

The Eastside Neighbor

A publication of Allen Neighborhood Center
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www.allenneighborhoodcenter.org



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Dear Friends and Neighbors,

2020 promises to be a transformative year. As I write in early January, things seem pretty routine. The indoor season of Allen Farmers Market is bustling; the GardenHouse team has crafted the most exciting and extensive set of workshops ever (See p. 2); and our Outreach staff is busy with health enrollments, energy assistance requests, and census promotion. New cooking workshops and a second iteration of Culinary 101 will begin in February. (Subscribe to our weekly e-bulletin, Active Neighboring News, to catch details. See the gray box below for directions.) So, while life at ANC feels routine at the moment, things are about to get very interesting.

The development of Allen Place, our proposed, mixed-use, mixed-income hub, begins in earnest in February. Several buildings on the southeast and the northwest corners of the complex are coming down. And, courtesy of a generous brownfield grant from EGLE, we will be cleaning up underground tanks, vapor intrusions from dry cleaners, and asbestos. Then, in late spring, the 3-story wings on either end of the complex go up even as a third floor is added to the space directly above our offices. Expect serious construction until June 2021, when a completed Allen Place will offer 29 apartments and several new ground floor businesses.

We expect the development to stabilize and strengthen the E. K'zoo corridor, provide age-friendly housing, and add new food and health-related enterprises to the block. As always, our hope is to bring life to our motto: "Good health is contagious; catch some on the Eastside."

Please join us for updates/input sessions on the 3rd Wed. of each month, 5-6pm, in our classroom till Allen Place is done!

The Eastside Neighbor is published 3 times a year. Please contact Denise at 517-999-3924 or denisep@allenneighborhoodcenter.org with questions or submissions for the May - August 2020 issue.

If you don't want to wait for the next Eastside Neighbor you can sign up for our weekly e-bulletin at: allenneighborhoodcenter.org/enewsletter/

Census 2020 - Be Counted!

Every ten years, since 1790, America has conducted a census. The census is used to reapportion Congressional seats and \$675 billion in federal funds that support schools, roads, housing, and health care. It is important to be counted. It is against the law to share individual census info -- your answers are safe!

This year the Census will be available on-line. ANC will have computers for you to use, or you can use our phone to call in your answers. Our outreach staff will be available to help and to answer questions!

2020 Spring Programming at the GardenHouse

Winter and Spring are busy times at the Hunter Park GardenHouse! The HPGH is our year-round farm and gardening educational center. Located on about an acre of growing space in nearby Hunter Park, we run a demonstration farm, a free-to-all community garden (Edible Park), two youth programs, and a wide variety of educational programming including our annual workshop series and our Urban Gardener Certificate Program. Our 2020 workshop series kicks off Sat, Jan 25 with our Beginning Beekeeping workshop. Workshops on a wide variety of garden related topics continue nearly every Saturday through June and into July. We would love to see you at one of our programs, or to pop into the GardenHouse for a tour during open hours (M-F 9:30a-12p for February through May. Hours expand during summer). For more details on programming, see page 2 or follow us on facebook: facebook.com/HunterParkGardenHouse/

Thank you for all your support in 2019, here's to an even more bountiful 2020 season!

2020 Market Walk Hot Chocolate Stroll

Come warm up with a delicious cup of hot chocolate and explore the one-year-old walking path at Foster Park!

We will walk for about an hour followed by breakfast pastries and more hot chocolate while supplies last! This is a special winter edition of Market Walk, and as a result we will be distributing \$5 tokens to the Allen Farmer's Market to participants who complete one hour of walking. The event will be held on Saturday February 22, 2020 at 11 am - 1 pm in Foster Park.



Love the Eastside? Get Involved!

Please consider being a part of the ANC team through an internship or volunteer opportunity! All of our programs are seeking help -from the GardenHouse and Youth Programs to Veggie Box, the Market, and Outreach & Engagement. Interested? Contact the Volunteer Coordinator at volunteer@allenneighborhoodcenter.org

ANC Welcomes Two New Staff Members!

We are happy to announce that we have hired Sam Castro (left below) as our Youth Programs Coordinator and Ashley Bellant (right below) as our Volunteer Coordinator.



Hunter Park GardenHouse

A hub for year round farm & garden education.

GardenHouse Workshops

For full workshop descriptions and updates, visit

www.allenneighborhoodcenter.org/gardenhouse/workshops

***Required workshop for UGCP participants (see next column for UGCP information!)**

Beginning Beekeeping

10a-12p Sat, January 25

Join us to find out how to get started in the world of beekeeping. Facilitated by Chris Robbins, owner of Nature's Harvest Honey & Produce

Register: intro2beez.eventbrite.com

Seed Starting & Transplanting

10a-12p Sat, Feb 1*

Learn the basics of seed starting for small scale growing. Facilitated by Ben Crocker, Gardens & Greenhouse Coordinator for the GLFB Garden Project.

Register: seedz.eventbrite.com

DIY Gardening

10a-12p, Sat, Feb 15

Learn about cheap & easy gardening solutions to stretch space and resources. Facilitated by Annie Levardson, Americorps Gardening Specialist for the Ingham County Land Bank & Kai Kepsi, Americorps Gardening Educator for the HPGH

Register: diygardening.eventbrite.com

Planning Your Garden Year

10a-12p Sat, Feb 22

Plan layout, crops, planting schedule, and soil health strategies to ensure a successful garden year. Facilitated by Abby Harper, Community Food Systems Educator for MSUE.

Register: plan4garden.eventbrite.com

Nutrition & Healing with Herbs

10a-12p Sat, Feb 29

Learn to use cultivated and wild plants to provide nutrition and healing benefits to your body. Facilitated by Patti Akley, certified homeopath/natural health consultant, Reiki Reflexologist, & Master Gardener

Register: plantsarefriendstoo.eventbrite.com

Seed Saving

10a-12p Sat March 7

Learn basics of seedsaving. Facilitated by Abby Harper, Community Food Systems Educator for MSUE.

Register: seedz4saving.eventbrite.com

Vermicomposting

10a-12p Sat Mar 21*

Learn to create your own worm composting bin! Facilitated by Brooke Comer, PHD candidate MSU Horticulture Dept & Donny

Comer, Program & Education Coordinator at the GLFB Garden Program

Register: wormscute.eventbrite.com

Pruning of Trees & Woody Ornamentals

10a-12p Sat Mar 28

Learn the basics of pruning from the first year through advanced age. Hands on. Facilitated by John Hooper, owner of Tree Keeper pruning/consultation

Register: prunetrees.eventbrite.com

Soil Care for the Home Lawn & Garden

10a-12p Sat, Apr 4*

How to effectively sample and care for the soil in your home lawn and garden. Facilitated by Chris Robbins, owner of Nature's Harvest Honey & Produce.

Register: happysoil.eventbrite.com

Rain Garden 101

10a-12p Sat, Apr 11

Learn rain garden basics and help your neighborhood become storm-smart! Facilitated by Egypt Krohn, HPGH Director

Register: raingarden.eventbrite.com

Mushroom Cultivation

10a-12p Sat Apr 18

Learn the process of growing edible mushrooms on logs. Hands-on demonstration. Facilitated by Robbie Kramer

Register: shroomcultivation.eventbrite.com

Organic Pest Management

10a-12p Sat May 1*

Ecological approaches to pest management for the small farm and home garden. Facilitated by Matthew Grieshop, MSU Dept of Entomology

Register: bugzlife.eventbrite.com

Tiny Spaces Gardening

10a-12p Sat May 9

Learn how to grow herbs and other produce with limited space (and budget!). Facilitated by Karalyn Grimes, local community organizer and activist.

Register: tinyspaces.eventbrite.com

Gardening 101

10a-12p Sat May 23

Learn the basics of starting a home garden. Facilitated by Annie Levardson, Americorps Garden Development Specialist for the Ingham County Land Bank.

Register: gardenz101.eventbrite.com

Urban Gardener Certificate Program

First Session Thursday January 30 6-7pm

The HPGH's own multi-week garden education course! Consists of 5 Saturday workshops, 6 Thursday evening labs, and twenty hours of field work. Meant for beginning to intermediate gardeners. Covers a wide introduction to gardening topics for small

to medium scale gardeners. For more information, go to allenneighborhoodcenter.org/gardenhouse/urbangardener Program Fee \$100, Scholarships available

Plant Sale Pre-orders!

Every spring, the HPGH grows high-quality herb, vegetable, and edible flower starts as one of our main fundraisers. We grow a great variety of garden favorites, right here in Hunter Park, using natural and sustainable practices. Place your pre-order by March 2 and we'll grow your plants to order! Miss the order deadline? Stay tuned for details of our on-site sale, Sat., May 30. For available plant varieties and ordering information, go to allenneighborhoodcenter.org/gardenhouse/plantsale/

Youth Programs

Youth Service Corps is a free program for Youth aged 11-17. Teens meet every M/W from 4:30 -6:30 at Allen Neighborhood Center. Youth learn cooking, gardening, entrepreneurial skills, and more! Youth in our program also earn gift cards for their service. For more information and program application, contact Sam Castro at youth-programs@allenneighborhoodcenter.org

Edible Park

Hunter Park visitors are encouraged to help themselves to fresh produce from fruiting trees, bushes, and perennial herbs from designated spaces (outside the fence only, please) in Hunter Park that Youth Service Corps members plant and nurture. There are harvestable fresh herbs nearly year round, as well as a seasonal assortment of fresh vegetables and tree fruit!

Help yourselves!

Garden In A Box

Each spring, GardenHouse staff and the Youth Service Corps work together to build and distribute 2'x2' garden boxes, including soil and vegetable plants! Over the years we have distribute well over 150 free garden kits! If you'd like a garden kit for 2020, inquire at ANC or email Sam Castro at youth-programs@allenneighborhoodcenter.org for application. Details to be released early February.

Global Youth Service Day

Looking for a way to get your whole family involved in your community? Want to support youth efforts to make a positive difference? Consider joining our family volunteer day on Sat Apr 25. Details to be released mid March. Volunteers will orchestrate park clean up and spring garden prep for Edible Park, our free to all community garden.

Allen Market Place

Buy Local. Eat Well.

Allen Farmers Market

Every Wednesday, 3:00-6:30 pm
Corner of Allen & Kalamazoo St.

The market continues its indoor season through May 6, featuring the best local vegetables, eggs, baked goods, hot coffee, cheeses, meats, and more!

Make the market your **mid-week dinner destination** with four delicious options:

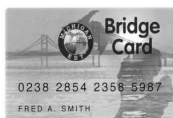
- ◆ Hobie's Catering taco bar & soup
- ◆ Picnic Food Truck
- ◆ Tantay Peruvian cuisine
- ◆ Teff-rific Ethiopian/Eritrean cuisine



Remember to visit our **Market Bank** to use your credit/debit card or SNAP/EBT card (plus Double Up Food Bucks!). Gift certificates are available any time and are a great way to introduce your loved ones to the market.

Vendors from all over the region offer a wide range of food products, including fresh produce even during the cold winter months and other locally made favorites:

- ◆ Apple Blossom Kombucha
- ◆ CBI Giving Tree Farm
- ◆ Gluten Free Rox baked goods
- ◆ Grazing Fields eggs, meat
- ◆ Hickory Knoll Farms Creamery
- ◆ Hillcrest Farms
- ◆ Rust Belt Roastery coffee
- ◆ Stone Circle Bakehouse
- ◆ Titus Farms
- ◆ Toy Box Farms



Sign up for a subscription to local, sustainable produce!

The Veggie Box program is a multi-farm CSA that offers a weekly subscription to local, healthy, sustainably grown fruits and vegetables!

Each week, we purchase the best in-season produce from dozens of local farmers, pack it into a box, and deliver directly to your workplace, or have it available for pick-up at the Allen Market Place. Each box includes a newsletter with healthy recipes utilizing that week's produce, a bio of the farmers providing the various items, and preparation tips for featured vegetables.

We accept weekly SNAP payments!

14 weeks

Tuesday Pickup: June 2 - Sept 1

Thursday Delivery: June 4 - Sept 3

A subscription is \$315, with add-on items available at an additional cost.

New This Year

Are you a member of a low-income family with children? Do you know a neighbor who is? The Summer Veggie Box program, with funding from dozens of sponsors—like Magna DexSys—is providing subsidized Veggie Boxes to low-income families in the 48912 zip code! For these families, a Veggie Box membership will only cost \$70, made in \$5 weekly payments! Contact Kat for more information.



Register at

bit.ly/summerveggiebox2020

Questions? Contact Kat Logan at 517.999.3923 or exchange@allenneighborhoodcenter.org

Incubator Kitchen Program

Are you searching for a place to develop your food business? Look no further! We offer a fully equipped and commercially licensed facility to prepare food products for licensed sale. Food entrepreneurs using our kitchen have access to business development workshops, marketing support, and assistance in securing licenses. We also offer our Incubator Kitchen Makers the following opportunities and resources:

- A spot in the *Kitchen Store* at the Allen Farmers Market.
- The chance to be a featured business in the Allen Kitchen To-Go project.
- Referrals to the Small Business Development Center, MSU Product Center, and local business owners.

For more information or a kitchen tour, contact Lindsay Tarrant : 517-999-3921 or kitchens@allenneighborhoodcenter.org



Rent the AMP!

Event Space , Classroom, Kitchens

With the holidays over, it is now time to plan those graduation parties, baby and bridal showers, work fundraisers and conferences, etc. We would love to help you make your party, meeting or event a success!

The AMP comes equipped with the Great Room (Capacity is 100 for a sit-down dinner or 200 for a large mix-and-mingle event.), two fully-equipped licensed kitchens with dry and cold storage, and our Conference room that is furnished with a Smart TV, whiteboards, and phone. We offer affordable rates, and catering referrals. Call for a tour and we can discuss your event needs! Contact: Lindsay at 517-999-3921 or kitchens@allenneighborhoodcenter.org

Outreach & Engagement

Thank You!

....to our generous donors/funders:

Abby Schwartz, Andy Schor, Andy & Kathryn Kilpatrick, Andy & Shanna Draheim, Ann Francis, Barbara Starling, Ben Mosher, Bill Perrone, Bob & Mary Hutchins, Bob & Renee Swanson, Bob Pena, Brian Baer, Brian McGrain, BWL, Capital Collective, Catherine Ferguson, Carolyn Lejuste & Joann Neuroth, Erin Buitendorp, Exchange Club of Lansing, Sheilla Riley, Dave & Carrie Muylle, Corbin Livingston & Erik Neiser, Courtney Tang, Dave & Bev Wiener, David & Pam Thelen, David Baur, Debbie Diesen, Debra Nolan, Deborah McMartin -Finkel, Dick Baker, Dorothy Joseph, Douglas & Katharine Johnson, Elizabeth Lyons, Elizabeth Hansen, Mary-Anne Reid, Gabriel's Credit Union, Greg Farhat, Helen Mindola, Hi Fitzgerald, Ilene Tomber, Iris & David Horner, Jack & Sue Davis, Jennie Gies, Joe Marutiak & Annemarie Vanderwaerden, John Kerr, John & Carolyn Willoughby, John Shaski & Robin Stites, Jon Lum, Kali Fox, Kristin Gaumer, Laura & Doug Delind, Laura Sparks, Leonard Grau Loomis Law, Louise Alderson & Tom Hoisington, Lynnette Rhodes, Mary Brady-Enerson, Mark & Ellen Sullivan, Mary Ellen Sheets, Mary Fletcher, Mary Jo Lum, Sheryl Childs, Mike Marhanka, Mike Rhodes, Molly Dean, MSUFCU, Nancy Fontus, Network for Good, Nick Lentz, Patricia Spitzley, Paul & Diane Thompson, Paul & Rebecca Kennedy, Paul Pratt & Denise Chrysler, Paul Rathbun, Joe D Pentecost Foundation, Rebecca Bahar-Cook & Todd Cook, Rhea Van Atta, Richard Jeeter, Robert Joseph, ROC, Ron & Suzanne Miel -Uken, Ron & Winalee Zeeb, Sarah Schillio, Sean Forner & Karrin Hanshew, Sheila Troxel, Sherry Crank, Sugandha Lowhim, Susan Slovinski, Suzanne Fischer, Target Employee Designation, Tim Makinen, Time2Play, Tom & Anne Woiwode, Tom Heideman, Triterra, Unicorn, Viki Lorraine, Virginia Hambric, Daria Hyde, David Vorce, Capital Fundraising Associates, Pam Weil, Catherine Grosso, Susan Waltz, and Laura Sparks, Kristina & Pratak Sankar.

... to Funders, Granters and Sponsors:

Accident Fund, Blue Cross Complete, City of Lansing, Comerica Foundation, CRCF, Fidelity Brokerage, ICHD, Independent Bank, Ingham County Treasurer, LACTF-

Health Enrollment Services at ANC

Allen Neighborhood Center can help you enroll in **Medicaid, Ingham Health Plan, and Affordable Care Act** (Obamacare). ACA enrollment is closed unless you qualify for a special ACA enrollment period. Stop in Monday - Thursday, 9am - 5pm to enroll, or call Denise at 517-999-3924 to make an appointment.

Fidelity, MEDC, MSHDA, Neogen, MSU Community Sustainability, MSU CRFS.

Goodbyes/Hellos

Goodbye to: Chris Bailey, Erin Sharp, Marisa Shoemaker

Welcome to: Zachary Miller, Alexandra Engen, Marialena Patrick, Ruth Bastien, Haylie May, Sara Houston, and Madeline Braley, Lauren Driscoll, Kelsey Engstrom.

Senior Discovery Group

*Join us every Wednesday
10 am-12 pm for "pretty good coffee and great conversation".*

Each weekly gathering (open to all ages!) features a guest speaker.

Jan 22 - Sean McBrearty, Clean Water Action, Line 5

Jan 29 - Jose Aste, Peruvian Culture

Feb 5 - Jane Reiter, Crafts

Feb 12 - Sherry Davis, TCOA, Elder Abuse, Financial Manipulation

Feb 19 - Valerie R Martin, Capitol Historian & Curator, Capitol Building

Feb 26 - Erica Krauss, Peace Corps Travels

Mar 4 - MSU ISpeak

Mar 11 - Lexi Ritenburgh, Capital Area Human Society

Mar 18 - Lisa Bonney, Resolution Services Center, Conflict Resolution

Apr 1 - MSU ISpeak

Apr 8 - Davis Mathieu, MSU Genetics & Genome Science Program

Apr 15 - Kasha Osborn, LPD, Safety

Apr 22 - Geneva Wiskemann, MI Oral History

Apr 29 - Jane Reiter, Crafts

May 7 - MSU ISpeak

Organized Neighborhood Group Meeting Schedule

ABC: ABC's next meeting will be on June 10th at 5:30pm at Pilgrim/Plymouth Church 125 S Pennsylvania. We will be talking about our summer plans. Please look at our Facebook page ABC Neighborhood for our future meetings. If you have any questions please contact abcneighborhood@sbcglobal.net

ANC Board of Directors: Meets the 4th Monday of the month at 6:00 pm at ANC.

Eastfield: Meets the 2nd Thursday of even-numbered months except August, from 6 pm to 8 pm. 6 pm to 7 pm is a potluck and 7 pm to 8 pm is the neighborhood meeting. For more info: Eastfield.neighbor@gmail.com.

Eastside Neighborhood Org (ENO): ENO meetings: 1st Wed of each month; 7 p.m. at Foster Community Center. Please visit the website enoonline.org or join our facebook group Eastside Neighborhood Organization. March 21, ENO Spring Souper, 4 - 7:30 pm, Eastern High School - Auctions, raffles, soups and more! If you have questions, please contact Nancy Mahlow at 517-372-3249 or nmahlow2012@gmail.com

Frog Holler Neighborhood Watch: Contact slovinss@gmail.com for more information.

Green Oaks Neighborhood Organization: Meets the 3rd Monday of the Month at St. Luke Lutheran Church from 7:00 pm to 8:00 pm. Write them at Greenoaks.gono@gmail.com

Holmes St. School Community: Check us out on our Facebook page @ [holmesstreetschoolcommunity](https://www.facebook.com/holmesstreetschoolcommunity)

Northtown: Meetings are held the last Tues. of the month at the Grand River Head Start (1107 E. Grand River Ave.) at 6:30 pm.

Potter-Walsh Neighborhood Association: Meets every second Mon. (except July and Dec.) from 6:20-7:20pm at 1001 Dakin St. Contact LaSandra Jones, President, at 517-267-9775 with any questions.

Prospect PLACE: Meets at Allen Neighborhood Center, 6:30 pm on Jan 20, Feb 17, March 16, April 20, May 18. For info, contact prospectplaceneighborhood@gmail.com