doctor), and Mammograms are still key to detecting breast cancer early — when it is most treatable!

To sign up, call ANC at 367-2468 and ask for **Kathleen or Heather Rae.**

CHILDREN WITH ASTHMA

Do you have a child under 18 in the home that has been diagnosed with asthma? Get help reducing the asthma triggers in your home! Call ANC TODAY to find out about the **Healthy Homes University** program!

FIND A MEDICAL HOME

Our Medical Homes program will assist you in finding a doctor and scheduling your initial appointment.

We give away gift cards to people that successfully attend their first doctor's appointment. Don't miss this exciting opportunity to get rewarded for establishing a relationship with a doctor!

Call ANC at 367-2468 and ask for **Christy.**