



SOUTH END VOICE

Volume 1, Issue 3

June 2011

June's Issue

With June comes Summer, school vacation, gardening, sunshine, rain clouds, outdoor events, concerts, and BBQs. It is a time to go outside and get involved in the community. This issue includes some great events and resources in and around the South End. It also lists volunteer opportunities that allow us to try new things and meet new people while improving our community. Enjoy the heat, stay safe, make friends and go outside.

The South End Voice (SEV) is a collaborative monthly publication by and for the people and community based organizations of Albany's South End. All individuals who work, reside, volunteer, or appreciate the South End are welcomed and encouraged to submit articles, opinions, pictures, artwork, and upcoming events. Issues will be distributed on the first Thursday of each month.

The South End Voice is housed at the Trinity Alliance Family and Neighborhood Resource Center at 15 Trinity Place. Questions, comments, and corrections can be submitted to Michael Parsons at southendvoice@gmail.com or at 518-449-5155 x105.

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Get Involved!

If you or your organization would like to become involved with the creation, dissemination, and/or support of the South End Voice please let us know.

We need community partners, writers, artists, editors, distributors and more.

South End Voice Community Partners

Trinity Alliance of the Capital Region (449-5155)
www.trinityalliancealbany.org

Unity Sunshine Program (434-0815)
www.unityhouseny.org/services/service_detail.cfm?ID=2

NY State Department of Health (485-5341)
www.health.state.ny.us

The Salvation Army (463-6678)
www.salvationarmycapitalregion.org

Grand Street Community Arts (463-2222)
www.grandarts.org

Boys and Girls Clubs of Albany (462-5528)
www.bgcalbany.com

Albany Bike Rescue
www.trinityalliancealbany.org/health-and-wellness

Albany Police Department (438-4000)
www.albanyny.org/government/departments/police.aspx

South End Partnership for Safe Families
 no website

South End Neighborhood Association
www.southendna.blogspot.com

Schuyler Mansion (434-0834)
www.schuylerfriends.org www.nysparks.com

Albany County Dept. for Children Youth, and Families (447-7500)
www.albanycounty.com/cyf

Albany Family Education Alliance (489-2838)
www.albanyfamilyeducationalalliance.org

St. George Orthodox Church (462-0579)
 No website

Capital City Rescue Mission (462-0459)
www.capitalcityrescuemission.com

AVillage..., Inc. (859-4305)
www.avillageny.org

Homeless and Traveler's Aid Society (463-2124)
www.hatas.org/

South End Implimentation Team
www.albanyny.org/government/departments/developmentplanning.aspx

Community Cradle (426-1153)
www.communitycradle.org

Albany Housing Authority (810-0132)
www.albanyhousing.org/thecenter

South End Improvement Corps (436-8777)
www.seicalbany.org/

Albany Community Hospice (285-8166)
<http://www.albanycommunityhospice.com/>



Artwork by
Eziah Velez
Age 9

From the Community

Young Men...

By Cynthia London
Community Member

Believe in yourselves
The corner is not the answer
Dare to be you
Let no-one define who you
Are
Lead...
Don't cow-down to peer pressure
Speak...
Articulate intelligently with truth
And integrity
Let your ancestors' voices
Resonate in your ears, mind, and
Soul.
Always act in a dignified manner
Pull up your pants; young
Men.
Dare!
Dream!
Be you!
Fly!
Succeed!

Godly Woman

Submitted by J.R.
Community Member

I have been on drugs and alcohol for years. Now, I have 21 years without a drug or alcohol. I am a Godly woman and now I pray for everyone and God has been so good for me. I love winning souls for Jesus. And I love working with street people and talking with people about Jesus and what he had done for me and what he can do for you.

A Shared Responsibility

By Joan Parker
Resident

The Albany Housing Authority in connection with the private sector has done a great job revitalizing the houses on Morton Avenue and Catherine. Now, it is up to the people living in these apartments to take care of the buildings outside as well as in their apartments.

Dress Code

By anonymous

It is very important to look properly when you go for a job interview. Nice clean shirt, pair of pants, and shoes. This is what I feel. Children should be taught this at home as well as school.

Quote

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-Leo Buscaglia

Make Your Own Freezer Pak

By Boys and Girls Club of Albany

Good for bumps and bruises & hot summer days

1. Open a freezer "Ziplock" bag and place it inside a bucket
2. Put 2 ½ cups of water into the bag
3. **PARENTS:** Put 1 cup of rubbing alcohol into the bag
4. Put 2 drops of food coloring in the bag (You can combine to make different colors)
5. Partially close the zip-lock bag
6. While still partially opened, carefully squeeze air out
7. Close zip-lock bag
8. Shake to mix color
9. Place in other zip-lock bag for double protection

Place bag flat in freezer. Pack ready when slushy consistency

A Happy Volunteer

By Keatina Neeley
Volunteer

I think the work they do at Trinity Alliance is great because it encourages others to come out and get involved within the community. I like coming here to volunteer and suggest others do the same. All the staff members here are very helpful. This makes me feel extra good about being involved with such a great place and knowing that there is someone who cares about what you may be struggling with. It is somewhere in life you can make a difference.

Resources

In addition to homeless services, such as offering meals and shelter, **Capital City Rescue Mission** also offers a New Life Recovery Program for men, Family Center for women & children, free medical clinic, "Blessingdale's" clothing center, and a Learning & Resource Center. All services at the Mission are free of charge.

Do you know someone facing serious health challenges or terminal illness? No family should have to face caring for a loved one in the final stages of life alone. There is help and support for patients and their families through **Community Hospice**. Care is delivered wherever a patient lives, including their homes, adult living, nursing homes and hospitals throughout Albany, Columbia, Greene, Rensselaer, Saratoga and Schenectady Counties and Amsterdam. The Community Hospice accepts most insurance including Medicare and Medicaid, please note, no one is refused care due to inability to pay or lack of insurance. Anyone can make referral to Community Hospice by calling 724-0242 or 1-800-678-0711. The Community Hospice also offers a broad range of grief services that are free and open to the community (loved ones need not be a Hospice patient).

SOUTH END IMPROVEMENT CORPORATION RESTORE is BACK!

Home Repairs for Senior Citizens! The RESTORE program offers up to \$7,500 in grant assistance for emergency repairs to senior citizens' owner-occupied homes in Albany. Assistance may be used for:

Accessibility Issues Safety Concerns Health Hazards
- Preference is given to homeowners in the South End -

Some restrictions may apply.

Contact SEIC for details, or visit us on the web: www.seicalbany.org

CALL US TODAY! (518) 436-8777

Healthy Living

Summer Camps

Women's Health

Boys and Girls Club

Summer Camp 2011: please visit www.bgealbany.com for info and application!

Community Hospice

Camp for child or teen, aged 5 - 17 years old, who has experienced a death-related loss in their lifetime, regardless if the loved one was on Hospice, Applications due by August 1st. Space is limited so please ASAP! Applications at www.communityhospice.org or call 694-4980 for info.

Salvation Army

Camp for children ages 6-12. JULY 27th through AUGUST 1ST, 2011 *Signup Now. Deadline June 30th, 2011.* For more information stop by The Salvation Army at 20 South Ferry St. Albany / call Amaury at (518) 463-6678 ext. 13.

Freihofer's Community Walk

June 4, 2011 12:30 pm at Empire State Plaza. Includes the community walk, the Run for women, and the kid's run.

Unity Sunshine Parent Meeting

June 8, 2011 "How Media Affects Children" at 5:30 pizza and babysitting provided. For more information call 434-0815

Yoga classes 12:00-1:00pm every Thursday in June

Tai Chi classes 12:00-1:00pm every Wednesday in June

Dance Work Out classes 12:00-1:00pm every Tuesday in June

To register for these free activities at Trinity Alliance contact Benna 518-449-5155 x127

As summer approaches Unity Sunshine Daycare is busy focusing on fun healthy snacks that we can share with the children in our classrooms. The children in one of our classrooms want to share the following recipe that they made and enjoyed!!

Wake-Up Smoothie

3 servings, 1 cup each
Active Time: 5 minutes
Total Time: 5 minutes

Ingredients

- 1 1/4 cups orange juice, preferably calcium-fortified
- 1 banana
- 1 1/4 cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries
- 1/2 cup low-fat silken tofu, or low-fat plain yogurt
- 1 tablespoon sugar, or Splenda Granular (optional)

Please continue to check back as continue to share more fun and exciting recipes and activities we will be doing this summer.



Part II – The Benefits of Eating a Nutrient-Dense Diet

By David Lam

Development and Volunteer Coordinator, Housing Authority

So now that we know how to read the nutrition label on most processed foods, we can move on and discuss the benefits of eating a nutrient-dense diet. But first, let me explain what a nutrient-dense food is. A nutrient-dense food is one that will provide you with all of the nutrients that you need with relatively few calories. For example, a bowl of bran-flakes with low-fat milk would be considered a nutrient-dense food, but a Big Mac would not.

In other words, you're getting more 'bang for your buck.' The daily allotment for an adult is 2000 calories. Because of this, you should ideally choose foods that will offer the most nutrients (vitamins, minerals, fiber) for the least amount of calories. So here is a list of 5 things that you can do to eat a more nutritious meal for the improvement of your body and mind:

1. Prepare your own meals: You will be the one to control what goes into your body. Choose foods high in fiber/vitamins and low in fats/sodium. Examples of nutrient-dense foods include whole grains, vegetables, and fruits.
2. Choose a cheaper alternative: Nutrients do not discriminate between brands. You will typically find that a store-brand may be 20-40% cheaper than the "brand-name" products.
3. Buy things that are in-season: Buying produce that are in-season will mean less transportation costs which typically translate into lower costs. You will also do the environment a favor.
4. Wait for coupons/sales: There is nothing wrong with using a coupon in this economy. Also, there is nothing wrong with waiting for a good sale.. For example, if you think tangerines are too pricey but navel oranges are 50% off then load up on oranges.
5. Stock up: Whether or not you believe the end of the world is coming in 2012, you should stock up on particular items that you consume frequently. Certain foods with long-shelf lives may be stored for years without perishing. Food prices oftentimes go up and never come back down. Lock in those prices today.

Are you interested in giving back to your community? Do you need volunteer hours to satisfy your educational or social service requirements? Do you want to improve your resume? The following organizations are in need of talented volunteers.

Volunteers!

Albany Bike Rescue

We are looking for enthusiastic volunteers with experience in building and maintaining bicycles. We meet on Tuesday nights from 6-8 pm at 15 Trinity Place and we teach bicycle maintenance and repair to increase the knowledge and skills of those attending our bicycle repair workshops. Participants work toward earning a bike while learning bike repair skills. This is a great opportunity to become involved in your community and meet new people. If you are interested in volunteering please contact me at albanybikerescue@gmail.com or come in person.

The Boys and Girls Club of Albany

Six positions for Camp Counselor Volunteers that will receive an Education Award upon hour completion. Contact Carly or Lisa at BGCA today to get started!

The Community Hospice

Just wanted to remind everyone that Volunteers are the heart of Hospice. We offer many unique and creative volunteer opportunities designed to match the talents and desires of each individual volunteer. Many volunteers spend time with Hospice patients and families visiting them at home, in the nursing home or hospital, providing companionship and helping out just as friend or neighbor would. Other volunteers help our Hospice staff by working with our bereavement team, doing office work or by helping plan and organize important outreach and fundraising events. Every volunteer goes through comprehensive training; we stay in close contact and continually offer opportunities for learning. There is a special need for Spanish speaking volunteers, please call today to find out more about this life changing work. WE NEED YOU!! Please call today 724-0200.

Albany Housing Authority

We are seeking highly motivated and personable individuals to join our team as a GED/Media Tutor. As a tutor, you must be willing to undergo a 2-day training session to prepare you for the rigors of tutoring the people of South End. We are looking for people with basic knowledge in science, math, social studies, or English. A six to twelve month commitment is preferred and the ability to work 10 hours a week is a definite plus. Bonuses include work experience, professional references, and/or a letter of recommendation upon request.

Salvation Army

Assist with food bank pick-up, mobile canteen, mentors for afterschool programs, holiday assistance, receptionist, building maintenance (all season in and outside). Call 463-6678 for more information.

Job Opening at Trinity Alliance Employment and Retention Services Specialist/OPCA Employment Program

Provide employment readiness and job placement services to program participants, develop individual employment plans and assist in the achievement of goals; develop and maintain employer base for job opportunities; monitor participant progress and employment retention, document employment. **Required:** Bachelor's degree from an accredited college or university and/or two years' experience in job development, job placement, employment counseling, or job seeking skill training and motivation. Bring cover letter and resume to Francine at 15 Trinity Place.

Independence Day Celebrations

The Friends of Schuyler Mansion

Celebration on the grounds of Schuyler Mansion on Monday, July 4th, 2011 from 11am to 4pm. Free festivities include an Open House (self-guided tour) of the mansion, live music by Balladeer Linda Russell, and readings of the Declaration of Independence. Activities include performances by an 18th century magician, "Mr. Bayly", an 18th century physician, and the "Jolly Toy Lady," with her colonial games and toys, as well as other children's activities. Free ice cream provided by Stewart's.

Independence Day Picnic and Healthy Hearts Fair

The Capital City Rescue Mission will be hosting its annual Independence Day Picnic and Healthy Hearts Fair on Monday, July 4th at 12:00pm (Chapel starts at 11:30am). Join us for a hearty picnic meal along with fun, healthy activities for the whole family! There will be educational displays, blood pressure screenings and games - **gifts for all who participate!** (259 South Pearl St).

Free Concerts at Albany Riverfront Park

June 2 Vertical Horizon with Mirk (5:00 pm)
June 9 Marshall Tucker Band with Collete & the Mudcats (5:00 pm)
June 16 10,000 Maniacs with Erin Harkes Band (5:00 pm)
June 19 Father's Day Concert by the U.S. Coast Guard Dixieland Jazz Band (7-9 pm)
June 23 Martha Reeves & Vandellas with N.Y. Funk Exchange (5:00)
June 30 Thompson Square with the Hillbilly Horns (5:00 pm)

Events



WALK FOR HOSPICE

Saturday June 18th, University at Albany Registration: 9AM Walk begins: 10:30AM
Celebrate Memories! Join us for a leisurely 1.5 mile walk followed by the After-Walk Fest for the whole family! You may walk as an individual or a team! Funds raised are used to ensure everyone in our community has full access to the **highest quality of care when dealing with serious illness and grief.** Register online at www.communityhospice.org Or call 518-285-8166

2011 Job Fair:

June 02, 2011 10 am to 12 pm and again from 1 pm to 3 pm. The event will be held at 200 South Pearl Street in Albany, NY.

Project Unveiling & Groundbreaking Celebration for "Morton's Walk" on Alexander (in partnership with AVillage...Inc.)

June 8th at 11:00AM Special guest speakers include: Albany Major Jennings, County Executive Breslin and more
Alexander Street, (between Clinton & Elizabeth St.) Join us as we celebrate and break ground on our next major building project of sixteen row houses in the South End of Albany. This endeavor will create broad transformational change in a neighborhood in need of revitalization and to families in need of safe, decent, affordable housing Brief ceremony & refreshments to follow.

Black, Gay & Latino Pride Celebration at Albany Riverfront Park June 4, 12:00pm-5:00pm. Featuring live performances, health and wellness expo, and kids corner. Free for all ages. For more info call 432-4188.

South End Beautification Project in partnership with Albany Housing Authority and AVillage...inc. June 11 9-11am. Come to 38 Morton where we will be planting trees. Refreshments will be provided. Free T-shirts.

June

If you would like to add a program or event to next month's calendar please contact Michael at 518-449-5155 x105

Events Key

AFEA- Albany Family Education Alliance,
 APD- Albany Police Department, 126 Arch St.
 AV- AVillage...Inc., 82 Clinton
 BGC- Boys and Girls Club, 21 Delaware Ave.
 BR-Albany Bike Rescue, 15 Trinity Place
 CH- Community Hospice, 445 New Karner Rd.
 CYF- Albany County Department for
 Children, Youth and Families, 112 State St.
 GSCA- Grand Street Community Arts, 68
 Grand St.
 HATAS- Homeless and Traveler's Aid Society,
 138 Central Ave.
 HA- Housing Authority, 200 Green St.
 RM-Rescue Mission, 259 South Pearl St
 SA- Salvation Army, 20 South Ferry St.
 SENA- South End Neighborhood Association
 SEP- South End Partnership for Safe Families
 SG- St. George Orthodox Church, 1 St George
 Place
 SM- Schuyler Mansion
 TA- Trinity Alliance, 15 Trinity Place
 US- Unity Sunshine, 50 Phillip St.

Ongoing

SA Afterschool Programs: 3-6pm M-F
 SA Open Gym/Weight rm: 7-9 pm M-Th
 TA Computer Lab (10am-12pm) M-F
 SA Computer Lab (11am-3pm) M-F
 HA Computer Lab 09am-4pm M-F

Lincoln Park Gym: open M-F 3:30-
 800pm for ages15-18 I.D. required and
 staff are available for personal training...

Editorial Board

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 James Shultis
 Charmaine Wilson, Reporter
 Michael Parsons, Executive Editor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 4, 2011 SM Independence Day Celebration (pg 4) RM Independence Day Celebration (pg 4)			1 TA Dancing with Elders 2pm	2 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm Alive at Five Vertical Horizon (pg 4)	3 TA Knitting Club 9:30-11 am First Friday 7am	4 Black, Latino, Gay Pride Celebration 12- 5pm (pg 4) Freihofer's Community Walk (pg 3)
5	6 SA Martial Arts/ fitness 6:45-8 pm	7 BR Bike Repair 6-8 PM SA Microsoft Word Class 2:30-4 SA Microsoft Excel Class 2-2:30	8 TA Dancing with Elders 2pm US Parent Meeting (pg 3) GSCA 7-8:30PM Community Meeting	9 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm GSCA 8-9:30am South End Partners Meeting Alive at Five Marshall Tucker Band (pg 4)	10 TA Knitting Club 9:30-11 am	11
12	13 SA Martial Arts/ fitness 6:45-8 pm	14 BR Bike Repair 6-8 PM SA Microsoft Word Class 2:30-4 SA Microsoft Excel Class 2-2:30	15 TA Dancing with Elders 2pm	16 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm Alive at Five 10,000 Maniacs (Pg 4)	17 TA Knitting Club 9:30-11 am	18 Walk for Hospice 9am registration (pg 4)
19 Father's Day Concert 7-9 pm (pg 4)	20 SA Martial Arts/ fitness 6:45-8 pm	21 BR Bike Repair 6-8 PM SA Microsoft Word Class 2:30-4 SA Microsoft Excel Class 2-2:30	22 TA Dancing with Elders 2pm	23 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm GSCA 8-9:30AM South End Partners Meeting Alive at Five Martha Reeves (pg 4)	24 TA Knitting Club 9:30-11 am TA Ice Cream Social 4-6 pm	25
26	27 SA Martial Arts/ fitness 6:45-8 pm	28 BR Bike Repair 6-8 pm SA Microsoft Word Class 2:30-4 SA Microsoft Excel Class 2-2:30	29	30 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm Alive at Five Thompson Square		