

# 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 II

April - May 2010



**ANC Wishes You a Happy Spring!**

### Allen Street Farmers Market Returns!

Everyone is tremendously excited to begin the 7th season of the Allen Street Farmers Market! This year we are returning with many of the vendors, programs and entertainers you have come to know and love. We would like to welcome back our local farmers: The Vang Family, The Thao Family, Green Eagle, The Millers, Giving Tree, Felzke Farm, Thornapple, and Clark Sugarbush Farm, in addition to our wonderful bakers and arts and craft vendors. Applications from additional farmers are still rolling in! This year we will also feature an Eastside Farm Booth. Eastside growers, as well as Youth Service Corp members, will have the opportunity to sell their excess vegetables at the Market for a modest fee.

### 2010 Schedule

**May 12<sup>th</sup>**- Market starts  
**May 26<sup>th</sup>**- Herbs and Starts Festival and Free H1N1 Vaccination Clinic  
**June 30<sup>th</sup>**- Strawberry Festival  
**August 4<sup>th</sup>**- Tomato Festival  
**September 29<sup>th</sup>**- Apple Festival  
**October 20<sup>th</sup>**- Harvest Festival  
**October 27<sup>th</sup>**- Last Market

To kick off the first month, we have brought back the Herbs and Starts Festival on May 26! This festival will feature an H1N1 Vaccination Clinic, in addition to vendors selling herbs, spring vegetables, flowers and starts for your garden.

**Please see page 3 for more information on Market Volunteer Opportunities, Market Walk, and the ASFM Yard Sign Corps.** See you at the Market!

### "It's safe, easy, and free, so why wouldn't you?"

There will be **two FREE H1N1 flu vaccination clinics** coming up in April and May:

- Tuesday, April 20 between 1:00 and 8:00 PM and
- Wednesday, May 26 between 2:00 and 7:00 PM, both at Allen Neighborhood Center.

Nurses from the Ingham Health Department will give the shots, and ANC staff will sign people up for free health coverage for the uninsured (Ingham Health Plan) and answer questions about our energy efficiency program and other programs.

**Cont. on page 3**

### Weatherization Days

Weatherization assistance and funds are still available! ANC runs Weatherization Assistance sessions every third Saturday of the month to guide you through the application for the CACS Weatherization program. Call Steve at 367-2468 to find out more and to register for a session on April 17 from 9am-1pm. Or visit our website: [www.allenneighborhoodcenter.org/weatherization](http://www.allenneighborhoodcenter.org/weatherization) to sign up today!

### Saturday, June 5th Save the Date!

On June 5, join us for **World Day at Hunter Park: A Joint Celebration of World Refugee Day and the Hunter Park Music Fest.** You will enjoy a full afternoon of music and dance performances (Salsa, Middle Eastern Dance, Step, Tai Chi, Singing and Dancing Groups from every corner of the Globe); 'Arts and Crafts from Around the World'; tours of the Hunter Park GardenHouse and gardening workshops for youngsters; use of the Hunter Park Pool and Splash Pad; a Family Health Walk to earn Farmers Market tokens; a mini-Farmers Market; and an evening concert featuring well-known headliner bands. Stay tuned!

### Neighborhood Meetings

**ABC:** May 3, 6PM at Pilgrim Congregational Church, 125 S. Pennsylvania. We will discuss the future of ABC and where to go from here.

**ENO:** Apr. 7, 7PM at Foster Comm. Center Rm. 213. We will be holding elections for the executive board. We will also meet May 5 at 7PM at Foster, Rm 213.

**FAIR:** Apr. 1 and May 6

**Foster Your Neighborhood:** Apr. 21 and May 19, both 7PM at Foster Comm. Center.

**Holmes Street:** Apr. 8 and May 13

**PLACE:**\* Apr. 14 and May 12

**Prospect Protectors:**\* Apr. 15

**\*Litter Cleanup: Prospect Protectors** and **PLACE** are cleaning up the **Pocket Park** on the corner of Clifford and Prospect, Apr. 3, 9:30AM.

**Prospect Protectors** and **Place** will both have their neighborhood litter cleanup on Apr. 18 at 2PM.

**Regent Oaks:** Apr. 20 and May 18 (all at 6:30 PM at ANC unless noted)

### ANC Events

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

**Kinship Care:** Apr. 10, 1:30-3:30 PM; May 8, 1:30-3:30 PM

**Youth Service Corps:** Every Tuesday and Thursday, 3:30-5:30 PM

**Community Soup:** Apr. 15, May 20, 5:30-8PM at Unity, 230 S. Holmes

**Senior Discovery Group:** Every Wed., 10-noon

**GardenHouse Hours:** Please see the May calendar on page 4.

**GardenHouse Workshops:** Apr. 10, Apr. 24, May 15, May 22, & May 27.

**The Eastside Neighbor** is published every two months by Allen Neighborhood Center. Please contact the editor, Meg Sparling, at [megs@allenneighborhoodcenter.org](mailto:megs@allenneighborhoodcenter.org) by May 10 with submissions for the June-July issue.

# April 2010

# May 2010

Sun Mon Tue Wed Thu Fri Sat

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April is National Poetry Month and National Garden Month!		1	2	3
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
			30	

May is National Family Month and National Physical Fitness and Sports Month!		1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18
23	24	25	26	27	28	29	30	31	

## Allen Neighborhood Center News

### Community Soup

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



- Every 3rd Thursday of the month (Apr. 15, May 20)
- 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 April 15<sup>th</sup> for Pasta Possibilities, and on May 20<sup>th</sup> for Seasonal Cooking in Michigan — featuring items found at the Allen Street Farmers Market. For more information on Community Soup, please call Hollie Hamel or Heather Hymes at 367.2468.

### Thank You!

Special thanks this month to:

**All ANC Volunteers** for generously donating their time and energy to all of our programs.

YSC Recruiters **Evan Davies, Lydia Dixon, Jacob Lindquist, and Ann Recke** for their hard work. Neighborhood Navigators **Anita Tang, Bobby Busley and Geoff Brousseau**.

Pre-ASFM volunteers **Sam Plotkin and Matthew Williams**.

**Beth Monteith, Alan Panter, Kate Jun, and Amanda Johnson** for their generous donations to ANC!

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

**Francine Watts**, for all of her hard work with Bread Basket and Allen Senior Discovery Group.

**Robert Allen and George Datsenko** for their dedication to Bread Basket.

**Unity Spiritual Renaissance** for hosting Community Soup.

Community Soup volunteer **Sarah 'Drew' Losinski**, for her dedication to the program.

All our **GardenHouse Volunteers** for the consistent dedication we need to stay open and serve the public. We wouldn't be here without you!

**Gone Wired** and **ELFCO**, for supporting GardenHouse operations through purchases and advertisements of GardenHouse Greens.

### 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:

**Apr. 7** - Morgan Yates from Bake N Cakes is going to show us how to decorate a cake.

**Apr. 14** - International student from MSU will tell us about their country.

**Apr. 21** - Steve Couch from ANC will tell us about good nutrition.

**Apr. 28** - Stacy Smith, Housing Specialist of Tri-County Office on Aging

**May 5** - Rita Heller from Michigan Gourd Society will tell us about growing gourds and what can be made from them.

**May 12** - International student from MSU will tell us about their country.

**May 19** - Dave Muylle will talk to us about his proposed Cottage Lane.

**May 26** - Rina Risper of New Citizens Press presenting.

### Thank You (continued)

**Linda Anderson** and **Jackie Dillinger** for their tireless dedication to GardenHouse programs and principles.

Thank you to **Pattengill Middle School, Resurrection School, Eastern High School, Bingham Elementary School, and Fairview Elementary** for allowing us to recruit new YSC members at conferences and in your classrooms.

For their continued contribution to Youth Service Corps, thank you to the **Wharton Center for Performing Arts**.

The Outreach Team wishes to thank **Freya Rivers and Bingham Elementary School, Pilgrim Congregational Church, Faith Fellowship Baptist Church and Eastside Community Action Center**.

**Murdock Jemerson** of the Lansing Parks and Rec Department, **Eric Schertzing** of the Land Bank, and **Dorothy Boone** of the City of Lansing for their continued support of Eastside growing initiatives.

**Lynne Martinez** of Martinez Consulting for her grant writing expertise and a charming and informative gardening workshop.

### Thank You (continued)

**Vicki Morrone**, for facilitating a great "Why Organic?" discussion.

**Matt Smar**, for hosting the Sustainable Landscaping Workshop and assisting with the Urban Gardener Certification Course.

**Sandra Cade**, for giving an inspirational presentation at the Youth Gardening Conference.

**Gary Heilig**, for his continued support.

Welcome **Janet Kincaid**, latest member of the ANC Board of Directors!

**K'Anna Burton**, thank you for 4 years of inspiring leadership and boundless energy!

### IHP Update

Ingham Health Plan continues to conduct an annual redetermination for Plan B members. It is important to open all mail from IHP. You must return the required redetermination form by the specified date in order to stay on the plan. If your address, family size, or income has changed and you have not updated that information with IHP, please contact them at 866-291-8691 to stay on the health plan.

The Department of Social services conducts an annual determination for Plan A members. If any of the information stated above changes, you must contact your DHS worker. If you do not update this information with your DHS worker, you will be canceled from the ABW Plan and will not be able to re-enroll because Plan A will be closed for at least a year.

If you have any questions about redetermination, call Tom or Heather Rae at 367-2468.

**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)

## Health, House, Garden

### ANC Walks in the 2010 Susan G. Komen Race for the Cure®

ANC and the Breast Health Club are proud to be participating in the 8<sup>th</sup> Annual Susan G. Komen Race for the Cure, Sunday, April 25<sup>th</sup> at 2PM in Lansing. If you are interested in joining ANC's walking team, please contact Kristi at 367-2468, OR register online by going to [www.komenmidmichigan.com](http://www.komenmidmichigan.com) and clicking on "Komen Mid-Michigan Race for the Cure." Select "Register," then click "Join a Team." Type "Allen Neighborhood Center" in the search box. Finally, scroll to the bottom and click "Join the Team."

Allen Neighborhood Center's Breast Health Club (BHC) has recently grown to more than 600 members! BHC members receive several benefits at no cost, including monthly postcards with information on how to support breast health. During the Allen Street Farmers Market, BHC members can stop by ANC's Outreach table and redeem their postcard for **FREE** cancer-fighting foods like walnuts and flaxseeds.

To join the Breast Health Club, contact ANC's Outreach & Engagement team at 367-2468.

### Free H1N1 Flu Shot Clinic, cont. from page 1

People with the highest risk of getting the flu are children and young adults, pregnant women, and adults 25 to 64 who have chronic health problems. Healthy adults might not get sick from the flu, but they can still carry it to their family members and friends without knowing they have it.

It is important you talk to your family doctor or a nurse if you have any questions about H1N1.

Please call us at 367-2468 if you have any questions about the flu shot clinic or need help finding a family doctor.

Remember, this is still flu season and the H1N1 bug remains a public health concern.

### Hunter Park Community GardenHouse

#### Community Supported Agriculture Programs (CSAs)

The GardenHouse CSA will be accepting applications for new members during an open enrollment period until April 15<sup>th</sup>. Returning members are welcome and encouraged to apply after that date. For more information, please contact Jackie Dillinger at 517-402-2964. There are two other CSAs available in our area:

- Giving Tree offers pick-up at the Allen Street Farmers Market. Call 517-482-8885.
- Thornapple CSA also offers pick-up at the Allen Street Farmers Market. Visit [www.thornapplecsa.com](http://www.thornapplecsa.com) or email [thornapplecsa@gmail.com](mailto:thornapplecsa@gmail.com).

#### GardenHouse April-May Workshops

In the next couple months, the GardenHouse will host the following:

- Apr. 10:** *All About Soil*, 2-3:30pm
- Apr. 24:** *Garden Startin'*, 2-3:30pm
- May 15:** *Raised Beds*, 11:30-1:30pm
- May 22:** *Summer Fruiting Crops*, 2-3:30pm
- May 27:** *Rain Barrels*, 6:30-8pm

#### Need More Information?

For the GardenHouse **Friday Night Film Series** dates, please see the April and May calendars on page 4.

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

If you would like to volunteer in the GardenHouse, contact Heather Hymes at 367.2468.

### Urbandale Farm

Urbandale Farm will begin a series of work sessions on Saturdays, noon to 3PM, Apr. 17 - May 22, weather permitting, on the 700 block of South Hayford. All neighbors are welcome to come see what's happening! On April 22, we will have a pot of soup or chili to share at noon.

### Cont. from Page 1

#### Volunteer at the Allen Street Farmers Market!

Are you interested in becoming more than an ASFM patron? If so, become an ASFM volunteer. There are many positions available, and schedules depend on your availability and the position you take. Volunteers should be available every Wednesday from May 12 - Oct. 27, for a 3-hour period between 12:30 - 8:00 (3-hour shifts are arranged based on position). For more information on the type of volunteer positions available, or to become an ASFM volunteer, please contact Heather Hymes at 367.2468.

#### Walkers Needed

Market Walk is currently recruiting adults and families with youth to participate in the 4<sup>th</sup> season of Market Walk. You can join the fun by simply recording your mileage as you walk, then redeeming those accumulated miles for Market tokens to be spent at the Farmers Market throughout the 2010 season. Materials will be available at the Market starting May 12. For more information, please contact Heather Hymes at 367.2468.

#### Yard Sign Corps Members Needed!

The ASFM staff is looking for additional Yard Sign Corps members to help us market the Allen Street Farmers Market across the Greater Lansing area. Yard signs should be put up in your yard every Tuesday night during Market season. For more information or to request a sign, contact Heather, 367.2468. And thank you, 2009 Yard Sign Corps!

#### Apply to the Garden-In-A-Box program!

Spaces are still available in ANC's 2010 Garden-In-A-Box program! The Youth Service Corps is still accepting applications for new box holders, who receive a 2-ft. by 2-ft. raised cedar bed, vegetable gardening start plants, soil, and support from the YSC throughout the growing season. Applicants are chosen based on ability to tend the box and income level. Applications are available for pickup at ANC. For more information, call 999-0377.