

## Vision 2020 Seeking Volunteers

NorthWest Initiative will be holding its next Vision 2020 residence meeting on February 24th from 5:30 - 7:00 pm, at the Letts Community Center, located at 1220 W. Kalamazoo in Lansing. Topics on the agenda will include: the neighborhood watch program, the next recycle/clean up day, plans for summer fest and any other issues that pertained to the last surveys and previous meetings. The local Fire Chief also hopes to make an appearance. If he is available to make it, he would like to share information on fire extinguishers, carbon monoxide and smoke detectors as well as other vital safety tips. If you have any question or comments, please contact Janine at (517) 999-2894 or E-mail her at [janine@nwlansing.org](mailto:janine@nwlansing.org).



NWI is also looking for people who would like to make a positive impact by volunteering in their community. An amazing amount of up-and-coming events for Vision 2020 are headed our way; therefore, a great deal of effort is needed. Volunteers can help with anything from construction work, to watching children for those physically involved, to passing out flyers. If you have any free time that you're willing to donate in order to help us fulfill our goals, please contact Janine at [janine@nwlansing.org](mailto:janine@nwlansing.org). Please help us to help our community!

## Celebrate Your Health!



Researchers from the Lombardi Comprehensive Cancer Center at Georgetown University have shown how an ingredient found in chocolate seems to exert its anti-cancer properties. Chocolate contains pentameric procyanidin, a natural compound found in cocoa, deactivates a number of proteins that likely work in concert to push a cancer cell to continually divide.

Look for 70% dark chocolate because it is highest in anti-oxidants. If you would like more information on the benefits of eating chocolate to fight breast cancer, please contact Stephanie at (517) 999-2894 or e-mail her at [Stephanie@nwlansing.org](mailto:Stephanie@nwlansing.org). Come and enjoy a meal and the company of others as we explore ways to stay healthy. Celebrate Your Health! Club will meet Saturday, February 14, at Trinity Lutheran Church (501 W. Saginaw) from 9:30 - 11:00am. There will be special chocolate treats and a \$20 grocery card giveaway.

## Food Systems Project Seeks Community Leaders

The Food Systems Project is planning a retreat in March to identify the past, present and future of FSP and to identify needs for leadership roles of committee members. The committee and I need help planning this retreat, including a facilitator and ideas from community leaders whom have experience in retreat planning. We also hope to recruit new committee members to head sub-committees that have expertise or interests in the following areas: Volunteer Recruitment, Fundraising, School Gardens, Senior Community Garden, as well as, the Corner Store Produce Project. Committee members dedicate 1-5 hours a month to ensure the success of our programs. If you have expertise in these areas and are willing to donate a few hours a month to a good cause, please contact Joy at (517) 999-2894 or e-mail her at [joy@nwlansing.org](mailto:joy@nwlansing.org).

## Upcoming Events

### TV & Computer Recycling Event

Hosted by the City of Lansing and Classic Computer Inc.  
Held at the Ingham County Road Commission (5613 S. Aurelius Rd.)  
from 9:00am to 2:00pm on  
Saturday, February 7th  
For information, contact  
Waste Reduction Services at  
(517) 483-4400 or E-mail them  
at [recycled@lansingmi.gov](mailto:recycled@lansingmi.gov)

### Help Design Lansing's Walking & Biking Network

Hosted by the City of Lansing  
and the Lansing Walking & Bicycling  
Task Force;  
Opportunity to discuss what changes  
you think are needed for safe,  
convenient walking and bicycling  
in Lansing.  
Light meal and childcare provided.  
For more information, go online to  
[www.walkbikelansing.com](http://www.walkbikelansing.com) or  
contact Jessica at (517) 999-2894

### Mid-Michigan Women's Expo

Feb. 6 Fri 10:00am-8:00pm  
Feb. 7 Sat 10:00am-6:00pm  
Feb. 8 Sun 11:00am-5:00pm  
Adults: \$7.50; Children (6-14): \$5.50  
5 and under: Free  
Check out [www.kohlerexpo.com](http://www.kohlerexpo.com)  
for more details

### February Food Resource Dates

**Angel Food Ministries**  
For February deadline and distribution  
dates; Call Jack at 374-2650  
(Must enroll prior to distribution)

**Food Movers Distribution**  
February 11<sup>th</sup> & 25<sup>th</sup>, from 11 -12 pm  
Mid-Michigan Leadership Academy  
(Must enroll prior to distribution)  
730 W. Maple St. Lansing,  
(517) 482-1270

**NorthWest Initiative**  
(Panera supplemental Bread Location)  
Thursdays; 12:00-4:00 pm,  
Or call for an appointment  
1012 N. Walnut St. Lansing,  
(517) 999-2894

**Letts Community Center**  
(Supplemental Bread Location)  
Monday-Thursday; 12:00-6:00 pm,  
Letts Community Center  
1220 West Kalamazoo, 483-4311