

# SOUTH END VOICE

Volume 1, Issue 2

May 2011

## May's Issue

May begins and it is finally starting to feel like Spring. Neighbors are planting gardens and new shoots are coming up. This publication is also growing and maturing. We are receiving more community submissions and have added new community partners. This issue dedicates a page to healthy living and another to community service. We hope to see our friends and neighbors going outside, volunteering, having fun, and being safe!

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](mailto:southendvoice@gmail.com) or at 518-449-5155 x105.

## Inside This Issue

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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.

Our next issue will focus on fun and safe activities for kids to do once school is out. Please send in your ideas and suggestions.

## South End Voice Community Partners

**Trinity Alliance of the Capital Region** (449-5155)  
[www.trinityalliancealbany.org](http://www.trinityalliancealbany.org)  
**Unity Sunshine Program** (434-0815)  
[www.unityhouseny.org/services/service\\_detail.cfm?ID=2](http://www.unityhouseny.org/services/service_detail.cfm?ID=2)  
**NY State Department of Health** (485-5341)  
[www.health.state.ny.us](http://www.health.state.ny.us)  
**The Salvation Army** (463-6678)  
[www.salvationarmy.org](http://www.salvationarmy.org)  
**Grand Street Community Arts** (463-2222)  
[www.grandarts.org](http://www.grandarts.org)

**Boys and Girls Clubs of Albany** (462-5528)  
[www.bgc Albany.com](http://www.bgc Albany.com)  
**Albany Bike Rescue**  
[www.trinityalliancealbany.org/health-and-wellness](http://www.trinityalliancealbany.org/health-and-wellness)  
**Albany Police Department** (438-4000)  
[www.albanyny.org/government/departments/police.aspx](http://www.albanyny.org/government/departments/police.aspx)  
**South End Partnership for Safe Families**  
 no website  
**South End Neighborhood Association**  
[www.southendna.blogspot.com](http://www.southendna.blogspot.com)  
**Schuyler Mansion** (434-0834)  
[www.schuylerfriends.org](http://www.schuylerfriends.org) [www.nysparks.com](http://www.nysparks.com)  
**Albany County Dept. for Children, Youth, and Families** (447-7500)  
[www.albanycounty.com/cyf](http://www.albanycounty.com/cyf)  
**Albany Family Education Alliance** (489-2838)  
[www.albanyfamilyeducationalliance.org](http://www.albanyfamilyeducationalliance.org)  
**St. George Orthodox Church** (462-0579)  
 No website  
**Capital City Rescue Mission** (434-3411)  
[www.capitalcityrescuemission.com](http://www.capitalcityrescuemission.com)  
**AVillage..., Inc.** (859-4305)  
[www.avillageny.org](http://www.avillageny.org)  
**Homeless and Traveler's Aid Society** (463-2124)  
[www.hatas.org/](http://www.hatas.org/)  
**South End Implimenttion Team**  
[www.albanyny.org/government/departments/developmentplanning.aspx](http://www.albanyny.org/government/departments/developmentplanning.aspx)  
**Community Cradle**  
[www.communitycradle.org](http://www.communitycradle.org)  
**Albany Housing Authority** (810-0132)  
[www.albanyhousing.org/thecenter](http://www.albanyhousing.org/thecenter)



Artwork By Joseph Woods, Local artist

# From the Community

## Local Women Pioneers

By Cynthia London  
Community Member

I think that Albany should publish a book on local women pioneers and women of distinction, from our past to the present. Some of the areas that could be highlighted are: Arts and Entertainment, Science and Technology, Inventions, etc. Little girls, young ladies, and women can have local heroes to look up to. By doing this book for our community of women, I believe it would cut down on local teen pregnancy rates, increase self-esteem, and set their moral compass at a higher standard. I believe this would keep our local teens from looking for love in all the wrong places.

## Ancient Egyptian Literature

Submitted by Joan Parker (Queen Nyima)  
Community Member

“Don’t be proud of your knowledge. Consult the ignorant and the wise. The limits of art are not reached. No artist’s skills are perfect. Good speech is more hidden than green stone, yet may be found among maids at the grindstones.”

## Ode to Harris

By Benna Eldridge  
Director of Trinity’s FNRC

He said, “Fill this building, as much as you can!  
Find out who needs help, what they need, understand!  
Get to know this community, inside and out,  
Then do what’s important and give me a shout  
If you need help, or support, or a penny or two,  
Work hard and be honest and kind and true blue!”  
After 5 years...  
Our rooms are all full and Trinity grew,  
The community rallied and did hard work, too!  
Thousands of people have worked for success.  
We’re almost 100 and still pass the tests!  
Our history of leaders and community grandeur  
Goes on with the courage of Harris Oberlander!

## Trash on the Sidewalk

By Marie  
Community Member

I have seen people in my neighborhood throw trash on the sidewalk as well as in the street, knowing there is a garbage can right in front of them.

## The Great Wall

By Akbar  
Community member

*Beauty is in the Eye of the Beholder...*

Everlasting pain and the sadder moment that exists within the hearts of those who lost a family member or a dear friend to the violent ways of street life, must be addressed by honoring and memorializing their soul through placing a memorial wall in our community bearing the names of all those who have encountered such violent conflicts.

So what do you think about having a memorial wall built in your community, honoring and memorializing the ones whose lives were ended by some violent mishap?

## A Question

Community Member

Why is it that we congratulate infamous people in our community when it’s their funeral; why not discuss their good works and achievements while they’re alive?

## Spring Has Sprung!

Unity Sunshine Child Care Center has been busy learning about spring and what it means to them. The children have planted flowers, learned about the rain, how seasons change, birds, weather, just to name a few. Each child sees the beauty of spring through their own eyes. Here is what spring means to some of our preschoolers:

“Play outside on the weekends” Mitchell D  
“Eat corn”- Keyvion  
“My birthday”- Na’ani  
“Walk with my mommy”- Giavahna  
“Play football with Uncle Harry”-Elijah  
“I like to ride my pink bike!”- Ava  
“I play with daddy in the park” Kahaud

“Plant flowers”- Xiomara  
“Go to the beach party”-Kevaia  
“Play football”-Nyaji  
“Go to wrestlemania”- Dionte  
“Go to Chuckie Cheese to get tickets” -Dakota  
“I like to ride my skooter”- Qu’ mari

We hope that you are enjoying this spring season as much as we are and that you get to marvel in all the beauty it has to offer.

# Healthy Living

<h2>Summer Camps</h2>	<h2>Educational</h2>	<h2>Women's Health Week</h2>
<p><b>Boys and Girls Club</b> Please stop by 21 Delaware Ave to pick up your application! Limited spots available!</p> <p><b>Salvation Army</b> Please stop by 20 South Ferry St. or call Amaury at (518) 463-6678 Ext. 13.</p>	<p><i>Do you Smoke? Are you pregnant, parenting or around young children? Want to learn more about the effects of Secondhand Smoke?</i></p> <p>Community Cradle offers <b>FREE HELP!</b> Call us to find out more about our private <b>QUIT COACHING!</b> <b>(518) 426-1153</b></p>	<p>May 10 Nutrition Class Including a healthy lunch</p> <p>May 11 Exercise Classes</p> <p>May 12 De-stress with Tai Chi</p> <p>May 13 Total You-Future Plans</p> <p>-----</p> <p>Yoga classes start May 19 12-1pm and every Thursday for 10 weeks</p> <p>Tai Chi classes start May 18 and every Wed. for 8 weeks</p> <p>Dance Work Out classes start May 17 and every Tuesday 12-1pm for 10 weeks</p> <p><b>To register for these free activities at Trinity Alliance contact Benna 518-449-5155 x127</b></p>
<h2>Food &amp; Nutrition</h2>	<h2>Healthy Joke</h2>	
<p><b>Just Say Yes to Fruits and Vegetables</b> Salvation Army May 11 @ 11am</p> <p><b>Mass Food Distribution</b> Trinity Alliance- Free healthy food and open to all. Bring I.D. May 5 morning June 2 morning</p>	<p><b>What are Beethoven's favorite fruit?</b></p> <div style="border: 1px solid black; padding: 2px; text-align: center; width: fit-content; margin: 0 auto;">         BAN-AN-VAN-AN-VAN       </div>	

## Free Events

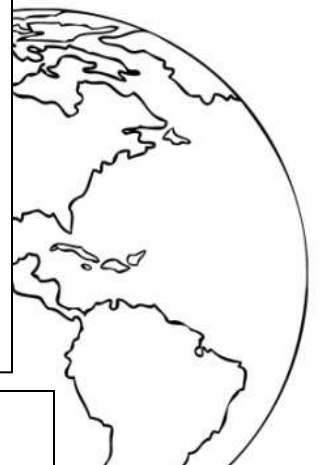
**Spring Festival-** Presented by Grand Street Community Arts, co-sponsored by AVillage & Trinity Alliance. Sunday May 15 1-5 pm. Grand St. between Madison Ave and Ashgrove Pl. Includes music, family fun and games, break dancing, face painting, arts and more. For more info call 463-2222.

**New York Heritage Weekend**—Season Opening and Concerts on Schuyler Mansion grounds, 11:00 AM-4:00 PM, May 14<sup>th</sup> and May 15<sup>th</sup>; Mansion available free of charge for an Open House (self-guided) Visitors encouraged to bring a picnic to enjoy on the lawn during the afternoon concerts.

**"Spa Day"** Thursday May 5th, from 3-5:30. The cosmetology teacher at Albany High's Abrookin Center, will be bringing 7 of her best students to **Howe Library** (105 Schuyler St.) to offer free manicures, pedicures, and eyelash extensions (while supplies last). First come first served.

**Family Fun Night--for Parents and Children**  
Wednesday May 18 5-6:30 pm Crafts, Stories, Dinner for the whole family and a free book for everyone. Hosted by Salvation Army. Call Cheryl at 463-6678 x 20 to let her know you are coming.

**Health Screenings for adults and seniors-** May 15 10:30am-2:30 pm. Albany Jewish Community Center, 340 Whitehall Rd. information booths, drawing prizes, refreshments, chair massage, quick adult haircuts and snack bags. For More Information Call: 518-438-6651 x112



## Reading Labels to Live Healthier, Happier Lives

**By David Lam**

**Development and Volunteer Coordinator, Housung Authority**

Growing up in the 21<sup>st</sup> century, one may find it quite difficult to live a healthy and happy life. We oftentimes find ourselves choosing foods that are more convenient than those that are good for us. So here, I will teach you all the things that you will need to begin living a healthier, happier (and likely longer) life.

The first lesson will involve reading the confusing "Nutrition Facts" label on the back of all processed foods. The basic premise is this: based on a 2000 calorie diet, one should consume on a daily basis no more than 65g of fat, 300mg of cholesterol, 2400mg of sodium, 300g of carbs, and 25g of fiber. You might then ask, "Why should I only eat those amounts when my body is unique?" Well, it's not. That is the recommended intake for *all* adults. To maximize the "healthiness" of your food choices, you should try to limit your fat, cholesterol, and sodium intake. More than the daily allotment may lead to obesity, cardiovascular disease, cancer, and high blood pressure to name a few.

Now that we know how much we should eat of the categories above, how do we go about choosing healthier foods? The answer is again found on the "Nutrition Facts" label. First look for the serving size; this is the quantity that you must eat to achieve the numbers listed on the label. For example, an Egg McMuffin at McDonalds (serving size is 1): 300 cal, 12g of fat, 260mg of cholesterol, 820mg of sodium, 30g of carbs, and 2g of fiber.

Now let's examine this McMuffin. You have consumed 300 of the necessary 2000 calories allotted for the day: 15% of your calorie intake. However, this one McMuffin will also consist of 19% (12/65) of your fat allotment, 87% (260/300) of your cholesterol allotment, and 34% of your sodium allotment for the *whole* day. Remember, a diet high in fat, cholesterol, and sodium is unhealthy and potentially dangerous.

As the old adage goes: A moment on the lips, a lifetime on the hips. And heart. And colon. And arteries. I may have added a little extra to the end there, but ultimately you must ask yourself, "Is this worth it?"

Tune in for next month's article where we will discuss how you can eat the nutrient rich diet of a rich person on a budget.

# South End

# Volunteers!

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.

## 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. Please contact David Lamat 518-810-0132 for more information. Located at 200 Green Street, Albany NY.

## Salvation Army

We are looking for outgoing individuals that are looking forward to giving back to our community. We supply meals for hundreds of families each week through the use of our mobile canteen, and volunteers for the canteen will need to assist in food prep, loading to the truck, and serving with a pleasant attitude. We also are looking for volunteers to assist us keeping the community center tidy all year round. This will include, but is not limited to garbage disposal, window cleaning, mopping, sweeping, dusting, pulling weeds, shoveling, snow blowing, mowing grass, etc. We also have various after school programs that we are looking for mentors/aides to assist with homework, monitoring, serving the children there snacks. Please contact Amaury @ 463-6678 ext. 13

## Trinity Alliance

Volunteer Coordinator- We are seeking a part time volunteer to coordinate the volunteer activities of the Family and Neighborhood Resource Center. The Volunteer Coordinator works approximately 20 hours a week and will be given use of a desk, work computer, and office supplies. Coordinator will participate in office trainings and work as part of a team. Candidates must be professional, highly motivated, and good with people. This is an excellent opportunity to gain management experience, make professional contacts, and build up a resume. Our last coordinator was hired for a professional job. For inquiries please contact Beatriz at 518-449-5155 x125

## Service is Contagious. Pass It On

By Carly Smith

### Boys and Girls Club

On April 16<sup>th</sup> the Boys & Girls Clubs of Albany participated in National & Global Youth Service Day 2011 by planning a trip to Victory Church's Feeding Center downtown with Pastor Charlie Muller. In order to help his organization prepare for a 25,000-egg Easter Egg Hunt, we set out to stuff the thousands of plastic eggs with candy. The kids, although naturally distracted by the buckets of gum and massive bags of nerds and chocolate, created an assembly line of candy sorters, egg stuffers, egg snappers and egg collectors. In all, we managed to finish about three thousand eggs!

The members of the Boys & Girls Clubs are generally "the served" population. Most come from underprivileged circumstances and are all too familiar with hand-outs and government aid. This Service Day gave the kids a chance to do the serving and be on the other side of charity. Through the Service Day we hoped to instill in our members a sense of pride and usefulness and to encourage our youth to be a positive influence in their community.

To reward all of the youth that served that day, Albany County Youth Bureau hosted a BBQ and celebration at Lincoln Park. There was a lot of food, activities, presentations and best of all, Karaoke! We were happy to reward our young volunteers after a day of hard work.

Because the day was a big success we are making efforts to provide more service opportunities to our members and their families. Already, the members that attended GYSD made plans to send cookies to the Feeding Center's Lunch Program of Victory Church that gives food to families in need.

Service is contagious. **Pass it on.**



Artwork By Joseph Woods, Local artist

## Resources

**Youth Employment-** If Any youth ages 15-18 needs employment, The Salvation Army has opportunities in our camp in Penn Yan, New York. Many positions on the camp grounds are available. For more detail contact Amaury @ 463-6678 ext. 13

**Free Stuff-** Trinity Alliance (15 Trinity Place) has three workdesks in good condition and two small couches to give away.

# May

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 TA Fitness Walk 8-9 AM & 12-1 PM TA Computer space 10 AM-12 PM SA Martial Arts/ fitness 6:45-8 pm	3 BR Bike Repair 6-8 PM SA Microsoft Word Class 2:30-4	4 TA Dancing with Elders 2pm TA Strength Condition6-8 PM TA Spanish 5:30-7 PM TA English as 2 <sup>nd</sup> Lang.7-9 PM	5 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm TA Mass Food Distribution Spa Day 3-5:30 (see inside article)	6 TA Knitting Club 9:30-11 am BGC Free Activites for Families 6 pm (call for details)  <b>Tulip Festival</b>	7 Local history presentation <b>History of Albany's South End Neighborhood.</b> 2-3pm. It's free and no reservations are required.  <b>Tulip Festival</b>
8 <b>Mother's Day</b>  <b>Tulip Festival</b>	9 TA Fitness Walk 8-9 AM & 12-1 PM TA Computer space 10 AM-12 PM SA Martial Arts/ fitness 6:45-8 pm	10 BR Bike Repair 6-8 PM TA Nutrition Class	11  TA Dancing with Elders 2pm TA Spanish 5:30-7 PM TA English as 2 <sup>nd</sup> Lang.7-9 PM SA <b>Just Say Yes to Fruits and Vegetables 11 AM</b> GSCA 7-8:30PM Community Meeting	12 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm GSCA 8-9:30am South End Partners Meeting	13 TA Knitting Club 9:30-11 am	14  <i>Schuyler Mansion State Historic Site opens for the 2011 Season</i>
15 GSCA Spring Festival 1-5 pm See inside article	16 TA Fitness Walk 8-9 AM & 12-1 PM TA Computer space 10 AM-12 PM SA Martial Arts/ fitness 6:45-8 pm SM Friends of Schuyler Mansion Annual Meeting 5:30-7pm	17 BR Bike Repair 6-8 PM	18 TA Dancing with Elders 2pm TA Spanish 5:30-7 PM SA Family Fun Night 5-6:30 pm see inside article	19 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm	20 TA Knitting Club 9:30-11 am	21 Armed Forces Day GSCA Stop the Violence Teen Dance/Talent Show
22	23 TA Fitness Walk 8-9 AM & 12-1 PM TA Computer space 10 AM-12 PM SA Martial Arts/ fitness 6:45-8 pm	24 BR Bike Repair 6-8 PM	25 TA Dancing with Elders 2pm TA Strength Condition6-8 PM TA Spanish 5:30-7 PM TA English as 2 <sup>nd</sup> Lang.7-9 PM	26 AV Meeting 5-7 pm SA Martial Arts/ fitness 6:45-8 pm GSCA 8:00-9:30AM South End Partners Meeting	27 TA Knitting Club 9:30-11 am	28
29 <b>Memorial Day</b> 11am-5pmSchuyler Mansion open for standard visitation Last tour begins at 4:00 P.M Admission: \$5.00	30 TA Fitness Walk 8-9 AM & 12-1 PM TA Computer space 10 AM-12 PM SA Martial Arts/ fitness 6:45-8 pm	31 BR Bike Repair 6-8 PM				

## Events Key

AFEA- Albany Family Education Alliance,  
 APD- Albany Police Department, 126 Arch St.  
 AV- AVillage...Inc., 15 Trinity Place  
 BGC- Boys and Girls Club, 21 Delaware Ave.  
 BR-Albany Bike Rescue, 15 Trinity Place  
 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.  
 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

HA Computer Lab, 09:00am-04:00pm M-F  
 SA Fit for the King Afterschool Program:  
 (ages 6-12) 3-6pm M-F  
 SA Resurrection Afterschool Program: (ages 13-18) 3-6pm M-F  
 SA Open Gym/Weight rm.: (6:30-9 pm) M-Th  
 SA Computer Lab. (11am-3pm) M-F

## Editorial Board

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