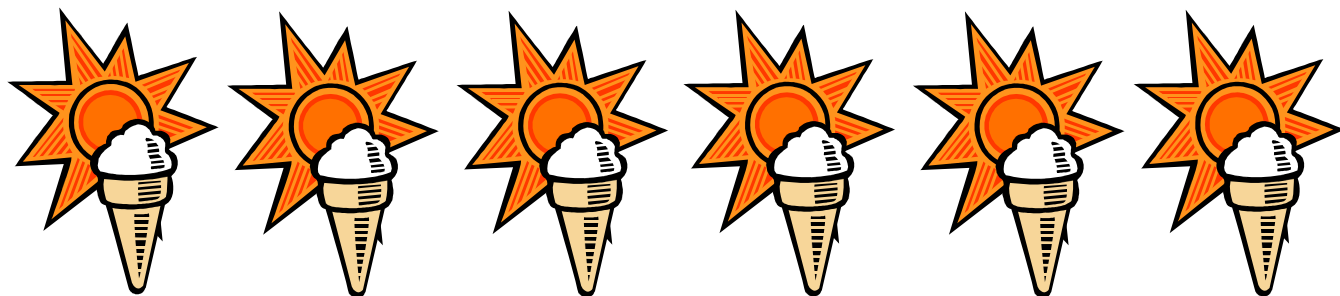




NorthWest Initiative
1012 N. Walnut St.
Lansing, MI 48906

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July/ August
2010
NorthWest
Initiative
Newsletter!

July /August Calendar 2010				(July /August Events see P3)			
Title	Day	Time	Location	Title	Day	Time	Location
Programs				Meetings			
				ARRO General Meeting Linda Archer	July 7/ August 4	5:30pm	NWI
Youth Summer Enrichment Program	M, W, & F	8:30 am- 3:00 pm	NWI	Hull Ct. Park Neighborhood	July 7/ August 4	For info call 267-9848	
Healing Circle Support Group	Thursdays	5:30 pm - 7:00 pm	NWI	Genesee Neighborhood Assoc.	July 1/ August 5	7:00pm	Grace Lutheran Church
Photography Class for Children	Fridays	1:00 pm - 3:00 pm	NWI	Food Systems Project	No July Mtg. August 2	4:00pm	LC
National Alliance of Mental Illness (NAMI) Support Group Sessions	Thursdays	7:00 pm- 8:30 pm	NWI	NWI Board Meeting Rudy Wilson	July 13/ August 10	5:30pm	NWI
				Cherry Hill Neighborhood	July 15/ August 19	For info call 351-1389	
Location Addresses and Phone Numbers							
				Old Forest Neighborhood Kevin Webb	July 15/ August 19	For info call 372-8649	
BCFI= Black Child and Family Institute, 835 W. Genesee, 487-3775	MMLA = Mid-Michigan Leadership Academy, 730 W. Maple, 485-5379			Westside Neighborhood Don Clearwater	July 21/ August 18	7:00pm	LC
CADL= Capitol Area District Library, 401 S. Capitol, 367-6300	NWI= North West Initiative, 1012 N. Walnut St. 999-2894			Knollwood/ Willow N'hood Walter Brown	July 15/ August 19	5:30pm	WE gym
LC= Letts Community Center, 1200 W. Kalamazoo, 483-4311	SH= Scott House, 125 W. Main, 999-2894			Edmore Park Neighborhood Dayle Benjamin	July 16/ August 20	For info call 372-1455	
WE= Willow Elementary, 1012 W. Willow St., 325-6886	TLC= Trinity Lutheran Church, 501 W. Saginaw St. 372-1631			Downtown Neighborhood Monica Zuchowski	July 22/ August 26	6:00pm	CADL
				Walnut Neighborhood Kenetha Gibson	July 22/ August 26	For info call 267-0453	

News for people who live, work, and play in Lansing's grand neighborhoods- the City area bounded on the north, east, and south by the Grand River.

July/ August 2010

Grand Happenings

Grand Happenings is produced by NorthWest Initiative

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Summer Garden Camp
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July /August Meeting Calendar

NorthWest Initiative
North Neighborhood Center

1012 N. Walnut St.
Lansing, MI 48906
Phone: (517) 999-2894
OR (517) 999-2895
Fax: (517) 999-2897
www.nwlansing.org

Submit an Article!

Send September/October newsletter submissions by August 5th to peggy@nwlansing.org

4th Annual Westside Summer Fest – July 24th

Join us from 1pm-10pm at Saginaw & Princeton for this wonderful celebration of community and diversity. This year's event features an expanded health & wellness expo, health passports and prizes, bicycle rodeo and helmet giveaway, nine hours of live music and dance performances, a farmers' and artisans' market and even more for the kids. Enjoy jazz from Too Smooth for Notes, salsa music and dancing with Ritmo, R&B from Christian Nelson and much more. Kids' activities include face painting from 1pm-9pm, a visit from Big Lug from 1pm-2pm, Home Depot building workshops from 1pm-3pm, fire trucks 3pm-5pm and 6pm-7pm, and a kids' drum circle from 5pm-7pm. There is also a 3 v 3 basketball tournament for kids age 16 and under. Pre-registration is required by July 10, and is available on the website at www.westsidesummerfest.com. Thanks to our wonderful sponsors and volunteers, this event is free to attend. Please contact Tyler at 999-2894 or brushtyl@msu.edu to sign up as a volunteer.



Summer Fun and Good Food at NorthWest Initiative

NorthWest Initiative's Summer Youth Enrichment Program is in full swing! Youth can come and join us on Mondays, Wednesdays and Fridays until August 20th for field trips, gardening, educational programs including financial literacy, and much more. **Free breakfast and lunch** will also be served **Monday through Friday from June 21 – August 13, 2010.** **Breakfast: 8:30 -9:30 am Lunch: 12:00 – 1: 00pm**, provided by the Lansing School District's Summer Food Program.

Summer Garden Camps

Gardening, cooking, games & crafts – Ages 7+

Where: Mid-Michigan Leadership Academy; 730 W. Maple Street, 48906
When: July 6 – July 22; Tue., Wed. & Thurs. from 12-3

Where: Cavanaugh Elementary; 300 W Cavanaugh Rd, 48910
When: July 27 – August 12; Tue., Wed. & Thurs. from 12-3

Where: Willow Elementary; 1012 W. Willow Street, 48915
When: August 17 – Sept 2; Tue., Wed. & Thurs. from 12-3

Enrollment is limited to 20 per camp. Contact Joy Baldwin to enroll at (517) 999-2894.

6th Annual Poetry in the City

Join us on **Thursday, July 22, 2010 from 7-9 pm** on the **steps of the Capitol** as we celebrate the **6th Annual Poetry in the City** event featuring several poets and lyricists. The event is **FREE!** Bring a chair or blanket to enjoy the performances. This is a NorthWest Initiative program and sponsored by The Lansing Jaycees, McMathis Counseling, One Love Global and The New Citizens Press.

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Maria Zavala Outreach Manager

The Mission

The NorthWest Initiative is a 501 (c) (3) non-profit organization working to strengthen and sustain healthy communities in Lansing's grand neighborhoods- the City area bounded by the Grand River on the north, east, and south. The Ingham County Health Department and the City of Lansing sponsors the Initiative. Program partners include residents, neighborhood organizations, local nonprofit organizations, human service agencies, and units of Michigan State University.

Celebrate Your Health!

Are you interested in becoming healthier? Are you looking for likeminded individuals to help you succeed in doing just that? If so, we'd like to invite you to the first 2010 **Celebrate Your Health Club!** meeting, which takes place **August 21st between 9:30 – 11:00am at Trinity Lutheran Church** (501 W. Saginaw - corner of Chestnut & Saginaw). Some of you may be familiar with these meetings. If not, they usually take place once a month and we provide a light meal and a few small prizes. These meetings focus on health information, ranging from breast health awareness, to nutrition and exercise tips. Everyone is welcome and best of all, it's FREE! If you have any questions, please feel free to **contact Stephanie at (517) 999-2894**. We'd love to see you there!



Let's Get Fit!

Join us at the NorthWest Initiative as we are getting fit by walking, practicing yoga, dancing or doing other exercise activities. Overall, this has helped us become healthier – mentally and physically! Some of us are proud to say that weight has actually melted away. Therefore, we would like to welcome you to join us in our goal to become healthier and happier individuals. Every week, the activities and times may vary and there is NO COST to participate. If you are interested in joining us, please call Stephanie at (517) 999-2894. We welcome all and understand that every one has a different level of fitness. Let us help you find yours!

Asthma Help Comes To Lansing

Do you have breathing problems, wheezing or a cough? These are symptoms of asthma. Some people in our community may have asthma, but have not seen a doctor or been able to get help to breath better. If you need help with your breathing, please come to our asthma screening called, **Not One More Life** on Saturday, September 18, drop-in from 9 am – 1 pm. We will provide medical and insurance help for people that attend. The event is being held at Pilgrim Rest Baptist Church, 5200 Pleasant Grove, Lansing (on the SW corner or Jolly and Pleasant Grove). Everyone is welcome.

Support NorthWest Initiative's Youth Photographers



NorthWest Initiative youth photo classes are teaming up to have a gallery show from **July 24-August 29 at the Creole Gallery in Old Town, 1218 Turner Street**. The opening reception is **July 30 from 6:00-9:00 p.m.** The exhibit contains photographs from the Saturday and summer photo programs, and the Children with Incarcerated Parents program at Gardner Middle School. Please come out for the reception, encourage the youth, and enjoy listening to live music and looking at their photographs! This event wouldn't be possible without the support of the Michigan Council for Arts and Cultural Affairs, RJF Photography, Absolute Gallery and our numerous volunteers over the past year.

Fresh Produce at Quality Dairy

The following four Quality Dairy stores will carry up to one dozen items of fresh, Michigan grown produce from mid-June to October.

- QD Store #5** - 700 N. Pine Street, Lansing, MI 48906
- QD Store #7** - 1200 W. Willow, Lansing, MI 48915
- QD Store #20** - 500 E. Saginaw Street, Lansing, MI 48906
- QD Store #28** - 2625 E. Jolly Road, Lansing, MI 48910

Thank You Westside Summer Fest Sponsors and Contributors!

Health Tent Sponsors

Junior League of Lansing
Sparrow Hospital

T-Shirt Sponsor

Message Makers

Festival Sponsors

Adams Outdoor Advertising
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Lansing Board of Water and Light
Lansing Community College
MSU Federal Credit Union
Origami Brain Injury Rehab Center

Friends of the Westside Summer Fest

Capital Area UAW CAP Council
Consumers Energy
Councilmember Kathie Dunbar
Councilmember Derrick Quinney
Greater Lansing Housing Coalition
Lansing Mayor Virg Bernero
Michigan Realtors Association
State Representative Joan Bauer
4th Ward Lansing City
Councilmember Jessica Yorke

Other Contributions

Carol Skillings
Ingham County Commissioner
Rebecca Bahar Cook
Joseph McDonald
Margaret Groves
Michael Flowers
The New Citizens Press
State Representative Mark Meadows
Westside Neighborhood Association
Xpedex Paper & Graphics

Upcoming Events

Neighborhood What?: "Creating Great Places" Conference

Mark Your Calendar for Saturday, September 11, 2010 from 8:30 am – 3:30 pm and plan to join your fellow neighbors as the NorthWest Initiative hosts the first-ever Neighborhood Conference in Lansing. Watch for more details!

Let's Garden Lansing

For a full calendar of gardening education events, visit: www.letsgardenlansing.org or call 272-4146.

Save The Date!

NorthWest Initiative— "Celebrating 10 Years" Garden Desserts & Fundraiser Event October 14, 2010 For more information or to help with planning this event, please call Peggy at 999-2894.

Panera Bread Distribution
Every Thursday from 12:00 pm to 4:00 pm
NorthWest Initiative
1012 N. Walnut St., Room 106
517-999-2895

Angel Food Ministries
Place orders in the middle of the month and pick up at the end of the month.
Call Julie @ (517) 485-0174 (Must enroll prior to distribution)

Great Food for All
Place orders at the beginning of the month and pick up in the middle of the month. Call Jack @ (517) 374-2650 (Must enroll prior to distribution)

Food Movers Distribution
July 14th and August 11th from 11am-12pm
Black Child and Family Institute
835 W. Genesee St.
Lansing, MI 48915
517-487-3775

P.A.T.H. "Personal Action Towards Health" Classes

If you are over the age of 60 and suffer from chronic disease, please join the six week series of the **P.A.T.H. class** that NWI will be offering from **Tuesday August 3, 2010 – Tuesday September 7, 2010**. Classes will be held at NorthWest Initiative, **1012 N. Walnut St.** Snacks provided. For more information or to register contact Maria at maria@nwlansing.org or 517-999-2895.

Special Thank You!

The Youth Engagement Program would like to give a special THANK YOU to **Ms. Rena Bowman**, for her generosity, and endless hours with our youth group guiding them with the seeds and seedlings for our youth/community garden. She has been a true blessing to us. We would also like to give a big THANK YOU to **Ms. Nancy Martling**, for donating a sewing machine and supplies to our youth group. Also, "Thanks!" to **Mr. John Hooper** at the Lansing City Market for allowing our youth group to hold a plant fundraiser.