Neighborhood Meetings

ABC: ABC’s Neighborhood Night Out is August 9th. Watch for a flyer on your porch. ABC’s next meeting is September 12th at 6pm at Pilgrim Church. We have a lawnmower that ABC neighbors can use. Please, contact Denise Kelley for pick up times. 484-9109 or abcneighborhood@sbcglobal.net.

ANC Board: will meet on August 22 and September 5 at 5:30.

Eastfield: ‘Summer Picnic Meeting’ on August 18 at 6:00 (location TBD). For more information, please contact Beth at behm@montelh.me.com.

END: will meet on Wednesday August 3 and September 7 at 7pm at Foster Com. Ctr Rm 213.

FAIR: Will meet on Thursday August 4 and Thursday, September 1. All meetings start at 6:30 PM at Allen Neighborhood Center.

Foster Your Neighbors: Will NOT meet in August. Foster Your Neighborhoods will meet on September 21st at 6:30. Location TBA.

PLACE: Wonderting what happened to the summer rummage sale? Our core leaders were not able to organize the event this year and no one new volunteered. But don’t despair. If you are interested in organizing a sale for a weekend in August or September, we have all the forms and know how and are willing to help. Call Jennie at 484-6756 or email at jenniegrau@aol.com.

Attn PLACE and Prospect Protector Neighbors: Once again PLACE and Prospect Protector neighbors are gathering for our annual pot luck on August 9th from 6 to 8 PM between Virginia and Clifford Streets. Please join us, and bring a chair and a dish to pass. Kids crafts will be provided. We expect music too. All we are missing is YOU!

Regent Oaks: will meet on Sept. 20th at 6:30 at ANC.

Women’s Health Picnic

You are cordially invited to Allen Neighborhood Center’s second Annual Eastside Women’s Health Picnic. The picnic and information fair will be held in Hunter Park on Sat., Aug. 27 from 10:30 am to 12:30 pm. The event will celebrate women’s health: offer a delicious lunch; and tempt you to try out exercise samplers (way fun!) You’ll also receive information about health resources, ‘good food’ programs (e.g., Allen Street Farmers Market, Hunter Park GardenHouse, etc.), and other local programs that support a healthy lifestyle. See page 3 for the picnic agenda and instructions on how to RSVP!

Job Opening: GardenHouse Program Manager

ANC is seeking a Program Manager for the Hunter Park GardenHouse. This person will oversee gardening activities as well as coordinate gardening and nutrition education programs, such as the Urban Gardener Certificate Program, workshops, food awareness and nutrition education for youth, and our community supported agriculture project.

This part-time position (25-30 hours) will start in August. Salary will be commensurate with experience. Strong candidates will have education or training related to the position, e.g., gardening/farming, nutrition education, planning and program management. Please submit your resume and cover to Joan Nelson at ANC, 1619 E. Kalamazoo St., Lansing, MI 48912 or send to joann@allenneighborhoodcenter.org by August 5. Call Joan at 917-999-3912 for further information.

Restoration Works

You’ve seen the signs. You’ve toured the houses. Now take a piece of NW know how home with you.

Starting this summer, and continuing into the fall, Restoration Works brings you monthly workshops on a variety of topics. All workshops are from 6 – 8 PM and will take place at 1512 E. Kalamazoo Street unless otherwise noted. Join us in person for some hands on learning and ask local experts your burning questions. Blog with us on the RW website www.restorationworks.org as we puzzle through our tough construction decisions. Bring your friends, family and coworkers. Everyone is welcome.

Aug. 31: Decked Out For Function and Privacy

Explore everything about deck building from design and placement to codes and construction as Lansing Community College faculty member Chuck Coe shows you how to transform a small, public and uninviting backyard into a place where you can get away from it all. Paper handouts available on the first 25 visitors. Electronic handouts are available on our web site www.restorationworks.org.

Sept. 28: Small Kitchens Living Large conducted by Leslie Hart Davison. Don’t see the topic you were hoping for? Suggest it by emailing Jennie Grau at JennieGrau@aol.com. Make sure to put RW in the subject line.

Active Neighboring Cafe

Join us on Saturday, September 17 at 10 am at ANC to share strategies for engaging landords in your neighborhood improvement activities. This is not to be missed! RSVP with Tom at 999-3924.

Mark Your Calenders!

Tomato Festival- August 31
Apple Festival– September 28
See you at the Market!
Allen Neighborhood Center News

Urbanbnd Farm
The Urbanbnd Farm Stand is selling fresh, affordable produce Tuesdays 5pm-7pm and Saturdays 9am-noon. Stop by 653 S. Hayward for your favorite summer vegetables or to pick the farm and let us work for you so our Tomato Festival, Saturday, August 27th as we celebrate the fruits of the season. A special show live in the Urbanbnd neighborhood, look for our youth-operated Veggie Wagon taking vegetable deliveries. If you or someone you know in the Urbanbnd area would appreciate fresh vegetables delivered to your home, give us a call for more details: 999-3916.

ANC Staff Changes
Our wonderful Bekah Gulang, MI AmeriCorps Member and GardenHouse Manager will be leaving in late August to work in a farm/cafe/resort in Harbor Springs. We wish her well this summer. Thanks to Lissa Anderson for her donation to Urbanbnd Farm in honor of her mother’s birthday (that would be Linda Anderson, Farm co-founder and generous horticultural consultant for the Hunter Park GardenHouse, as well). Thanks a bunch to our June and July youth programming Sponsors: LAFCO (twice), CATA, Jack and Sue Davis, and PHP.

Community News

News from Kinship Care
Join Kinship Care, Ingham Great Start Parent Coalition on Saturday, August 13th, 2011 from 1:30-3:30 for Family Voices on the Eastside at Allen Neighborhood Center. Bring your voice to share around the table as we discuss the topic of the importance of community. FREE childcare, food and books for kids and adults RSVP to Francine before Thursday, August 11th.

Senior Discovery Group:
Every month, 1:30-3:30 pm. at ANC 9am-noon each activity they sample and then enter tickets in a drawing to win a basket generously filled with nutritious produce and goodies from the Allen Street Farm Stand. Volunteers can also peruse the Display and Literature table to learn about the wide range of health-enhancing programs, classes, and events available locally.

Fall and Winter CSA:
This year the community GardenHouse is currently in its planning stage for the months of Oct.- Dec. This CSA will include a produce box and will be delivered to your door. For information, contact Bekah at 999-3910 or bekah@allenneighborhoodcenter.org.

Summer Youth Offerings
KidsTime (6-11 years of age): Offered Monday through Friday, from 10-11 am. This program will focus on gardening education and food awareness, utilizing personalized, square-foot Gardens. Youngsters will engage in fun games, and other fun activities.

Youth Service Corps (11-17 years )
Corps members will meet every Tuesday from 4-5pm from 11 am to 12:30 pm to continue work on the Edible Park Project. There will be field trips and other adventures thrown in as well.

Women’s Health Picnic
From 10:30 – 11:30 am, participants in the Eastside Women’s Health Picnic will get to experience up to three 1-hour exercise samplers (Zumba Dance, Tai Chi, and Walking the Hunter Park Path). Women and girls will receive a ticket for each activity they sample and then enter tickets in a drawing to win a basket generously filled with nutritious produce and goodies from the Allen Street Farm Stand. Volunteers can also peruse the Display and Literature table to learn about the wide range of health-enhancing programs, classes, and events available locally.

Women’s Health Picnic
Continued from Front Page...

Garden, Market, Nutrition, Health, House

The following are confirmed:
Senior Discovery Group:
Every month, 1:30-3:30 pm. at ANC 9am-noon each

SideShare: 2:30 to 7:00pm Comer of Allen/Kalamazoo See you at the market!

Enjoy this tasty recipe
Ketchup with Rainbow Chard and White Beans
Serves 4 Hands-On Time: 20 min | Total Time: 20 min
Ingredients
• 12 ounce whole wheat fettuccine
• 2 teaspoons olive oil
• 2 cloves garlic, sliced
• 1 pint cherry tomatoes, quartered
• 2 bunches rainbow or red green Swiss chard with stem and leaves separated and cut crosswise into 1-inch pieces
• 1/2 teaspoon crushed red pepper flakes
• 1/4 cup crumbled parmesan cheese
directions
Cook the pasta according to package directions. Heat the oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes and cook until they begin to break down and release their juices, about 2 minutes. Stir in the chard stems and cook until softened, about 3 minutes. Add the chard leaves, cannellini beans, 1/2 teaspoon salt, and the red pepper and cook, stirring until the chard leaves are thoroughly wilted, about 5 minutes.
Divide the cooked pasta among individual bowls and top with the chard mixture and parmesan cheese.

Nutritional Information
Per Serving
Calories: 458
Calories From Fat: 16
Total Fat: 16 g
Sat Fat: 2 g
Sodium: 881 mg
Cholesterol: 5 mg
Total Carbohydrate: 65 g
Dietary Fiber: 5 g
Sugars: 2 g
Protein: 25 g

We hope you will join us for this festive, fun, and informative event! Please RSVP by Monday, Aug 22.

Thank you to our CAUW Donors:

Thank you to our partners for sponsoring our Garden House Kids Program this summer:

Thank you to our volunteers for their totally cool program for KidsTime participants.
Thank you to the Ingham Co. Land Bank for their purchase of ‘starts’ and for opening tax foreclosed homes for a walk-through by ‘Urban Picnickers’. Thanks, Dave Myulete, our tour guide!

Thank you to Jim, Lansing Public Servic Worker, for helping to keep Hunter Park beautiful.
Thank you to our supporters who participated in our Friends and Funds campaign: Vision Collision, Pat Bunce, Jim Cheadle, Family, Jane and Richard Larson, and Karrin Hanshew.
Thank you to the Lunch With A Purpose for help with cleaning up Hunter Park before World Saturday of A HUGE thank you to our 120+ volunteers who helped make World Day at Hunter Park a spectacular success! We wouldn’t have been able to do it without you! And, of course, a heartfelt shout out to all of our partners and sponsors:

Thank you to Bake n’ Cakes for all the tasty treats you donate to us each and every week.

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