

FLINT/GENESEE Co. NEIGHBORHOOD ROUNDTABLE
Mission Statement: To provide training and share information which will enable residents to empower themselves to bring about positive change. To develop stronger neighborhoods and to form partnerships that will be a collective voice and positive force in addressing issues facing com-



Community Issues

It just seems like it was just yesterday that we were waiting for the clock to strike midnight to see if 2000 would bring a world wide crash of computers and everything else connected to the date change. Here it is eight years later and we are still clicking away on our 'puters'.

2007 brought a lot of changes in my life, what about yours? Flint has gone through a lot of changes also. What happened in your community? This is a good time of year to sit down with your neighborhood groups and do some housekeeping. Make a list of changes that occurred in 2007. Were the changes for the good or not so good? What changes did not occur that you wish would have? What changed that you are happy to say occurred and you are proud to be part of that change?

Make your list of positive changes and hang them up so you can see them every day. They can be a daily 'pat on the back' and an encouragement to continue good works. Your group should also make a list of the negative changes or a list of the things that did not change for the better. This will become your 'working list' for 2008. Take each item and divide them into short term and long term goals. Then form action committees to discuss their item and bring their suggest back to the group. It will be up to the group as a whole to prioritize the items.

Let the Roundtable know your groups plans. We will post them in the Community Issues newsletter and pass on any recommendations other groups may have for you.

Start sending one or more of your members to our meetings and share your success stories and find out what other groups are doing. Good Luck and see you soon.

Vicky Hurley, editor

Inside this issue:	
News from the Genesee Co. Health Department	Page 2–3
Prevention Research Center of Michigan (building a healthy community)	Page 4
From the Editor and What is Stuff?	Page 5
Part two: Questions to 2nd grade children and their answers	Page 6
Neighborhood Calendar (please notify me of any changes)	Page 7



Preventing Poisoning at Home

A poison is any substance that can be harmful to the body, particularly if it is swallowed, touched, or inhaled. People use poisonous materials on a daily basis. Each year people, especially young children, become sick or die from accidental poisoning by medicines and common household chemicals. Many of those poisonings can be prevented by following a few simple steps.

- Keep all chemicals, medicines and other poisonous items in their original labeled containers.
- Read the label before using the product. The labels often contain important information about how to use the product safely and what to do in case of accidental poisoning.
- Properly close child-resistant containers after each use. Remember, however, that child-resistant does not mean that children can not open it.
- Keep all chemicals and medicines locked up, out of sight, and, if possible, out of reach of children when you are not using them.
- When using poisonous products, do not leave children alone with them, even for a short period of time. Most poisonings happen when the product is being used.
- Keep purses, diaper bags, and travel bags out of children's reach.
- Avoid taking medicine, even over-the-counter medicine, in front of children. Children like to imitate adults. Refer to medicine as "medicine," not "candy."
- Clean out the medicine cabinet periodically and safely dispose of unneeded or outdated medicines.
- Know which plants in or around your home are poisonous and keep them away from children and pets.
- Keep the number of your poison control center on or near the phone. In Genesee County, call 1-800-222-1222.

For more information on this and other important health issues visit the Genesee County Health Department website at www.gchd.us.



Healthy Eating for the Busy Body

Many busy Americans don't have the time to prepare their own meals. Therefore, many people rely on fast food restaurants for their meals because they are convenient. However, many foods on these menus are not part of a healthy diet, especially when eaten often. So what do you do? Maintain a healthy diet by choosing the most nutritious foods from fast food menus menu.

When eating fast food the portion size is important. Many restaurants will ask, "Would you like to super size your order?" The best and healthiest thing to do is to say, "no". People will usually eat all the food in front of them instead of the amount of food they need. With a super sized portion, a person is more likely to eat until he or she feels stuffed or over full instead of eating until he or she is satisfied. It is better to choose smaller portions. Here are a few ideas to help you with your choices:

- Order only one entrée per person.
- Choose baked chicken instead of fried chicken.
- Don't eat fries. If you do eat fries, split a small order with someone else.
- Use only small amounts of mayonnaise, tartar sauce, special sauces, sour cream and butter.
- Don't put extra cheese on sandwiches and pizza. Instead add vegetables to the pizza or ask for tomato and lettuce on sandwiches.
- Avoid sweetened drinks. Water, unsweetened tea, coffee and white milk are good choices. When you do order a sweet drink, skip the milk shake and regular soda and choose juice or diet soda.
- Skip dessert unless you are able to order fresh fruit or yogurt.

For information on this or other health topics, contact the Genesee County Health Department at 257-3612 or visit us on the web at www.gchd.us.





Save the Date !

The Prevention Research Center of Michigan
Genesee County Community Board invites you to:

Knowledge. Action. Change. Building a Healthy Community

A presentation of the results of the **2007 Speak to Your Health! Community Survey**

Thursday, January 24th, 2008

4 pm—6 pm

Genesee County Community Action Resource Department

601 N. Saginaw Street, Flint MI

Refreshments will be served. Free Parking available.

**Discover how you and your organization can use this information
to improve health in Genesee County!**

Survey topics include:

- Health conditions and status
- Health behaviors and attitudes
- Neighborhood perceptions and participation
- Health care access and utilization
- Faith and spirituality
- And more....

For more information, please contact Lauren Shirey, Genesee County Health Department,
(810) 768-7970

PRC/MI Genesee County Community Board Members:

*Dort Oak Park Neighborhood House, Faith Access to Community Economic Development,
Flint Odyssey House Health Awareness Center, Genesee County Community Action Resource Dept.,
Genesee County Health Dept., Greater Flint Health Coalition, Genesee County/Flint Neighborhood Roundtable,
University of Michigan-Flint, University of MI School of Public Health, YOUR Center*

From the Editor.....

I would like to take this time to thank all of you that have contributed articles to the *Community Issues* newsletter. A very special thanks to Genesee County Health Department who has consistently sent in at least two articles each month.

I also would like to encourage others to send in articles this year. I will accept anything but reserve the right to edit for length and appropriate content.

I urge City Hall and Genesee County to send use items of interest to neighborhood organizations. Meetings that we should be attending, new programs you have developed, new development in the downtown area, trash collection and code changes, and opportunities for youth, etc.

Ruth Mott Foundation, Community Foundation, Keep Genesee County Beautiful, M.C.C., and U of M-Flint, let us know about grants or educational programs that may be available.

Especially I am reaching out to neighborhood groups, block clubs and crime watches to send us information and an invitation to join the Roundtable. We meet once a month to exchange ideas, information, advice, and to support each other. With numbers we can make a difference in our communities!

(See page 8 for more information)

What is the Story of Stuff? From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. **The Story of Stuff** is a 20-minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. **The Story of Stuff** exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way you look at all the stuff in your life forever. Annie Leonard makes it easy to understand please, go to www.storyofstuff.com you won't be sorry.

*The following questions were answered by
2nd grade school children:*



What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer.
3. Does he make at least \$800 a year? Did he say NO to drugs and Yes to chores?

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world, and my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that Mom didn't have her thinking cap on.

Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because dad's such a goof ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than dad.

What's the difference between moms and dads?

1. Moms work at work and work at home and dads just go to work and work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friends.
4. Moms have magic, they make you feel better without medicine.

What does your mom do in her spare time?

1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

What would it take to make your mom perfect?

1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.

If you could change one thing about your Mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my Mom smarter. Then she would know it was my sis who did it and not me.
3. I would like for her to get rid of those invisible eyes on the back of her head.



Upcoming Coming Community Events:

Date	Event	Time	Location
Every Wed.	Eastside Business Assoc. (weekly meeting) (includes community groups; everyone welcome) (Jan.9th Dick Ransdell Flint City Market)	12 to 1 pm	St. Andrews Episcopal Church 1922 Iowa Ave.
1st Tues. of month	Ballenger Hwy. Neighborhood Assoc. Contact person: Fatima Walker 766-7149	6 pm	Ballenger Hwy. Mini Station 1210 N. Ballenger Hwy.
3rd Tues. of month	Southside Business & Resident Association Contact person: Art Wenzlaff (Director of School & Community Relations, International Academy of Flint 251-5151 or Fax 251-5154	11:45 am to 1 pm	Applegate Chevrolet on South Saginaw Street
3rd Tues. of month	Metawanenee Hills Neighborhood Assoc.	5:45 pm	Whaley Children's Center
3rd Thurs. of month	Southside Neighborhood Block Club Association	5:30 pm	Brennan Center
3rd Thurs. of month	Milbourne Ave. block Club (everyone welcome) David Starr 767-1677	6 pm	2234 Milbourne
3rd Thurs. of month	Flint Urban Garden and Land Use (FUGLUC) Contact person: John Summers 785-5340 ext.27	4 to 5 pm	3216 M.L. King (Salem Housing)
1st Thurs. of month	Northeast Village Citizen's District Council Bernard Lawler 760-7336	5:30 pm	6834 N. Saginaw St.
2nd Thurs. of month	West Flint Crime Watch / West Flint Mini Police Station Mona Huges or Pearl Morris 766-7354	7:00 pm	Zimmerman Center rm. 126
2nd Fri. of month	North Saginaw St. Business Association Bernard Lawler 760-7336	6:00 pm	Great Lakes Baptist Center 5509 N. Saginaw St.
4th Sat. of month	West Dewey Street Block Club (everyone welcome)	12-1 pm	3216 M.L. King Blvd. (Salem Housing)
2-2-08	Articles due for February Roundtable newsletter	Friday	vhurley16021@comcast.net
1-18-08 Then 2-15-08	Flint/Gen. Co. Neighborhood Roundtable's: Monthly membership meeting	Noon to 2 pm Friday	GCCAA Bldg. 601 N. Saginaw, use 3rd Ave. entrance to park, & use double doors on north side of bldg.



**FLINT/GENESEE COUNTY
NEIGHBORHOOD ROUNDTABLE**

601 N. Saginaw Street St.
Suite 1-C
Flint, MI 48502

Phone: 810-239-7576
Fax: 810-239-9770

Get Up! Get Involved! Get Into It!

**Normal Membership meetings
(\$3 per meeting or \$24 per year)**

Date: January 18, 2007
Time: 12 noon until 2 pm
Where: GCCARD meeting room
601 N. Saginaw Street
(parking lot entrance is off 3rd street)

RSVP : 239-7576

AGENDA:

- Roundtable officer elections.
- School-to-prison pipeline.



Committees

- Benevolence - Mary Payne
- Fundraising - Lee Bell 239-7576
- Hospitality - Edna Chaney
- Housing - Barbara Grisham-Wilson 610-8727
- Membership/Outreach - Jean Armstrong
- Neighborhood Issues - Kathryn Blake & Nayyirah Shariff
- Newsletter - Vicky Hurley 820-3134
- Strategy - president Leon Wesson 785-5640 also,
Committee chairs & all interested parties.
- Training - Lee Bell 239-7576

If interested in serving on a committee, inquire at next Roundtable meeting or call the office or number above.