

# 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 III

June - July 2010



## A Joint Celebration of World Refugee Day & The Hunter Park Music Festival

On Saturday, June 5th, in conjunction with the regional "Be A Tourist In Your Own Town" event, Hunter Park will come alive with **world music, dancing, food, arts & crafts**, a **Family Health Walk** sponsored by Blue Cross Blue Shield of Michigan, a **health fair (with free H1N1 vaccinations)**, **family & kids activities**, and **tours and workshops** in the **Hunter Park GardenHouse**. The **Hunter Park Pool and Splash Pad** will open early just for the day.

The event will begin at noon with the Family Health Walk. Blue Cross Blue Shield will reward participants who walk laps around the Hunter Park path with \$5 tokens for the Allen Street Farmers Market. There will be a **Global Arts & Crafts Fair** under two large tents near Kalamazoo St., and also **food vendors** and a **mini-Farmers Market**, showcasing a diverse array of food choices in the Clifford St. parking lot. There will also be a dedication of a **Peace Pole**, contributed by the Greater Lansing Peace Education Center!

**Please see the insert for more information and an event schedule.** In addition to the activities described above, the **City of Lansing Showmobile** will begin showcasing a wide variety of cultural performances at noon, including a Tai Chi demonstration, the Habibi dancers, Nepalese dancers, drumming groups, a marching band, and a salsa group. Starting at 5 PM, the **Burundian Choir** will take the stage, followed by two local headliners: **Sailors-DeLancey Jazz Orchestra** and **Orquesta Ritmo**. This event is a collaboration between the

### A Huge Thank You to:

**Our Generous Sponsors!** Blue Cross Blue Shield of Michigan, LAFCU, City of Lansing/Parks and Recreation, Peckham, Blacksoil, and Unity of Greater Lansing.

**Our Co-Hosts & Co-Organizers!** Lansing Parks and Recreation, St. Vincent Catholic Charities Refugee Services, Refugee Development Center, Lansing School District, Lutheran Social Services of Michigan, CADL, and the Greater Lansing Peace Education Center.

### World Day, cont.

**Immigrant & Refugee Consortium** (ten refugee-serving organizations in the City) and ANC. The event is designed to celebrate the rich mix of humanity that resides on the Eastside and throughout the City. **All are welcome and entry is free!**

### Attention Eastside Seniors!

We are surveying to collect input for a custom-tailored senior support program on the Eastside. This program, modeled after the Beacon Hill program in Boston, MA, would enable people to maintain and strengthen a sound support network that allows them to age comfortably in their own homes and neighborhoods. The program would include weekly rides; check-up phone calls; deep discounts with local carpenters, plumbers, and electricians; assistance with securing renters like college students for extra bedrooms; and more. Get in on the ground floor of shaping this offering by taking the survey. Drop by ANC, or call 367-2468.

**See page 3 for details about the Allen Street Farmers Market and Hunter Park GardenHouse**, including the ASFM Strawberry Festival, gardening workshops, and new growing opportunities!

### Neighborhood Meetings

**ABC:** Please call Denise Kelley at 484-9109 if you are interested in helping to plan ABC's National Night Out event on Aug. 10.  
**ENO:** Jun. 2, 7 PM at Foster Community Center. No July meeting.  
**FAIR:** Jun. 3 and Jul. 1  
**Foster Your Neighborhood:** Jun. 16, 7 PM at Foster Community Center. Annual picnic on Jul. 25 from 4—7 PM at Foster Community Center.  
**HERO:** Jun. 22 and Jul. 27  
**Holmes Street:** Jun. 10  
**PLACE:** Jun. 9 and Jul. 14  
**Prospect Protectors:** Jun. 17.  
**Regent Oaks:** Jun. 15 and Jul. 20; neighborhood garage sales, Jun. 11 & 12, 9 AM to noon (free sale from noon - 2 PM), recommended 10% of proceeds donated to Regent Oaks Community Fund; picnic in Hunter Park, Jul. 11 at 2 PM.  
*(all at 6:30 PM at ANC unless noted)*

### ANC Events

**Allen Street Farmers Market:** Wednesdays, 2:30-7 PM  
**Breadbasket:** Tuesdays, 1-5:30 PM  
**Community Soup:** Jun. 17, Jul. 15, 5:30-8 PM at Unity, 230 S. Holmes  
**KidTime:** Beginning Jun. 23, Wed. & Fri. from 12 noon—1 PM.  
**Kinship Care:** Jun. 12 and Jul. 10, 1:30-3:30 PM  
**Senior Discovery Group:** Every Wednesday, 10-noon  
**Tai Chi in the Park:** Every Saturday, 10 AM  
**Youth Service Corps:** Every Tuesday and Thursday. Summer hours begin June 15th: 11 AM-1 PM. Until then, YSC will meet from 3:30-5:30 PM.

The Eastside Neighbor is published every two months by Allen Neighborhood Center. Please contact the editor, Meg Sparling, at meg@allenneighborhoodcenter.org by July 10 with submissions for the August-September issue.

# June 2010

# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>GardenHouse Summer Hours</b> Mon-Fri: 10AM—12 noon and 5—7PM Sat and Sun: 10AM—2PM
		<b>1</b> Bread Basket 1-5:30	<b>2</b> Senior Discovery 10-12PM Market 2:30-7PM	<b>3</b>	<b>4</b>	<b>5</b> World Day in Hunter Park 12 noon—8:30PM
<b>6</b>	<b>7</b>	<b>8</b> Bread Basket 1-5:30	<b>9</b> Senior Discovery 10-12PM Market 2:30-7PM	<b>10</b>	<b>11</b>	<b>12</b> Kinship Care 1:30-3:30 Tai Chi 10AM
<b>13</b>	<b>14</b>	<b>15</b> Bread Basket 1-5:30 YSC 11AM-1PM	<b>16</b> Senior Discovery 10-12PM Market 2:30-7PM	<b>17</b> Community Soup 5:30-8PM YSC 11AM-1PM	<b>18</b>	<b>19</b> Tai Chi in Hunter Park 10AM
<b>20</b>	<b>21</b>	<b>22</b> Bread Basket 1-5:30 YSC 11AM-1PM	<b>23</b> Senior Discovery 10-12PM Strawberry Festival 2:30-7PM	<b>24</b> YSC 11AM-1PM	<b>25</b>	<b>26</b> Tai Chi in Hunter Park 10AM
<b>27</b>	<b>28</b> ANC Board Meeting, 5PM at ANC	<b>29</b> Bread Basket 1-5:30 YSC 11AM-1PM	<b>30</b> Senior Discovery 10-12PM Market 2:30-7PM	<b>June is National Fresh Fruit and Vegetable Month. Get your fruits &amp; vegetables at the Allen Street Farmers Market!</b> 		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>July is National Parks &amp; Recreation Month and National Grilling Month. Grill at the new Hunter Park Pavilion—due this June!</b> 
						<b>1</b> YSC 11AM-1PM
<b>4</b>	<b>5</b>	<b>6</b> Bread Basket 1-5:30 YSC 11AM-1PM	<b>7</b> Senior Discovery 10-12PM Market 2:30-7PM	<b>8</b> YSC 11AM-1PM	<b>9</b>	<b>10</b> Kinship Care 1:30-3:30 Tai Chi 10AM
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## Allen Neighborhood Center News

### Community Soup

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



- Every 3rd Thursday of the month (Jun. 17, Jul. 15)
- 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 June 17 for Dips, Snacks, and More; and July 15 for Beans n' Greens—both nights featuring items from 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.

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

**Francine Watts**, our Super Volunteer, who works with Breadbasket, Senior Coffee, Kinship Care, and Outreach.

**Robert Allen** and **George Datsenko** for their dedication to Breadbasket.

Thank you to **Christina Pippen**, **Kristi Nelson**, and **Ashley Bellant** for their productive internships at ANC.

Thank you to **Pastor Jim Dunn** and **Calvary Christian Fellowship** for providing their space for an ANC event.

**Staying Focused**, **Carter Moulton** and **Peter Nelson** for performing at the Allen Street Farmers Market.

Thank you to **Jacob Lindquist** for all his hard work and dedication to Allen Neighborhood Center this semester. To **Jackie Dillinger** for refurbishing the permanent ASFM signs. They look great!

**MSHDA AmeriCorps members** for re-painting A-frames and signs for the Market.

**Delta Zeta Chapter of Alpha Kappa Alpha Sorority, Inc.** for all their hard work delivering H1N1 flyers, digging in the GardenHouse, and painting

### 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:

**June 2:** Kresge Art Center will present Birds and Animals in Art

**June 9:** M.S.U. International Speaker

**June 16:** Morgan Yates from Bake 'n' Cakes will demonstrate cake decorating

**June 23:** Agnes Morris will demonstrate necklace making

**June 30:** Pot Luck Luncheon for the April, May, June Birthdays

**July 7:** The American Red Cross will present Emergency Readiness and C.P.R.

**July 14:** Field Trip to Nokomis

**July 21:** Field Trip to Prospect Place

**July 28:** T.B.A.

### Thank You (continued)

Market signs.

**Lansing Catholic High School's Work-A-Thon groups**, for double digging at the GardenHouse, for helping at Prospect Place, for cleaning up the parking lot, and finishing up painting tasks for the Market.

**Pastor Kate** for allowing the Food Team to use the **Unity Spiritual Renaissance Church's** kitchen every month for Community Soup.

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 purchasing and advertising GardenHouse Greens.

**Velma Kyser** of **PNC Bank** and the **ANC Board of Directors** for their support of the first Friday film night and use of their popcorn machine.

**Linda Anderson** for her continued horticultural support and direction.

**James Manning** for co-presenting the informative "Garden Startin'" workshop.

**Lynne Martinez** for her amazing work crafting **Eastside Living**.

**Bob Teachout** for **Tai Chi in the Park**, every Saturday at 10 AM!

### Thank You (continued)

**Matt Smar** for his continued support and expertise in the planning of our outdoor beds.

For their support of Youth Service Corps, thank you to **Julie and Lester Smith**, **Cirque de Soleil**, **Steve King**, **Edgewood United Church of Christ of East Lansing**, **Dr. Joan Jackson Johnson**, and the **City of Lansing HRCS Department**.

The **ANC Housing Caucus** for it's excellent work under intense time pressures.

The Folks from **CEDAM** for their wonderful acknowledgment of our work.

The energetic, civic minded gang creating **Prospect Place Gathering/Gardening Spot** for modeling what can be done with an empty parcel!

For generous contributions to ANC, thank you **Jeff Grabill**, **Unity Spiritual Renaissance**, and **Jenny Buckley**.

### 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.

Our Outreach & Engagement team signs people up for IHP, weatherization assistance, Medicaid, SNAP (food stamp) benefits, Medical Homes, MICHild, Healthy Kids, free mammograms, and other health, housing, and human service resources. For more information, call us at 367.2468, or stop by Monday-Friday, 9 AM to 5:30 PM.

### 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)



### Hunter Park Community GardenHouse

**GardenHouse Open Hours**  
Mon-Fri, 10 AM—12 noon, 5—7 PM  
Saturday & Sunday, 10 AM—2 PM

### Community Gardens in Hunter Park

Sign up today to garden from a plot in Hunter Park! GardenHouse volunteers have worked diligently to make space available north of the building, and it is ready to be planted. Email Allison (at the address below) for more information or stop in for an application.

### Let's Garden Lansing

Look for the schedule of gardening workshops offered throughout Lansing on posters all over the City, or check out [www.lets gardenlansing.org](http://www.lets gardenlansing.org) to get in on the action!

### KidsTime

Beginning Jun. 23, kids ages 5-10 have a place this summer in the GardenHouse. Join us twice a week for fun in the park with fresh food and gardening themes. KidsTime is Wed. & Fri. from 12 noon-1 PM. Email Allison at the address below to sign up!

### 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](mailto:allisonb@allenneighborhoodcenter.org), or 517-999-3910.

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

### YSC Offers Custom Raised Beds

Grow your own healthy foods while supporting ANC's Youth Service Corps! YSC is now taking orders for beautiful hand-built, cedar raised beds, available in a range of sizes, that you can use to grow food or flowers in your own yard. Prices range from \$60 — \$125. We also offer a sliding scale to Eastside residents to reduce financial barriers. For more information, email: [neilb@allenneighborhoodcenter.org](mailto:neilb@allenneighborhoodcenter.org).

## Health, House, Garden

### Allen Street Farmers Market in Full Swing!

Stop by every Wednesday for great produce, great food, great friends, great music, and more! Below you'll find a jam-packed schedule for June and July. **More music and activities will be added as we get closer to each Market day.** The Sparrow Mini-Market is also open for Sparrow associates, visitors, and neighbors, featuring a few of our ASFM farmers. Sparrow Markets are every fourth Wednesday during Market season, during regular Market hours. For weekly Market updates, contact Heather Hymes (367-2468) to sign up for the e-bulletin "Market Alert."

### In June

**June 2:** Music by **Dorothy Cooley**

**June 16:** Featured Non-Profit **Mid MEAC**; for the kids, **Impression 5** from 4-7 PM; music by **Delta Saginaw Familiarity**.

**June 30:** **STRAWBERRY FESTIVAL** Sponsored by **Lake Trust**; **Big Lug** will be on site at 3 PM for pictures; music by **Jen Sygit**; the **Habibi Dancers** at 5 PM; stop by the Food Chatter table for food samples featuring Michigan strawberries!

### In July

**July 7:** Welcome back the **Thou's!**

**July 21:** Sponsored by **Physicians Health Plan**; welcome back **Tom's Produce**; **Lead Testing** from 2:30-6 PM; music by **Dorothy Cooley**; stop by the Food Chatter table for food samples featuring Michigan Sweet Corn!

**July 28:** Music by **Art Cameron**

**See you at the Market!**

### Lansing Urandale Farm

The Urandale Farm Grand Opening will be June 19 from 1-3 PM. Come to the 700 block of South Hayford to participate in the fun-filled opening ceremonies of Lansing's first urban farm initiative! Summer volunteer work times at Urandale Farm: Saturdays noon to 3 PM, Tuesdays 6-8 PM.

### A Huge Thank You to Our 2010 Market Sponsors!

**LAFCU** (Aug 4), **Lake Trust** (Jun 30), **CATA** (Sep 29), **Lansing Board of Water and Light** (May 19), **Sue & Jack Davis** (May 26), **Physicians Health Plan** (Jul 21), **MSU Federal Credit Union** (Aug 11), and **Neophase Development**.

Many of these folks will be present the day of their sponsorship. Be sure to stop by and thank them for their support. There are several Markets left for which we are happy to welcome you as a Day Sponsor. Call Heather at 367.2468.

### FREE Lead Testing Event At the Allen Street Farmers Market

On Wednesday, July 21 from 2:30 to 6 PM, there will be free lead screening for children under six years old, sponsored by the Physicians Health Plan. Each child tested will receive a \$10 gift certificate to spend at the Allen Street Farmers Market on fresh fruits and vegetables. There will also be activities and movies for children during the event. Because many of the houses on the Eastside were built before 1978, our children are at a higher risk for lead poisoning. Lead poisoning is one of the most common and preventable childhood health problems. Although there are not always outward signs, young children are at the highest risk. For more information, contact Tom at ANC at (517) 367-2468.

### Breast Health Club

The Mid-Michigan Komen Race for the Cure® was an amazing and inspiring event. Thank you to the 25 participants that walked and ran with the Allen Neighborhood Center team!

Breast Health Club has 100 new members, bringing the total to 685! BHC members receive several benefits at no cost, including monthly postcards with information on how to support breast health. Postcards can be redeemed at the Farmers Market for **FREE** cancer-fighting foods like walnuts and flaxseeds. Women can sign up for the BHC at the **Allen Street Farmers Market**, or by calling the new BHC coordinator, Heather Rae McAlvey, at 367.2468 ext. 2008.