

SOUTH END VOICE

Resources at your fingertips: Encouragement, Laughter, and Information.

Happy
Thanksgiving!

WHO: The South End Voice

WHAT: The Community Paper for the South End of Albany, New York.

WANT: Submissions. Got something to say? Do you draw? Want to advertise your event?

EMAIL: southendvoice@gmail.com

Or

CALL: 518-449-5155 x 105

or

STOP BY: 15 Trinity Place, Albany NY.

November is a great time for family as well as a time to give back to your surrounding family; your community. At this time a lot of people are in need of help. Search in your area for ways you can give back to your community. Start by looking here for volunteer opportunities, or hopefully you will find other resources here to help yourself.

The South End Voice has adopted a new tagline: "Resources at your fingertips: Encouragement, Laughter, and Information." We plan on sticking to that in every way possible. Enjoy, and stay safe.

Essay by Stephen Archer

1. *The first essay will describe what the picture depicts from your visit. You should be as descriptive as you can with this essay*

I chose this picture because of the town meeting that was held in Sturbridge Village, regarding the town villagers voting to buy a farm to place the poor people on.

In this picture you see several people who are patrons of the village not villagers. This was not the original picture I took, perhaps it did not come out but this picture refers to the town. Now I need the reader to imagine that this picture is of the town hall where the town meeting was held and these people shown in 1832 had a very different fashion.

Once inside the town meeting the topics were voting to buy a farm-how much the town was willing to pay.



Photo by Stephen Archer

The entire concept bothered my spirit: thinking that people had to sign over their right to vote because they were poor and lived in this village. I am a human service student who advocates for lower social economic people and immediately became offensive

for the people of the village.

The village had an affect on me that will last for a while. It made me think that this is a mock meeting but the concept was meaningful to me. I can't imagine living in those days.

Continued on page 2

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, journalists, editors, distributors and more.

Inside This Issue

- 1 Front Page
- 2 Educational Corner
- 3 Upcoming Events!
- 4 Neighborhood News and Activities
- 5 The Kids Page – Thanksgiving Edition
- 6 Community Resources
- 7 Community Partner & Contact Info.
- 8 Events Calendar

Want to see your work HERE? Submit to the South End Voice – We'd love to hear from you! More information on Pg. 7

Educational Corner

Most of the stories and essays and photos throughout this issue are from the Writing Partnership called the *Bridge to College Program* at the St. John's / St. Ann's Outreach Center – 88 Fourth Ave.

By **Patricia Humbert**

Essay 1 – descriptive photo essay

I like that the picture shows us the beauty of the country side. Bringing us back in time. It also makes us wonder what the village is like. It also makes us wonder what the village has to offer. This picture reminds us of a peaceful time. As were looking at the scenery. The horse reminds us of a symbol of moving forward towards the village. The people look as if they are waiting to go to the bed and breakfast to eat and enjoy quiet time. The leaves begin to change colors, as the fall season gets closer. As the carriage moves further on, summer fades and the changing leaves brings a new season. The people enjoy the gazebo to watch the leaves change. The bright blue sky indicates a beautiful day.

Essay 2 – imaginative story

When Jan left the bed and breakfast she rode on the carriage. She arrived at the barn not knowing what to expect. To her surprise when she got inside a baby calf was being born. She turned to her friend Dan and said "What a beautiful thing." The two of them were amazed to see something so beautiful. When they left they went to tell all the people in the village. As they continue on their journey they went to see the horses. They saw all types of horses and most of all which was very rare was a black and white stallion. Jan and Dan were offered to ride the horses for the first time. The excitement they felt was amazing. After riding the horses they were ready for a swim in the pond. After their swim they wanted to head into town to see all the sights. After a long day in the village they truly enjoyed their trip.

Thelma McLean

My visit to Old Sturbridge Village was a very interesting one. Life two centuries ago in the Old Sturbridge Village is totally different from what life is like today. For example they had to slaughter animals and cure them with salt in the winter. Vegetables were kept fresh during the winter as well. It is different from now because we do not have to do that anymore as we have refrigeration to preserve our food. Another example with life now and back then is the availability of butter. As long as the cows were giving milk the members of Old Sturbridge Village they would have butter. Today we do not have to worry about keeping a milking cow alive to have butter. Another difference between life in Old Sturbridge village and current times are that the houses did not have toilets; all they had was a wash tub that they used to clean up with. In addition their clothes were different from today. Ladies and children wore long dresses and had hats to match while the men wore pants with vests and sometimes a long coat. Today women can wear pants without having to worry about being judged. The Old Sturbridge village shows that life has changed in the past centuries, from the way we keep our food to the way we dress. Peoples' lifestyle as a whole is different from today.



Photos by Patricia Humbert



Continued from pg 1 – by Stephen Archer

The second essay will be an imaginative story. You are to create a situation, characters, setting etc- whatever you like to explain your picture.

In the picture you'll notice lots of people entering the town theater to listen to me present my life story. I usually draw a larger crown but we are in the small village of Sturbridge, which has 500 people.

My story has some twists and interesting periods that keep my audience in their seats. I have been traveling all over the United States for 20 years sharing my experiences, strength and hope.

I focus mainly on the program of Narcotics Anonymous, Alcoholics Anonymous and the tolls I use on a daily basis to keep from using drugs and/or alcohol. People ask me how I do this and I explain through the grace of a higher power God.

- Honesty, Open-minded, Willing.

Upcoming Events!

Coming soon

MANSION HILL SOUL FOOD RESTAURANT

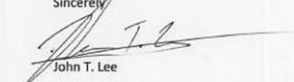
THE BEST KEPT SECRET
IN ALBANY
SERVING BREAKFAST,
LUNCH AND DINNER.

For more information
Please Contact
John Lee
@ 518-506-4958



Restaurant located at
115 Phillip St
Albany NY 12202

The Mansion Hill Soul Food Restaurant is a small business locally owned by John T. Lee. It is scheduled to open on 11/4/11, and is located on 115 Phillip St. in the Mansion Hill section of Albany New York. We will be serving traditional soul food and many other tasty items, such as soups, salads, danishes and homemade muffins. We will have breakfast, lunch and dinner, with a daily lunch special. The owner John T. Lee is a certified Sous Chef, who is very well known in the community for his work in human service and helping to improve the quality of peoples lives. He was also the owner and operator of a previous soul food restaurant formerly known as the Mississippi Diner located on 465 N. Pearl St. He has a passion for good food and a love for people. Which makes this a potentially prosperous business venture. Hours of operation will be, Monday through Saturday from 6am until 10pm. From the general consensus of the community it is a well needed and much appreciated business opportunity.

Sincerely

John T. Lee
Owner operator

Thanksgiving Word Search



“Stomp Out Homelessness” with Interfaith Partnership for the Homeless & Siena College

November 19th, 2011 2:00 PM

Siena College Alumni Recreation Center

Bring friends and family to raise awareness about homelessness and have fun! During half time of the Women’s Basketball Game we will invite all attendees to participate in the cha-cha slide as a symbolic effort to “Stomp Out Homelessness”

For just \$10 you receive:

Admission into game (normally \$6)

Stomp T-Shirt

Autograph Session with Women’s
Basketball Team

Goodie Bag (Groups of 10+)

Admission into 3 future Siena

Basketball Games

Contact Erika

at erikac@interfaithpartnership.com or (518) 434-8021 if you are interested in attending!

A G N I V I G S K N A H T G O
R A E Y R R T I C U R O A D A
L L T F E A S T E L S T M I T
N P U M P K I N Y M H I K R R
U L R Q C L N O V E M B E R E
H A I D O E O T R O K U N N S
F T L I F S L R I P G R O O S
E T N E E R O E Z I U P U I E
Y E O V N G C H B L F I Q T D
A R Y R R E B N A R C O Y I D
D C O R N U C O P I A M I D E
I R P I H S R O W M T T J A W
L O W E L B A T E G E V E R X
O T S E V R A H A R B D U T E
H G U C Y O K A H C A R V E A

- | | |
|---------------|------------------|
| 1. Carve | 11. Holiday |
| 2. Celebrate | 12. November |
| 3. Colonist | 13. Pilgrim |
| 4. Cornucopia | 14. Platter |
| 5. Cranberry | 15. Pumpkin |
| 6. Dessert | 16. Thanksgiving |
| 7. Farmer | 17. Tradition |
| 8. Feast | 18. Turkey |
| 9. Gather | 19. Vegetable |
| 10. Harvest | 20. Worship |



Would you like to have your ad here?

Contact Carolyn for more details
518.449.5155 x105
or email
southendvoice@gmail.com

Neighborhood News & Activities



**Karenni dancers at the Free School,
June 2010**

(credit: Debbie Taylor)

Life...

It's not what you make of it;
It's what you do with it.

Life

Birth, reborn, spiritual,

Life

Poetic, Lyrical, musical

Life

The air we breathe, the water we
drink, the food we eat.

Life

The planet we live on the
world we live in.

Life

people, harmonious, music,
science, numbers, technology,

Life

It's a journey to be taken and not
a trip to be had.

Life

Live it to its fullest, enjoy each
given day, hour, second, minute

Life

**Written by Cynthea London
South End Resident
Volunteer at Trinity Alliance**

The South end has been home to generations of immigrants, including Irish, Italians, and, more recently, refugees from Burma, Bhutan, Iraq, and the Democratic Republic of Congo. These families have fled from war and persecution and their home countries and have been invited to the United States to start to rebuild their lives. Since 2005, the Albany field office of the **U.S. Committee for Refugees and Immigrants** (USCRI Albany) has welcomed these refugee families to our community.

USCRI Albany's goal is to bring hope and opportunity to the lives of refugees and immigrants.

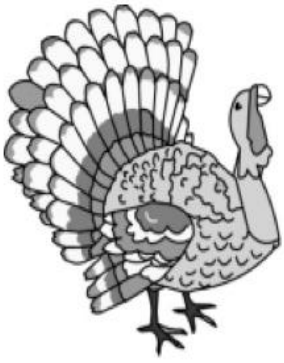
The agency focuses on meeting the immediate basic needs of new arrivals, assisting refugees in obtaining employment and achieving self-sufficiency, and nurturing community integration.

In the Grand Street area, you may notice many refugee families from Burma. These families are mostly from minority groups including Karen, Karenni, and Chin – each with their own language and cultural traditions. Some people from Burma speak Burmese, but many only speak the language of their ethnic group.

Resettling refugees into the Capital Region involves the dedication and generosity of many people. USCRI Albany is able to continue its mission through the work of volunteers and through the donations of the community. **How would you like to show your support?**

- USCRI Albany is currently looking for groups to coordinate Winter Goods Drives for Refugees, collecting donations of new and gently used blankets, winter coats, boots, and hats at colleges, workplaces, and places of worship. These items are distributed to refugee families new to Albany who are preparing for their first winter.
- Yoga for USCRI! Come to the Yoga Loft, 540 Delaware Ave, on Sundays in November. All student donations for classes on Nov. 6, 20, and 27 will support USCRI Albany.
- Attend a Volunteer Orientation on Nov. 15 or Dec. 7
- Follow us online: www.facebook.com/USCRI.Albany, on twitter @USCRIalbany, and www.RefugeesAlbany.org

To learn more about refugees in our community, contact USCRI Albany at info@uscric-albany.org or or **518-459-1790!**

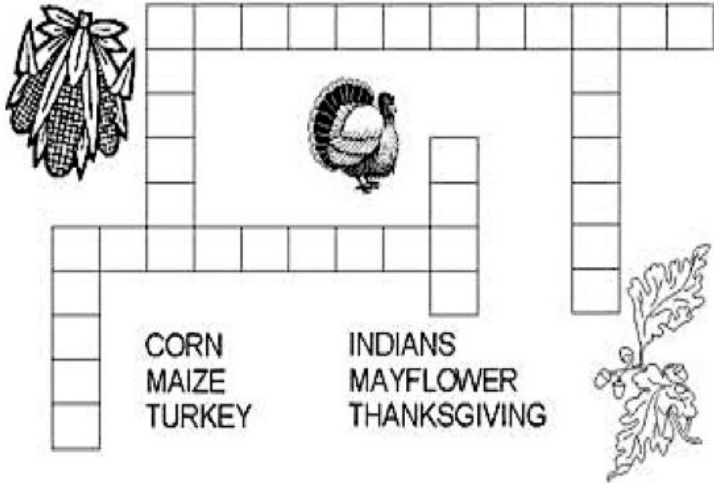


-The Kids Page- Happy Thanksgiving!



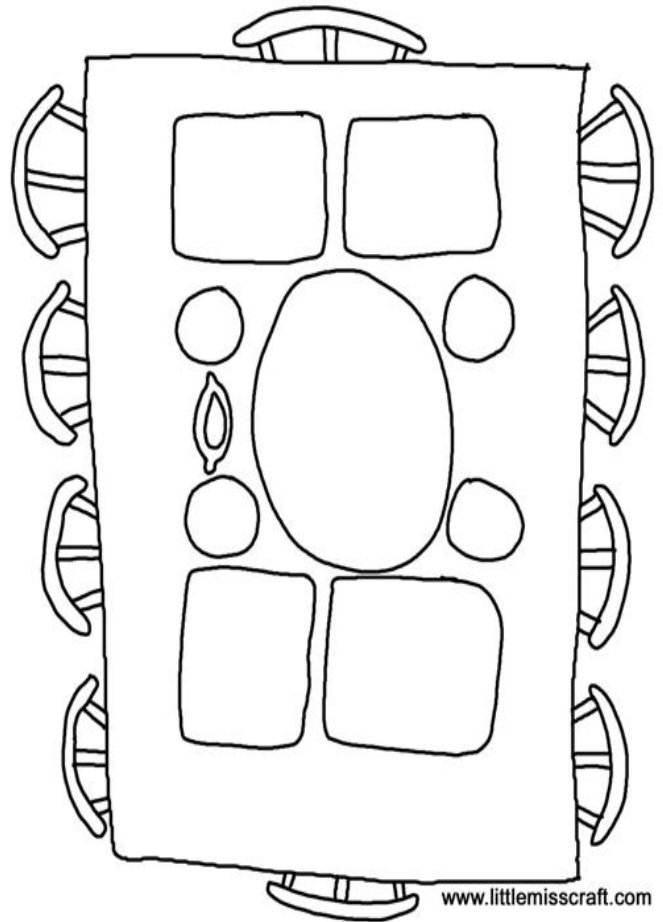
Thanksgiving Crossword

Fit all the words into this puzzle below

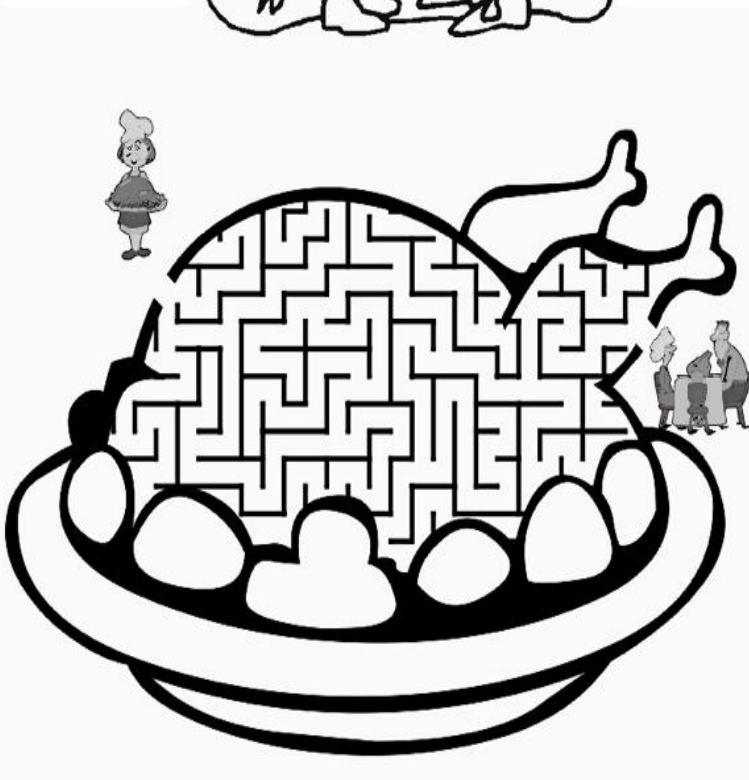


THANKSGIVING TABLE

Draw the food on the dining table!



www.littlemisscraft.com



Dear Mr. Squash

My mom says I should eat my vegetables, but I really don't like vegetables. What should I do?

-Grossed Out 3rd Grader

Dear Grossed Out,

Turn the lights off during dinner. Then you'll have a hard time seeing and you won't know you're eating vegetables.

Hope that helps,

Mr. Squash



Community Resources

Volunteers!

Some Words of Encouragement ...

Don't Quit

When things go wrong as they
Sometimes will,
When the road you're trudging
Seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't quit.
Life is funny with its twists and turns,
As every one of us sometimes learns,
And many a failure has turned about
When they might have won had they
stuck it out.
Don't give up though the pace seems slow;
You may succeed with another blow.
Success is failure turned inside out;
The silver tint of the clouds of doubt.
And you can never tell how close you are;
It may be near when it seems so far.
So stick to the fight when you're hardest hit
It's when things seem worst that
you must not quit.

Submitted by Heather Estrich

RESOURCE OF THE MONTH:

Community Meals

Community meals are open to the public and everyone is invited to participate.

Breakfast

Mon & Fri – 8-830am **Interfaith Partnership for the Homeless**
176 Sheridan Ave

T,W,Th 7-9am **Westminster Presby. Church** 262 State St

(Nov-April) Daily 6:15am **City Mission** 259 S. Pearl St.

Lunch

Sunday 1-2pm **Beth Emeth** 283 Central Ave

Monday 11:30-1p St. **Maximilian Kolbe** 283 Central Ave

Tuesday 11:30-1pm **St John's/ St. Ann's** 88 4th Ave

Wednesday 11:30-12:30 **Sacred Heart Church** 33 Walter St

12-1pm **Main St. Mission** 301 Central Ave

(Sept-June) 12-1pm **Israel AME Church** 281 Hamilton St

Saturday 11:30-1pm **Grace & Holy Innocents** 498 Clinton Ave

11:30-1pm **St. John's/St. Ann's** 88 4th Ave

Dinner

Mon-Sat 6pm, Sun 4pm **City Mission** 259 S. Pearl St.

Wednesday 4-6pm **Sheridan Hollow Drop In Center** 26 South
Swan St.

Want to volunteer with **Trinity Alliance?**

Call the Volunteer Coordinator at **(518) 449-5155** Ext. 125 or
visit www.trinityalliancealbany.org

Want to volunteer with **The Salvation Army?**

Here are your options...

- Volunteer with mobile canteen; should be able to lift 50lbs or more without assistance, assist in food prep/distribution and clean up.
- Volunteer for Christmas toy shop; should be able to lift 50lbs or more without assistance, assist in setting up toy shop, filling out applications, filing, anything need for Christmas season...
- Volunteer Bell ringers; looking for 40 upstanding individuals to assist The Salvation Army during the bell ringing season; will be supplied an apron, bell and transportation to and from location (call for more details **518-463-6678**)

Community Information – Volunteer opportunities and help

ALLbany Online needs volunteers to hold basic *computer classes* and orientation sessions for online work force training. Volunteers will lead classes utilizing an informative PowerPoint presentation at various Community Technology Centers (CTCs). *No prior teaching experience required: training will be provided.* If interested, please call **518-694-9900**.

Believe it or not, we are thinking about tax season 2012 already.

VOLUNTEERS NEEDED - VOLUNTEER TAX PREPARERS

VITA TAX PROGRAM 2012

Needed: Individuals who would like to learn a new skill and help others at the same time.

Free training Benefits: New skill, meet new people, help your community, and have some fun. Call: **Tanya Owens, 518-449-5155, x-131**

DO YOU SMOKE? ARE YOU PREGNANT, PARENTING OR AROUND YOUNG CHILDREN? WANT TO LEARN MORE ABOUT THE EFFECTS OF SECONDHAND SMOKE?

Community Cradle offers FREE HELP! Call us to find out more about our private QUIT COACHING! **(518) 426-1153**

Community Partner & Contact Information

| Community Partner | Telephone Area Code 518 | Website |
|--|----------------------------|--|
| Trinity Alliance of the Capital Region | 449-5155 | www.trinityalliancealbany.org |
| Boys and Girls Clubs of Albany | 462-552 | www.bgcalbany.com |
| Unity Sunshine Program | 434-0815 | www.unityhouseeny.org/services/service_detail.cfm?ID=2 |
| Albany Bike Rescue | | www.trinityalliancealbany.org/health-and-wellness |
| 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 |
| Albany Police Department | 438-4000 | www.albanyny.org/government/departments/police.aspx |
| South End Partnership for Safe Families | 447-7541 | |
| South End Neighborhood Association | | www.southendna.blogspot.com |
| Schuyler Mansion | 434-0834 | www.schuylerfriends.org |
| 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 | |
| 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 | 724-0242 | www.communityhospice.org |
| ALLbany Online | 598-0900 x3208 | Allbanyonline.com |
| Albany Barn - Stage 1 | 935-4858 | www.albanybarn.org |
| USCRI Albany | 459-1790 | www.RefugeesAlbany.org |

About:

The South End Voice 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 SEV now has a website, which can be accessed at <http://southendvoice.weebly.com>. The website holds a backlog of our past issues and all of our submission forms. Community members may also submit materials through the site.

The South End Voice is housed at the Trinity Alliance Family and Neighborhood Resource Center at 15 Trinity Place.

Submissions, Questions, comments, and corrections can be submitted to Carolyn Holthausen at southendvoice@gmail.com or at 518-449-5155 x105, or stop by!

Editorial Board

Amaury Ortiz
Benita Law-Diao
Terrilee Dodge
John P. Harden
Bria Schultz, Assistant Editor
Charmaine Wilson, Reporter
Carolyn Holthausen, Executive Editor

Interested in collaborating with the South End Voice? Come to one of our meetings! Join us on the last Tuesday of every month at Trinity Alliance.

1
TA - GED 5-8pm

2
TA - Jobs club -10-12pm

3
TA - GED 5-8pm

4
TA - Knitting club 9:30-11am

5
AV- Farmers Market 2-6pm
Morton Ave + Eagle St

6

7
TA - Jobs club -10-12pm

8
TA - GED 5-8pm

9
TA Dancing w/ our Elders - 2pm
TA - Jobs club -10-12pm
GSCA - Community Meeting 7pm

10
AV Meeting - 5-7pm
TA - GED 5-8pm
GSCA 8-9:30am
South End Partners Meeting

11
TA-Knitting club 9:30-11am

12
AV- Farmers Market 2-6pm
Morton Ave + Eagle St

13

14
TA - Jobs club -10-12pm

15
BR Bike Repair 6-8pm
TA - GED 5-8pm

16
TA Dancing w/ our Elders - 2pm
TA - Jobs club -10-12pm
GSCA - Community Meeting 7pm

17
AV Meeting - 5-7pm
TA - GED 5-8pm

18
TA - Knitting club 9:30-11am

19
TA -SIHU women's group 1-5pm

20

21
TA - Jobs club -10-12pm

22
BR Bike Repair 6-8pm
TA - GED 5-8pm

23
TA Dancing w/ our Elders - 2pm
TA - Jobs club -10-12pm

24
AV Meeting - 5-7pm
TA - GED 5-8pm

25
TA - Knitting club 9:30-11am

26
AV- Farmers Market 2-6pm
Morton Ave + Eagle St

27

28

29
TA - GED 5-8pm

30

1
TA - GED 5-8pm

2

3

ONGOING:

TA Computer lab 10-12pm M-F

HA Computer lab 9am-4pm M-F

Lincoln Park Gym: Open M-F 3:30-8pm for ages 15-18 I.D, required and staff are available for personal training

Events Key

- AFEA-** Albany Family Education Alliance,
- AB -** Albany Barn, 46-48 N. Swan St
- AO-** ALLbany Online, 87 State St
- APD-** Albany Police Department, 126 Arch St.
- AV-** AVillage...Inc., 82 Clinton St.
- 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.

November 2011