

Benefits of Locally Grown Fruits and Vegetables

Over the past several years, there has been an increase of interest for locally grown produce. Many residents are familiar with the local food movement, yet many are not. BBC in working with partners such as Rid-All Green Partnership, Ohio State University Extension, Cuyahoga County, and Green City Growers has made Kinsman the neighborhood of choice for urban agriculture. Below are five benefits to locally grown food.

- 1. Local food travels fewer miles to land on your plate:** "Local food" is usually grown within a 100-mile radius. The farther food travels, the more energy and gasoline must be used to get the food to your plate. Buying local will save energy costs.
- 2. Local food tastes better:** The crops are picked at their peak freshness, and farm-made products, such as cheeses and jams, are hand-crafted for the best flavor. Local food tastes better because it is fresher and has been grown or created with the consumer in mind. The less time that passes between farm and table, the fewer nutrients fresh produce will lose.
- 3. Local produce stays fresh longer:** Food that was picked the day before will last longer in your refrigerator. Food from

far away is older, has traveled long distances in trucks or planes, is shoved around in the shipping process, and has sat in warehouses and supermarket shelves before it finally gets to your table.



- 4. Local produce is safe:** Local farmers are not anonymous and they take their responsibility to the consumer seriously. The risk for major E. coli outbreaks will be slim to none with locally-grown produce.
- 5. Local produce benefits the environment and wildlife:** Well-managed farms conserve fertile soil and clean water in our communities. The farm provides a habitat for wildlife.

When possible, buy local: Your local farmers' market is an excellent place to start! To learn more about urban agriculture, contact BBC's office at 216.341.1455, or visit BBC's website at www.bbcdevelopment.org.
—Sherita Mullins

ATTENTION CYCLISTS IN WARD 5

Bike Cleveland, Northeast Ohio's cycling advocacy organization, is seeking input from citizen cyclists. Please take a moment to fill out its cycling survey: <https://www.surveymonkey.com/s/BikeClevelandSurvey>. BBC will also have paper copies of the survey available at its office by request.

Share your input about where you ride, what streets make you feel safest and what streets cause you the most concern. The results will be used to help form the basis of the organization's advocacy efforts to make greater Cleveland a safe and friendly community for cycling. The survey will close March 11. For more information, contact Bike Cleveland at 216.245.3101 or visit the website at bikecleveland.org.

—Angie Schmitt, Bike Cleveland

Bites by Bridgeport Café

BBC is excited to present "Bites by Bridgeport Café" healthy cooking show. To be aired on the City of Cleveland TV 20 public access channel in April, Bites by Bridgeport Café will provide an interesting spin on how to prepare healthy, yet great tasting food for residents of the city of Cleveland. This show will not only offer viewers healthy cooking tips, but also shine light on the Kinsman and Central communities and give an inside peak on Cleveland's up and coming industry; Urban Farming. Local celebrity Chef Eric Wells will host the show. There will be special guests such as Mayor Frank Jackson and Ward 5 Councilwoman Phyllis Cleveland, and chefs to promote diverse cuisines. Each month, the hosts will display new dishes and recipes for the viewers at home. Support this new show by tuning in to TV 20 in April! For the airing schedule, visit the City of Cleveland website at www.city.cleveland.oh.us, or call BBC at 216.341.1455.

—Sherita Mullins

Important Tips for Energy Choice Shoppers

Mailings, door-to-door solicitors, phone calls and ads! Independent energy suppliers are out in force, looking to sign up new customers for their services.

In recent years, the way we purchase electricity and natural gas has changed. Not long ago, Ohioans did not have many choices regarding their utility services. Today, consumers have choices. We still have the option to purchase our electric and natural gas supply from the local utility, but we also have a number of retail energy suppliers from which to choose.

The Office of the Ohio Consumers' Counsel (OCC) offers fact sheets giving customers information about current retail offers and a chart to compare the price of these offers to what the utilities are charging. Each chart includes a list of offers from independent electric and natural gas suppliers as well as contact and contract information. These materials can be easily downloaded from OCC's website, www.pickocc.org.

OCC urges you to be informed not only about available offers but about the terms and conditions of any contract you may sign. Before agreeing to a contract with any supplier, make sure you have answers to the following questions:

1. What is my current rate with my local utility?
2. Is the energy offer higher or lower than my current rate?
Is the offer a fixed or variable rate?

3. How long will the contract last?
4. Is there a fee to cancel my contract?
5. Will the contract automatically renew at the end of the contract period? If yes, will it renew at the same rate?



If a salesperson comes to your home, ask to see a valid photo identification badge issued by the supplier. Solicitors must explain that they are not employees of the utility and clearly explain the details of any document they ask you to sign. Make sure you read everything in fine print and **ALWAYS** keep a copy of your signed contract. Whether you are contacted by phone or in person, never release your billing or account information to a salesperson unless you have decided to enter into a contract.

Alternative energy suppliers offer choices to consumers regarding their electricity and natural gas services. But some choices, especially if not based on price comparisons, can be costly for consumers.

—Marty Berkowitz, writer for Consumers' Corner, Office of the Ohio Consumer's Counsel

FREE Backyard Garden Kits Available to Families to Grow Vegetables

Would you like to start a small vegetable garden this spring?

BBC is giving 50 families in Central and Kinsman all of the materials they need to grow fresh produce in their own backyards, ALL FOR FREE!

Refer to the article "Benefits of Locally Grown Fruits and Vegetables" on page one that talks about the benefits of eating local foods. Gardening is also a fun activity family members can do together to enjoy time together and become more active outdoors.

BBC will be providing a raised bed gardening system called GardenSoxx. GardenSoxx can be placed anywhere that receives ample sunlight and water is accessible. They can be put on top of grass, concrete, or soil. They are also resistant to weeds, which can crowd out vegetable plants, compete for water and sunlight, and create a lot of extra work for gardeners. They are not messy like typical gardens.

Each participant will be given enough GardenSoxx to establish a four foot by four foot garden, as well as seedlings that can be planted

within GardenSoxx. Vegetable seedlings to be provided to participants tentatively include varieties of tomatoes and peppers, beans, lettuce, spinach, collard greens, zucchini, and basil.

BBC will also provide rain barrels to many participants. The benefits of rain barrels are mentioned in the article "Limited Number of Rain Barrels Available this Spring" in the article below.

Special programming, such as cooking classes at CornUcopia Place for gardeners to learn creative ways in which they can use the produce they grow, may also be available exclusively to participants.

Garden kits will be available on a first-come, first-served basis and will be provided to participants in May. They will go quickly, so act today! The deadline to apply is Tuesday, April 30th at 5pm. For more information or to participate, please contact Jeffrey Sugalski or Sherita Mullins at 216.341.1455.

—Jeffrey Sugalski



Save Money and the Environment with a FREE Rain Barrel!

BBC is giving away a limited number of rain barrels to Central and Kinsman residents this spring.

Rain barrels are great for the environment for a number of reasons. The water they collect from gutters is nutrient-rich and is much better for watering gardens and landscaping than tap water. By using rain water to water plants, rain barrels help you save on your water bill. They also help prevent flooding by diverting stormwater from the sewer system.

Installing a rain barrel is a simple process. A small plastic diverter is attached to a downspout on the back or side of the house or garage. That diverter channels water into a rain barrel for use when it is needed. A spigot is located at the bottom of the barrel, and a hose can be connected to it for easy watering.

An additional benefit to using a rain barrel is that you can receive a 25% stormwater credit from the NEO Regional Sewer District. Request your rain barrel now! For more information or to participate in the program, please call Jeffrey Sugalski at 216.341.1455.

—Jeffrey Sugalski

Food Assistance for Seniors

Many seniors struggle to pay bills while on a fixed income. They might have to choose between buying food or medication. Under the federal Supplemental Nutrition Assistance Program [SNAP], seniors may qualify for food stamps [now called "food assistance"] to help buy food.

In Ohio, a person can apply for food assistance at the local County Department of Job and Family Services. They can apply in-person, by phone, or online. If you apply by phone, you will be mailed an application that same day. Later, you will need to have a face-to-face interview with your caseworker. You will also have to give proof of your income and bills [e.g. rent and utilities receipts, bank statements]. It is important that you mail, fax, or deliver these papers as soon as possible.

Whether you can receive food assistance depends upon:

- The number of people in your household,
- Your income, and
- Your resources [such as cash, savings and checking accounts].

Your income must be below a certain limit. A special income rule applies to elderly or disabled persons. The county will not look at your "gross" income, but will subtract certain expenses [such as heating and cooling expenses, mortgage or rent, and medical expenses], and use this "net" income to decide if you qualify.

A household with an elderly member [over 60 years old] can have up to \$3,000 in resources. Household goods, most retirement plans, and the home you live in are not counted as a resource.

If you are approved, you will receive an "electronic benefits transfer" [EBT] card. Shopping with the card is like shopping with a bank debit or ATM card. You can buy food or food-related products, including seeds and plants to grow food. You cannot buy alcohol, tobacco, or vitamins. In 2012, a single senior can receive as much as \$200 per month for food assistance. A household of two can receive up to \$367 every month.

If you think you might qualify, you can do a quick check and apply at Ohio's Benefit Bank online at www.thebenefitbank.com. You can also call you're the Cuyahoga County Department of Job and Family Services at 216.987.7000 or apply online at <http://odjfsbenefits.ohio.gov>.

—Deborah Dallmann, writer for "the Alert", The Legal Aid Society of Cleveland

Cooking with Chef Eric Wells

Join Chef Eric Wells for a hands-on cooking demonstration that will develop your cooking skills while creating a festive atmosphere to enjoy a great tasting meal. Our March classes are "Fresh, Healthy and Fast," "Asian Fusion," "Italian Night," and "Low Fat Solutions." Come alone or bring friends. For a complete list of classes, visit BBC's website at bbcdevelopment.org, or call 216.341.1455.

Who is Chef Eric Wells? He is a personal chef, caterer, and culinary instructor. He is a strong advocate for healthy eating, especially for America's youth. He has appeared on Food Request Live on Fox 8 and WEWS Newsnet 5 in Cleveland, as well as "Help I Need a Makeover" and "Another Look" on channel 21.

Classes started in February and are held every Saturday, 2pm -4pm, at the new state-of-the-art kitchen at Cornucopia Place, located at 7201 Kinsman Road. The cost per class is \$20 [A retail value of \$70!] Registration and payment is required before each class. To register, call BBC's office at 216.341.1455, or online at cornucopiaplacebbc.eventbrite.com. —Sherita Mullins

Sign up for the next class today!

 **CIFF 37**

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ON THE HORIZON

LOOK TO THE ON THE HORIZON SECTION FOR UPCOMING EVENTS IN THE CITY OF CLEVELAND

AROUND THE WORLD WINE TASTING EVENT

Did you miss the Black Vines event in February? Well, you have another chance on March 22nd at the Around the World wine tasting event. Join BBC on March 22nd, from 5:30pm to 10:00pm, at Cornucopia Place, located at 7201 Kinsman Road. Participants will get free wine samples of wine from around the while enjoying live music and mingling with other community members.

This event is free and open to the public. Bridgeport Café, which is right next door to Cornucopia Place, will be offering \$7 happy hour specials. To view a complete menu, visit Bridgeport Café's website at bridgeportcafe.org. To RSVP for the wine tasting event, call BBC's office at 216.341.1455 or online at www.cornucopiaplacebbc.eventbrite.com

For information on any of our programs, call us at 216.341.1455. Follow BBC on Facebook



and Twitter



Date	Time	EVENT	Location	Address
March 22	5:30 PM	Around the World Wine Tasting Event	Bridgeport Café/CornUcopia Place	7201 Kinsman Road
March 26	7:00 PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
March 27	7:00 PM	4th District Police Comm. Relations Mtg.	Covenant Community Church of Cleveland	3342 East 119th Street
April 2	4:00 PM	Cooking Classes - Sharon Glaspie (ages 7+) Tuesdays, 4:00pm - 5:30pm	CornUcopia Place	7201 Kinsman Road
April 6	2:00 PM	Cooking - Chef Eric Wells (ages 16 +) Saturdays, 2pm-4pm	CornUcopia Place	7201 Kinsman Road
April 13	12:00 PM	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
April 24	7:00 PM	4th District Police Comm. Relations Mtg.	Covenant Community Church of Cleveland	3342 East 119th Street
April 30	7:00 PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
May 4	2:00 PM	Cooking - Chef Eric Wells (ages 16 +) Saturdays, 2pm-4pm	CornUcopia Place	7201 Kinsman Road
May 7	4:00 PM	Cooking Classes - Sharon Glaspie (ages 7+) Tuesdays, 4:00pm - 5:30pm	CornUcopia Place	7201 Kinsman Road
May 11	12:00 PM	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
May 22	7:00 PM	4th District Police Comm. Relations Meeting	Covenant Community Church of Cleveland	3342 East 119th Street
May 28	7:00 PM	3rd District Police Comm. Relations Meeting	3rd District	10600 Chester Avenue

CURRENT EVENTS

If you would like to submit an event to our Current Events calendar, please contact Joy Johnson at BBC, 216.341.1455. Please call Councilwoman Cleveland's office to confirm all community meetings 216.664.2309.

Thank You

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Cleveland, OH 44104
Phone: (216) 341-1455
Fax: (216) 341-2683
www.bbcbdevelopment.org



NEW FARM JOINS THE URBAN AGRICULTURE INNOVATION ZONE

The Cleveland's Urban Egg is the newest part of the Kinsman Farm, located in the Urban Agriculture Innovation Zone. Cleveland's Urban Egg (CUE), which started in late spring, is an organic, cage-free, free-range, chicken farm. With previous experience in farming, gardening and selling the products, the owner of CUE is raising chickens in a holistic manner for the local market. With numerous partnerships, eggs and meat products will be available and ready for purchase in the Cleveland area. CUE follows humane practices and does not cut the beaks from the chickens as in most industrial farms. Following these practices, chickens are able to naturally dig and peck for food, as well as groom themselves allowing their bodies to thrive during all seasons of the year. CUE allows their

chickens to roam outside freely within the farm confinements, naturally grazing with non-GMO feed as a supplement instead of being the main source of intake. Allowing the chickens to graze naturally and not rely solely on feed greatly increases the nutritional value that one gets out of consuming the products.

BBC is excited for Cleveland's Urban Egg to join the Kinsman Farms and looking forward to great success for them. For more information about the Cleveland's Urban Egg, contact BBC at 216.341.1455

-Caitlyn Neely



CMSD Invests in Kinsman and Central Neighborhood Schools

Toward the end of the 2012-2013 school year, the Cleveland Municipal School District (CMSD) announced that thirteen failing schools would be selected as Investment Schools. CMSD committed to giving these schools the resources and support they needed in order to transform from failing schools into positive learning environments. One of the thirteen schools selected was Lower Kinsman's neighborhood school, Anton Grdina. Carl & Louis Stokes Central Academy, now housed at Alfred A Benesch, in the Central neighborhood was also selected.

Greater Cleveland Congregations, a multi-faith coalition that is a strategic partner helping to improve Cleveland education, had partnered with Anton Grdina during the 2012-2013 school year. The goal of the partnership is to increase parental engagement and create a strong relational culture within the school by strengthening the relationship between parents, teachers and administrators. Unfortunately, the efforts were challenged, and the goal was not achieved. Fortunately, as a community, we did not give up!

{continued on page two}

Bridgeport Mobile Market Open for Business

The Bridgeport Mobile Market has been hitting the pavement since June, and is a huge success thanks to community residents and businesses. Joy Dismukes, the Operator, goal is to ensure consumers never struggle to get access to fresh peaches, pears, green tomatoes, bread from Orlando's Baking, and other produce. What is even better is that the mobile market will be in operation year round! So if you have not had an opportunity to browse, the market will be out serving you even when it is cold and snowy outside. Residents are encouraged to find out what the market has to offer. You are sure to find the freshest of produce. Perfect for your end of summer cookouts, and holiday festivities.

As an extension of the mobile market, select offerings are available inside the Bridgeport Café, located at 7201 Kinsman Road. The same quality you will find on the mobile market is available when you stop by to get a healthy breakfast or lunch. Now you can skip the grocery store and those pesky lines for this one stop shop for produce. To the right is the schedule of where you can find the mobile market. To add a location, contact Joy Dismukes at 216.400.2010. For more information please visit BBC's website at bbcdevelopment.org or follow Bridgeport Café on Facebook and Twitter.

-Julia DiBaggio

MONDAY

Murtis Taylor
9:30am-12:00pm
3010 Project Ave.

King Kennedy South
1:00pm-2:00pm
Bundy Ave.

Outwaite
2:15pm-3:15pm
2452 E. 46th St.

Heritage View
3:30pm-4:30pm
7230 Kinsman Rd.

TUESDAY

Central Park Place
9:00am -10:00am
3100 Project Ave.

Olde Cedar
10:30am-11:30am
2617 Central

Friendly Inn
12:00pm-1:00pm
2386 Unwin Rd.

St. John's Reading Garden
2:30pm-3:30pm
E. 40th & Central

Carver Park
3:45pm-4:45pm
2366 E. 55th St.

WEDNESDAY

Life Exchange Center
11:30am-12:30pm
13407 Kinsman Rd.

King Kennedy North
1:00pm-2:00pm
2501 E. 59th St

Cedar High Rise
2:30pm-3:30pm
2320 E. 30th St.

Phoenix Village
3:45pm-4:45pm
Bundy Ave.

E. 73rd St. & Central
5:00pm-6:00pm

FRIDAY

Rockefeller Park Towers
11:00am-12:00pm
1588 Ansel Rd.

Skyline Towers
12:30pm-1:30pm
2250 Community College Ave.

Imperial Memorial Farm
2:00pm-7:00pm
E 116th St. & Forest Ave.

Schedule subject to change monthly

Climate Change: What is it, and why should you care?

You have probably heard people talking about things like climate change, global warming, and sustainability, but what do these words really mean? Since people have been advancing technologies in the Industrial Revolution in the 1800's, there have been ever increasing amounts of **Green House Gases (GHG)** being poured into the sky. There are many sources of GHG such as transportation, factories, and many types of power plants that provide people electricity. Like in a greenhouse, these gases that are naturally in our environment help keep the planet a temperature that is comfortable for people to live. The problem is that too many of these gases make the north and south poles too warm, melting the ice caps. When this happens, the ocean temperatures change, affecting the weather here in Cleveland! So, **Global Warming causes Climate Change.** The best way to lessen these effects is through sustainability, to make sure something is not permanently damaged.

How does this effect Cleveland? The **summers might be hotter with more heat waves.** More heat means more heat-related illness and worse air quality. The heat will also cause Lake Erie to evaporate and not freeze in the winter causing higher humidity. Weather such as

drought, flood, and high temperatures often times result in increased domestic violence, assaults, and other violent crimes.

Now that you know what climate change is, and know that it affects you and your family, you probably are interested in learning some **simple ways to be more sustainable.** You can **turn off water, TV's, and video games** when you're not using them. You can **turn off the lights** when you leave a room. You can also **plant a garden**, providing food for you and your family. These simple tips will do more than help the planet, and they will also help you **save money!**

The **City of Cleveland's Office of Sustainability** is working on a **Climate Action Plan** that will focus on reducing the amount of GHG released in the city of Cleveland, as well as how we will tackle changes in our local climate. There have been two neighborhoods selected to pilot this program, and Kinsman is one of them. BBC is working with the City of Cleveland and a team of experts to help residents implement easy ways to become more energy independent. For more information about climate change or to get active, call BBC's office at 216.341.1455.
-Julia DiBaggio

CMHA Seeks Additional Funding to Help Make Central a Choice Neighborhood

The Cuyahoga Metropolitan Housing Authority (CMHA) is continuing to work to make significant change in the Central neighborhood. BBC continues to work with CMHA as they make plans to redevelop Cedar Extension estates located at E. 30th Street and Community College Avenue. CMHA has received funding from the U.S Department of Housing and Urban Development through a program called Choice Neighborhoods, to create a comprehensive plan for the site that includes not only the public housing but all of the surrounding assets in the community—single-family homes, schools, retail, and other businesses. BBC worked with CMHA as they submitted an application for additional funding in early September to implement community programming.

The goal of the Choice Neighborhood is to transform neighborhoods by not only revitalizing the public housing but complementing it with other neighborhood improvements, education improvements, and improved access to jobs. In Cleveland, CMHA has identified

the neighborhood between E. 22nd and E. 55th Streets and Woodland and Euclid Avenues as the target area for the Choice Neighborhood program. BBC conducted a series of surveys throughout the Central neighborhood in summer 2012 where community residents identified their needs and wishes for improvements. Over 100 surveys were collected and the feedback was included in the Transformation Plan for the neighborhood.

At the site of the current Cedar Extension, CMHA plans to include a retail development at the corner of E. 30th and Community College Avenue along with additional park space throughout the development. The newly developed housing will be townhome style with small yards for residents. The goal is to make the housing a more integrated part of the Central neighborhood by providing resources for all residents in the community, not just residents of CMHA. If the funding is received, construction would begin in early 2014.
-Joy Johnson

CMUSD Invests in Kinsman and Central Neighborhood Schools (continued from page one)

After it was announced that Anton Grdina would be an Investment School, Monique Williams, Organizer of Greater Cleveland Congregations, quickly began partnering with local communities to launch a summer door knocking campaign. BBC, Hands-on Northeast Ohio, and the new principal at Anton Grdina, Brandon Cummings, worked intensely over the summer knocking on over 300 doors and getting a positive response from thirty-seven parents that wanted to get involved. On the final door knocking day, twenty-three people went out to talk to parents, including Principal Cummings, teachers, BBC, community partners, and Ward 5 Councilwoman Cleveland and staff. On August 17th, Anton Grdina had their first Back-to-School Walk and Jam providing over 150 families with enrichment activities, school supplies, food, and a welcoming school environment. Under new leadership Anton Grdina is setting a standard that failure is not an option, and is supported by community partners that are determined to make a difference in the Lower Kinsman community.

Similar efforts were demonstrated in the Central neighborhood as nearly 100 student scholars, parents, community partners, and facility attended a CMUSD Investment School meeting to discuss the future of Carl & Louis Stokes Central Academy.

Our efforts will continue, and we welcome anyone that wants to get involved. Please contact Monique Williams, Greater Cleveland Congregations at 216-769-8732 or monique.williams@greaterclevelandcongregations.org for more information.

-Monique Williams, Greater Cleveland Congregations



"Healthy Cooking" Healthy Lives Cooking Class Series

Living in a fast paced society often causes us to rely on fast food restaurants. Fast food rarely provides the essential nutrients our bodies need to sustain and function properly. The lack of nutrients and too much processed food leads to chronic diseases such as diabetes, high blood pressure and obesity, which is prevalent in our neighborhoods. To address these concerns BBC presents the **Healthy Cooking Healthy Lives** cooking class series!

Sponsored by the Mt. Sinai Foundation and St. Vincent Charity Hospital, the **Healthy Cooking Healthy Lives** program offers participants no cost health screenings, nutrition education, healthy cooking, exercise classes, and support group services. Professional chefs use local, inexpensive recipes that showcase exciting flavors and creative dishes you can cook at home. Some classes focus on meals that meet the

requirement of particular diagnoses such as hypertension, gout, diabetes, renal failure, dialysis, and Coumadin therapy. Along with the detailed meal plan, participants learn a variety of long lasting-tips and resources to successfully implement a healthy living regimen into their daily lifestyles.

Featured chefs are Robin Blair, Eric Wells, Vel Scott and Sharon Glaspie. There are classes for youth starting at the age of seven and classes for adults. The Healthy Cooking Healthy Lives program started in August and will continue through December 2014. All classes are held at Cornucopia Place, located at 7201 Kinsman Road. To register for a class or for more information, call BBC at 216.341.1455 or visit the website <http://cornucopiaplacebbc.eventbrite.com>. Preregistration is required to participate.

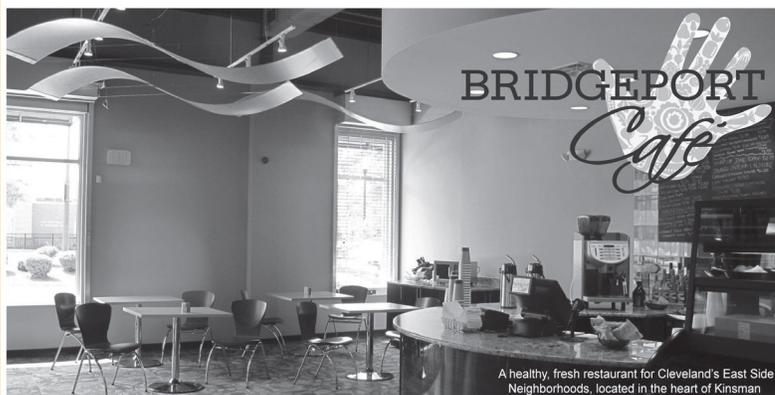
-Sherita Mullins



Caitlyn Neely is a recent graduate of The Ohio State University where she majored in Human Nutrition Community Development with a minor in Exercise Science. As an AmeriCorps VISTA, Caitlyn plans to help BBC expand their capacity for healthy food access. She will be working specifically with the Bridgeport Mobile Market and Bridgeport Café among other projects. She is excited about this opportunity in order to gain experience while giving back to the Kinsman and Central communities. BBC's welcomes Caitlyn and thanks her for her service.

-Sherita Mullins

FRESH FOOD & NUTRITION EDUCATION are cropping up in the Kinsman neighborhood



A healthy, fresh restaurant for Cleveland's East Side Neighborhoods, located in the heart of Kinsman

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Open Mon - Fri: 7:00am-6:00pm and Sat: 10:00am-6:00pm

cornucopia place

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ON THE HORIZON

LOOK TO THE ON THE HORIZON SECTION FOR UPCOMING EVENTS IN THE CITY OF CLEVELAND

PLANNING FOR A BETTER, SAFER KINSMAN ROAD

Do you and your family walk, bike, or drive on Kinsman Road? Come share your experiences of walking, biking, or driving on Kinsman Road. Your ideas and opinions will guide the planning for a better, safer Kinsman Road from Grand Avenue to East 84th Street for all forms of transportation. The community meeting will be held on Wednesday, October 16, 2013, 6pm to 8pm, located at Cornucopia Place, 7201 Kinsman Road. Food will be served and prizes will be raffled. For more information, please call BBC at 216.341.1455 and ask for Jeffrey Sugalski.

For information on any of our programs, call us at 216.341.1455. Follow BBC on Facebook  and Twitter 

Date	Time	EVENT	Location	Address
Sept. 24	7:00PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
Sept. 25	7:00PM	4th District Police Comm. Relations Mtg.	Covenant Comm. Church of Clev.	3342 East 119th Street
Sept. 28	2PM-4PM	Cooking with Chef Wells - Southwest	Cornucopia Place	7201 Kinsman Road
Sept. 28	3PM-7PM	E. 35th Street Block Party	E. 35th Street btwn Central & Cedar	
Oct. 5	2PM-4PM	Cooking with Chef Wells - French	Cornucopia Place	7201 Kinsman Road
Oct. 8	6PM-8PM	Vel Scott's Healthy You Cooking Class [4 week series on Tuesdays]	Cornucopia Place	7201 Kinsman Road
Oct. 12	12:00PM	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
Oct. 16	6PM-8PM	Planning for a Better, Safer Kinsman Road Mtg.	Cornucopia Place	7201 Kinsman Road
Oct. 19	2PM-4PM	Cooking with Chef Wells - Sweetest Day	Cornucopia Place	7201 Kinsman Road
Oct. 23	7:00PM	4th District Police Comm. Relations Mtg.	Covenant Comm. Church of Clev.	3342 East 119th Street
Oct. 29	7:00PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
Nov. 2	2PM-4PM	Cooking with Chef Wells - Asian Appetizer	Cornucopia Place	7201 Kinsman Road
Nov. 5	4PM-6PM	Teen Chef Cooking Classes - Sharon Glaspie [4 week series on Tuesdays]	Cornucopia Place	7201 Kinsman Road
Nov. 9	12:00PM	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
Nov. 16	2PM-4PM	Cooking with Chef Wells - Thanksgiving	Cornucopia Place	7201 Kinsman Road
Nov. 26	7:00PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
Nov. 27	7:00PM	4th District Police Comm. Relations Mtg.	Covenant Comm. Church of Clev.	3342 East 119th Street
Nov. 30	2PM-4PM	Cooking with Chef Wells - Brunch	Cornucopia Place	7201 Kinsman Road

CURRENT EVENTS

If you would like to submit an event to our Current Events calendar, please contact Joy Johnson at BBC, 216.341.1455. Please call Councilwoman Cleveland's office to confirm all community meetings 216.664.2309.

Thank You

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BBC Partners with Habitat for Humanity

To Bring New Homes to the Kinsman Neighborhood

BBC is excited to collaborate with Greater Cleveland Habitat for Humanity as they work to rehabilitate five homes on Colfax Road in the Kinsman neighborhood. Colfax Road is just one block north of Kinsman Road, directly behind BBC's office. These homes will be available for Habitat for Humanity partner families. Through Habitat for Humanity's alternative approach to home ownership, mortgage payments may be as low as \$500-\$600 per month.

Habitat for Humanity's homeowners are called Partner Families because their program is a unique partnership involving selection, training in home construction and finances, mortgage guidance, home maintenance, and volunteering to help other families.

Partner Family applicants are selected based on three criteria:

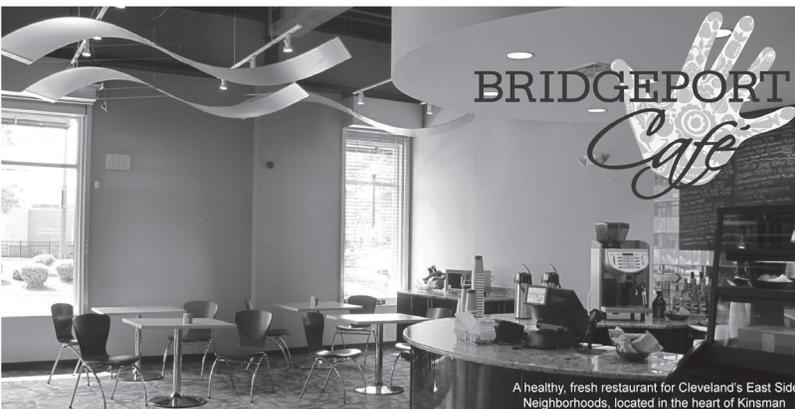
- **Need for Adequate Housing**
Families must be currently living in substandard housing. Substandard housing includes overcrowded living quarters and unsafe or hazardous conditions. Families must not be homeowners currently.

- **Willingness to Partner**
Families must be willing to partner with Habitat, investing 200 hours of what is called "sweat equity" in volunteering, home construction and trainings including budgeting, financial literacy, and routine home maintenance.
- **Ability to Pay**
The homeowner's income must be between 30-60% of the area median income. Selected families must have the ability to pay a no-profit, no interest mortgage consistently over the life of the mortgage. The family must not have excessive debt, have declared bankruptcy within the past two years and have had stable income for the last six months.

If you would like to own a home on Colfax Road through Greater Habitat for Humanity, request an application, or to get more information, please call BBC at 216.341.1455.

-Joy D. Johnson

FRESH FOOD & NUTRITION EDUCATION
are cropping up in the Kinsman neighborhood



BRIDGEPORT Cafe

A healthy, fresh restaurant for Cleveland's East Side Neighborhoods, located in the heart of Kinsman

Breakfast Lunch Coffee Tea Smoothies Sandwiches Soups Salads Fresh Produce Dairy Wi-Fi

7201 Kinsman Road, Suite 103A | Cleveland, Ohio 44104 | (216) 266-0140 | bridgeportcafe.com
Open Mon - Fri: 7:00am-6:00pm and Sat: 10:00am-6:00pm

Got a green thumb? Win a prize!

BBC wants to award residents who maintain lush green lawns, have beautiful flowers and landscaping, and/or keep exemplary gardens.

The residents whose homes are determined to have the best curb appeal will each win a \$50 gift certificate to Home Depot and possibly other prizes. Four top prizes will be given out, one in each the Lower Central, Upper Central, Kinsman, and Kinsman-Union neighborhoods. A photo of the home determined to have the best overall curb appeal and its owner will be featured in the next issue of The Community Connector. Additional prizes may be available as well.

To sign up for the competition, please call BBC at 216.341.1455, visit bbcdevelopment.org, or stop into our office. Registration ends July 19.

Bridgeport Mobile Market, a Farm Stand on Wheels!

Would you like to purchase fresh produce at an affordable price? Well, you can on the Bridgeport Mobile Market. As part of a food access initiative, BBC opened the Bridgeport Mobile Market to sell fruits and vegetables throughout the Ward 5 community and surrounding neighborhoods. The Bridgeport Mobile Market focuses on selling produce at locations where it is convenient for residents to shop such as senior high rises, the Cleveland Public Library, congregations, and at partner agencies such as Friendly Inn Settlement House and Murtis Taylor Human Services. This mobile market will be open for business in June. Contact BBC at 216.341.1455 for market locations. The schedule will also be posted on Face Book at facebook.com/BBCDev.



Kinsman Farm Kicks into Gear for the 2013 Growing Season

Kinsman Farm is a 6-acre urban agriculture incubator site located in the Kinsman Neighborhood in Cleveland. This urban farm site is housed within Cleveland's emerging 28-acre Urban Agriculture Innovation Zone. Kinsman Farm is a cooperative urban farm where new farmers can begin their agricultural business to grow food and develop farm products for markets. On this site farmers have access to necessary infrastructure and education while also working with other farmers to build sustainable businesses. This incubator farm is a site dedicated to encouraging new farmers to start their own farm business under a cooperative format. Kinsman Farm is made possible through a partnership with the Ohio State University Extension (OSU Extension), West Creek Conservancy, Burten, Bell, Carr Development, Inc., and the City of Cleveland.

One of several farms produced in Cleveland, the Kinsman Farm was started as an initiative through the OSU Extension's Beginning Entrepreneurs in Agricultural Networks (BEAN) Project. The BEAN is dedicated to strengthening Cleveland's local food economy and encouraging the development of new and beginning farmers in Cuyahoga County. Farmers who have completed OSU Extension's 12-week Market Gardener Training Program are invited to apply to farm on a ¼ acre parcel on this site in support of starting an agricultural business. This season, eleven urban agriculture enterprises, including three new farmers who want to produce different types of vegetables and honey, exist in the Kinsman Farm.

The OSU Extension would like to welcome three new farmers to the Kinsman Farm. Below is a brief introduction of each new farm.

• **Uncle Roy's Farm:** Troy Miller completed the Market Gardener Training Program this year in April. This will be his first year growing

for market. He is looking forward to the support of his fellow farmers and community partners at Kinsman Farm and will focus his production on many crops including carrots, eggplants, and herbs. He intends to become the top producer of local commodities using innovative techniques combined with the latest technology.

• **Adams Apiary and Gardens:** Formed by Chris Adams and his son Kent. Chris completed the Market Gardener Training Program this year in April. He has been growing garden vegetables with his grandfather since a child and most recently he has produced common vegetables and herbs in his backyard. Adams Apiary and Gardens wants to provide consumers fresh fruit, vegetables, and honey and they are committed to promoting the "hyper" local food market and contributing to it with their passion and products.

• **Eat to Live Organic Farm:** Formed by Roosevelt Robinson and his wife Akila Muhammad. Roosevelt also completed the Market Gardener Training Program in April. He has four years of organic gardening experience growing greens, okra, and tomatoes. Eat to Live Organic Gardens will produce quality crops using deep organic techniques. Their farm will produce a mix of different crops like kale, spinach, and okra.

To all the Kinsman Farm farmers, may you have a great and successful 2013 growing season!

For more information about the Kinsman Farm, visit:
<http://cuyahoga.osu.edu/topics/agriculture-and-natural-resources/market-gardening-and-urban-farming/the-kinsman-farm>

—Courtesy of Jacqueline Kowalski, Extension Educator, and Paula Covarrubias, Program Coordinator of The Ohio State University Extension, Cuyahoga County

The Healing Garden, A Place of Peace and Openness for Everyone

This summer, are you looking for events that are free and open for people of all ages? Starting June 15th, the East 73rd Street Community Club will be hosting a variety of events ranging from a youth garden club to workshops on how to start a business. These events will be held at the Ka-La Healing Garden Center, 2251 East 73rd Street, between Central and Cedar Avenues. Check out the Calendar of Events on the back of this newsletter for a listing of events. For more information or to register for an event, contact Tanya Holmes at 216.224.9397.

Help BBC plan a safer Kinsman Road for pedestrians, cyclists, and motorists

YOU have the opportunity to make a major difference in your community this summer and help BBC craft a plan for a safer Kinsman Road for people who walk, ride a bicycle, or drive an automobile!

BBC is initiating a planning process in response to concerns expressed by residents and community groups over the last few years, including:

- Dangerous high-speed automobile traffic
- Narrow, unmarked lanes that increase the potential for motor vehicle collisions
- Few traffic lights and places to cross the street
- Lack of a 20 mile-per-hour school zone near Anton Grdina K-8 School for kids walking to school

The planning process will focus on short-term improvements that can be done by the City of Cleveland immediately to

improve Kinsman Road between East 66th and 84th Streets for pedestrians, cyclists, and motorists. Those improvements may include lane restriping, signage, a school zone, crosswalks, and/or bike lanes.

The project, which is funded by a grant from Enterprise Community Partners, is part of an initiative to make Kinsman one of the greenest, most sustainable neighborhoods in Cleveland. It complements local food, agriculture, energy, home energy retrofits, stormwater, and sustainable building projects that have been completed in recent years or are currently in process.

A community meeting has not yet been scheduled at the time of publication of this newsletter. However, to be notified of upcoming meetings regarding Kinsman Road, please call 216.341.1455 and leave your name or contact information or email jsugalski@bbcdevelopment.org.

—Jeffrey Sugalski

WORKING TOGETHER TO BUILD A BRIGHTER COMMUNITY

Are you interested in improving your quality of life? Do you have a desire to begin a new career and network? Do you want challenging work? Have you ever wondered what your strengths are, or have the desire to get out and meet new people? If you answered yes to any of these questions, try volunteering with BBC!

BBC's volunteer program will match your interests and passions to the needs of the organization and Ward 5 community. There are short and long-term volunteer opportunities and something for all ages and skill levels.

There are many one-day events to participate in, such as the 50 backyard garden installation day BBC hosted on May 18, 2013. BBC is looking for people who are good with working with youth, have good communications and social networking skills, who are organized, or who are good at fundraising. Do you have other skills or talents to share with your community? BBC can use those skills too!

If you are looking for more of a long-term commitment, BBC can always use your expertise in gardening, indoor administrative tasks, or assistance with the new Bridgeport Mobile Market. BBC is seeking people with a green thumb, passion for healthy food access, administrative skills, social media gurus, and much more. Share your strengths to support BBC in providing high level of services to the Ward 5 community.

Maybe you already volunteer in your community, and have a project that needs a lot of volunteers to complete a project. Just let BBC know. Throughout the year, BBC receives requests from businesses for a number of volunteer projects within the community.

For more information or to become a volunteer, contact Zenobia Lane at BBC at 216.341.1455.

—Julia DiBaggio

Marion Sterling Elementary School Receives Farm to School Grant

Earlier this year, Marion Sterling Elementary School received news from the Ohio Department of Education (ODE) stating they had been awarded one of the Department's Farm to School grants. This money, developed to support school gardens, salad bars and field trips, serves to introduce students to farming, the environment and where food comes from. Twenty-three schools in Ohio received funding and Marion Sterling was the only school in the City of Cleveland to be awarded. Other uses of the award money may result in nutrition and cooking classes for students and parents of Marion Sterling at places like CornUcopia Place, located next door to Burten, Bell, Carr Development, Inc.

OSUE has been working with residents and the local elementary schools in Central to address health and nutrition in the neighborhood over the last year. Through their partnership with the Sisters of Charity Foundation of Cleveland on the Healthy Eating, Active Living program-sometimes known as "HEAL"- in the neighborhood, OSUE and their Food Policy Coalition (Cleveland-Cuyahoga County Food Policy Coalition) are currently working with BBC and the Cleveland Metropolitan School District to improve student nutrition. This grant will help to support the efforts the schools, OSUE and the Sisters of Charity Foundation.

Currently, the school garden is in place and will receive another large supply of plants in June. OSUE and the CMSD are also thinking of ways to bring the salad bar into the school day for use in the future. A key to making this project a success in the community and for the school will be through parent and student engagement in the process. To learn more about this initiative or get involved, contact Erika Meschkat at OSUE at 216.429.8200 x212.

—Courtesy of Erika Meschkat, Ohio State University Extension, Cuyahoga County



Farm to School raised beds located at Marion Sterling Elementary School

cornucopia place

- New state-of-the-art kitchen & multi-purpose community space
- Centrally located in the Kinsman neighborhood
- Hands-on cooking classes, nutrition education courses, and much more
- Rent CornUcopia Place today for your meeting/private event

7201 Kinsman Road, Suite 103B | Cleveland, Ohio 44104
(216) 341-1455 | bbdevelopment.org



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ON THE HORIZON

LOOK TO THE ON THE HORIZON SECTION FOR UPCOMING EVENTS IN THE CITY OF CLEVELAND

ANNUAL MARSHALL AVENUE BACK-TO-SCHOOL SAFETY FAIR AND BLOCK PARTY

You are invited to the 11th Annual Marshall Avenue Back-to-School Safety Fair and Block Party on Saturday, September 7, 2013. This event will begin at 12pm and run until 6pm. Marshall Avenue is located off East 93rd Street near Kinsman Road. There will be food, school supplies, and fun activities for family and friends that reside in the Kinsman neighborhood. For more information, contact Myra Simmons at 216.641.8704.

ANNUAL WARD 5 COMMUNITY FAMILY FESTIVAL AND PARADE

It is festival time again. Join us on June 29th for the 8th Annual Ward 5 Community Family Festival and Parade. The festival will begin at 10am and will end at 6pm. It will be held at Friendly Inn, 2863 Unwin Road, near E. 55th and Quincy Avenue. There will be a variety of vendors, music, food, and activities for all ages. The parade will start at E. 30th and Community College Avenue at 12pm and will end at the festival at Friendly Inn. For parade participants, the line up for the parade will start at 10am. For parade information, contact Sherita Mullins at 216.341.1455. For festival or vendor information, contact Andrea Foote at 216.431.7656.

For information on any of our programs, call us at 216.341.1455. Follow BBC on Facebook



and Twitter



Date	Time	EVENT	Location	Address
June 8 - Aug. 3	12PM - 3PM	Easy Does It Cooking Classes (every Saturday)	CornUcopia Place	7201 Kinsman Road, Suite 103B
June 15	1PM - 7PM	Juneteenth Celebration	Ka-La Healing Garden Center	East 73rd Street; between Central Avenue & Cedar Avenue
June 17	12:00 PM	Summer Lunch Program for Youth (every Monday and Wednesday)	Ka-La Healing Garden Center	East 73rd Street; between Central Avenue & Cedar Avenue
June 18	11:00 AM	Weekly Workshops on Start-up Businesses	Ka-La Healing Garden Center	East 73rd Street; between Central Avenue & Cedar Avenue
June 25	7:00 PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
June 26	7:00 PM	4th District Police Comm. Relations Mtg.	Covenant Community Church of Cleveland	3342 East 119th Street
June 29	10AM - 6PM	Ward 5 Community Festival and Parade	Friendly Inn Settlement House	2386 Unwin Road
June 29	9AM - 3:30PM	Farm Stand Market	Ka-La Healing Garden Center	East 73rd Street; between Central Avenue & Cedar Avenue
July 4		Independence Day (Office Closed)		
July 13	12:00 PM	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
July 16	8AM-6PM	Little Free Library - Build It In A Day Event	Friendly Inn Settlement House	2386 Unwin Road
July 24	7:00 PM	4th District Police Comm. Relations Mtg.	Covenant Community Church of Cleveland	3342 East 119th Street
July 30	7:00 PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
August 10	12:00 PM	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
August 27	7:00 PM	3rd District Police Comm. Relations Mtg.	3rd District	10600 Chester Avenue
August 28	7:00 PM	4th District Police Comm. Relations Mtg.	Covenant Community Church of Cleveland	3342 East 119th Street

CURRENT EVENTS

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