



Indian Head Lehigh Neighborhood Association, Inc.

NEWSLETTER ** Fall 2010

HALLOWEEN PARTY

The traditional Halloween Party and potluck, sponsored by the Neighborhood Association, is scheduled for ***Saturday, October 30th*** at Optimist Park, from 4:30 pm to 7:00 pm. This event is open to all residents of the neighborhood – it is not for kids only!

Live music will be provided throughout the evening by the ever-popular band Tao Jones and the Ontological Elephants. The costume parade, with its one-of-a-kind emcee, is open to all ages.

As always, you and your neighbors will bring the most scrumptious foods for the potluck dinner. The Neighborhood Association will provide plates, utensils, and drink.

The party preparation and decoration of the clubhouse will take place from 11 am to noon that day. All decorating volunteers welcome! For more information on how to help with the party and its preparation, contact Grant Gelhardt before Wednesday, October 20th, at 942-7608.



Other events to put on your calendar

October 6th – 7 pm meeting at 1509 Hasosaw Nene to “Talk about transitioning off fossil fuels” *

October 26th – Neighborhood meeting, 7 pm at Optimist Park clubhouse

November 2nd – Election Day. Vote at Optimist Park polling station (*or* vote early *or* request your absentee ballot by October 27th) and stop by the IHLNA table.

The evening of **November 6th** (or 2 am on Sunday, November 7th, to be official) - Turn your clocks back one hour (“fall back”) to adjust for the end of daylight saving time.

The **2nd Sunday of each month** - “potluck in the park” from 4:30 to 7:30 pm at Optimist Park. In addition to the potluck dish to share, please bring your own utensils and perhaps a chair or blanket for sitting and visiting. There will be a ***special treat*** at the ***November*** potluck: pony rides from 4:30 to 5:30.

May 7th, 2011 – 3rd Annual Nene Fest at Optimist Park*

* See article in this newsletter.

Welcome!

Hi, this is Bev Glazer, your new Indianhead-Lehigh "Welcome Gal." I am ready to give new residents a warm and helpful introduction to our neighborhood. Some of you may remember me from Nomads Art Gallery. I have lived in Nene Land for 11 years and can't think of a better place to reside.

If you or anyone you know has recently moved into our neck of the woods, please let me know by e-mailing me at tallygal3@gmail.com. We are ready to meet and greet, so let me hear from you.



Nene Fest by Daphne Holden

About 300 neighbors and friends turned out for Nene Fest 2010, Indian Head/ Lehigh's very own second annual "for neighbors, by neighbors" participatory music, art, and food festival. We transformed Optimist Park by constructing covers for the two stages with bamboo poles and magenta sheets and erecting bamboo shade structures.

Neighborhood musicians including Mark Russell, The Tribe, Goat Dog, Velma Frye and Steffi, Desperately Not Weird, Bill and Pat, Robby (Don't be cruel kid), the Bothy Gals, and Tao Jones and the Ontological Elephants jammed throughout the day. In addition, there was a jam tent for those who wanted to play music with others informally.

Children got their faces painted, made T-shirts, masks, giant bubbles, and cutout paper puppets for a silhouette puppet show, and danced around the maypole. Adults got massages and relaxed in the Nene Relaxation Station and ate their neighbors' gourmet food.

Volunteers at the Eco Café served home cooked dishes, including freshly pressed juices and blended smoothies, cakes, pastries, and other desserts, cowboy caviar, Asian coleslaw, Szechuan noodle salad, stuffed swiss chard leaves, mixed greens salad and homemade rolls, fixings for veggie sandwiches, ziti, "Buss-up-Shot" ("torn trousers") potato curry, red beans and rice, and smoked chicken wings.



Farmer Markets

No room in your yard for a garden, but you would like to have fresh local fruits and vegetables? Support your local farmer! There are now TWO opportunities nearby each week.

- Green Grocer – every Monday, 3 – 5 pm in the parking lot behind the Department of Environmental Protection (2600 Blair Stone Road). Local farmers, some organic, sell their farm fresh produce every week.
- Organic Growers Market – Lafayette Street – every Thursday, 3 – 6 pm across the street from the Moon. Products range from seasonal vegetables to preserves to chickens and eggs. Provided in collaboration with the Woodland Drives Neighborhood Association, Lafayette Street initiative, FAMU StateWide Small Farm Programs, and New Leaf Market.

Giant puppets—the Meany Nene and friends (Cheney McMadoff, Teeny Meany Nene, the Goons, the Wise Organic Farmer, and Punk Rock Puppet)—were joined by bemasked children and accompanied by neighborhood musicians to enact a parable about how music and dancing is more fun than making money. The Nene Fest Children’s Chorus sang on the stage before the brief but fierce rain storm had everyone running for cover. We herded the soggy children into the clubhouse where they sat out the rainstorm by listening to Ms. Sonny’s storytime.

We sold enough Nene Fest 2010 T-shirts (with a new design by Charity Wood) to cover our costs and put some away for next year.

Thanks to all the musicians, artists, bamboo constructionists, puppet makers, script writers, meeting goers, bakers, chefs, puppetistas, and many other volunteers who helped prepare for and participate in Nene Fest 2010!

View the photos at <http://ihlna.org/> and see for yourself all the beautiful people in the neighborhood who came together to create some homegrown fun.

Participate in 2011! If you had fun at Nene Fest 2010 and want to help plan Nene Fest 2011, please email nenefest@gmail.com. Let’s make the next one even more creative, surprising, and delightful with new ideas and energy. Mark your calendar for next year's Nene Fest - **May 7th, 2011!**

Crime Watch/Neighborhood Watch

by Mike Murphree

At the last neighborhood association board meeting, I volunteered to be the new crime watch coordinator. Craig Leveen has done a wonderful job in this position. I have met with Craig and appreciate all the information and data he has transferred over. I am looking forward to putting it all to good use.

Also at the board meeting, we discussed changing the name of the program to Neighborhood Watch. The idea was to expand into coordinating disaster preparedness, (something Craig had already started doing), and assisted living concerns of senior residents.

At their most fundamental level all of these activities are about getting to know our neighbors better and forging stronger bonds. This is a goal all of us on the board share.

Rather than being bound together by a fear of outsiders we prefer to be connected by our love of place and sense of community. It is our hope that an active Neighborhood Watch Program can foster these laudable aims.

I look forward to getting to know everyone better as I learn how to do this new job. If you have comments or suggestions please call me at 219-1223 or email me at michaelmurphree@yahoo.com



Keep IndianHead/Lehigh Beautiful

Just a reminder of a couple of things we can all do to make the neighborhood a nicer place to live.

- If you see litter in front of your house, pick it up.
- The City picks up yard trash and white goods (no electronics!) from the roadside every other Thursday. Try to time your roadside deposits close to the pick-up days.
- Don’t blow or mow leaves and grass into the road; use them for mulch or compost in your yard.

Curious about Yoga? by Ellen Shapiro

Have you been curious about yoga? Many people have the idea that in order to do yoga, one has to be extremely flexible or in really good shape. And it's true that practicing yoga on a regular basis will greatly improve your physical condition. All you need to get started with yoga, however, is the willingness to come try it! Multiple studies have shown that the regular practice of yoga significantly improves flexibility, balance, muscular strength, and endurance. The amazing physical benefits of

yoga are only the beginning. Regular yoga practice increases energy and vitality, brings greater inner calmness and peacefulness, and creates a deeper sense of connection to self, others, and the spiritual dimension of life. Yoga is not a religion, though, and people of all faiths participate. In a yoga class you can expect to be guided by the teacher through a series of breathing and movement techniques, all thoroughly explained as you go, and adjusted and modified to suit the needs of the individuals in the class. So whatever your fitness level and current physical challenges, there is a yoga class for you.

Let's Talk about Helping Tallahassee Transition off Fossil Fuels! by Sue Cerulean October 6, Wednesday, 7pm at 1509 Hasosaw Nene, home of Jeff Chanton and Sue Cerulean

We all realize we live in a time of transition – indications of peak oil, climate unpredictability, and ecological and economic instability abound. How are we to live into such a moment with intention and hope? In communities such as Indianhead, that's how! Come hear community organizer Kim Ross and Susan Cerulean share their understanding of the Transition movement, and let's talk about how to make it happen here. Heart of the Earth sponsored Kim's training in Transition at Genesis Farm in northern New Jersey in mid-September.

The Transition movement has emerged over the last five years with both practical and principled responses to these questions. A network of imaginative and locally-focused Initiatives, the Transition movement supports local leadership efforts to engage people to take the far-reaching actions that are required to mitigate the effects of peak oil, climate change and the economic crisis and to build community resilience. Furthermore, these re-localization efforts are designed to result in a life with greater social connections, vibrancy, equity and fulfillment. This community-wide process for creating 'energy descent pathways' has spread around the world. Almost 300 officially designated Transition Initiatives now exist in 15 countries; there are more than 60 in the U.S. Hundreds of others are exploring how to begin working with the Transition model.

Let's start the conversation! Questions? Email s.cerulean@att.net

Black Gold by Connie Bersok



Are you happy with the soil in your yard? Or can it use a little bit of help? Many times, naturally rich topsoil is removed intentionally, during construction, to level out the yard. Other times, the natural topsoil is removed unintentionally through rain runoff and erosion. Have you ever noticed a dust cloud when mowing your lawn or using a blower? That is another way that you are losing soil. Normally, the top layer of soil contains a lot of carbon matter, which is the natural by-product of leaves and grasses when they die. Carbon-rich soil holds moisture better than sandy or clay soils, so you don't have to water as much, and holds onto nutrients so you can reduce or eliminate fertilizer use. It is such good stuff that gardeners refer to it as "black gold"

You can make your own carbon-rich compost from a combination of vegetable and fruit kitchen scraps, coffee grinds, and lawn clippings. (See www.leoncountyfl.gov/recycling/Composting.asp or call Cyndy Brantley at (850) 606-1823 for more information)

If you don't want to wait that long or want to get a jump start on your fall gardening, head on over to the Solid Waste Management Facility on Apalachee Parkway (Monday through Saturday, 8:00 a.m.-5:00 p.m). For a limited time, Leon County is offering a rich, dark, compost-like material for your yard and garden projects. **FREE.** Bring your truck or bags, boxes or buckets to self-load this "black gold" compost. This is not mulch, which is made up of larger pieces of leaves, bark, and twigs and can often contain nuisance weeds and weed seeds. This is more like a soil or potting mix you might buy in a bag (and based on my experience, weed-seed-free!).

Love your ditch! (Or, "how to feel swell about your swale") by Geoff Brown

Ok, so technically it's not a ditch. It's a swale. It's the shallow depression running along the front of your home, next to the street. It is usually wider than it is deep, and is most typically grassy. It's called a swale, and we all need to take responsibility for its proper maintenance.

The role of a swale is to carry stormwater from your yard and the street. You can control the amount of stormwater runoff from your own yard by holding onto as much rainwater as possible. (www.TAPPwater.org). The swales slow the velocity and increase absorption of the runoff into the soil. Remember that all the water in the neighborhood following a rain flows through the swales down to Indian Head Creek, so protecting the swale will go a long way in protecting our creek.

Here are a few ways to feel swell about your swale:



1. If you have to use fertilizer in your yard, leave a no-pesticide, no-fertilizer zone, at least 5 feet wide, on either side of your swale. Protecting the swale from these chemicals will also protect the aquatic critters in IndianHead Creek.
2. Be careful where you place your road side trash. Avoid putting any trash or paints or cleaners or old electronics in your swale. Take all hazardous wastes instead to toxic waste round-ups that are advertized once or twice a year in our community or directly to the county facility on Apalachee Parkway, and never, ever in your swale.
3. Be careful where you place your yard waste, too. Stack yard waste in manageable piles on the side of the road. Better yet, use it as mulch around your plant beds or start a compost pile in your yard. Use your recycling bin and your trash cans for all other waste.
4. Rake leaves and debris out of the swale and mow regularly to maintain a healthy turf. Avoid cutting the grass too short. This is not a beautification project—this is to allow the turf to thrive and hold onto the soil.

Take steps to feel swell about your swale. For more information see <http://www.dep.state.fl.us/water/nonpoint/docs/nonpoint/sts.pdf>, or call the Stormwater/ Non-point source Management section of the Department of Environmental protection (921-9472). To report possible violations or problems, contact the City of Tallahassee's Streets and Drainage division at 891-5300 or www.talgov.com trouble-reporting system.

Indianhead/Lehigh families and kids

Get more connected locally! Join a new online group specifically for families with kids in our neighborhood. We can use this group to plan activities, share information, help each other with practical concerns, as a forum for discussion, etc.

Go to www.groups.yahoo.com, type "indianheadkids"; in search box, click on "join this group". You can also call Claudia (Jacob's mama) at (413) 774 4590.

IHLNA membership

Thanks to all of you who so generously responded to our membership drive last January. Your membership helps to support neighborhood activities and keeps us all involved with making this a great neighborhood. We will again be sending out reminders to renew or join the neighborhood association in *January, 2011*.

In the meanwhile, if you are not currently on the neighborhood e-mail list, contact Grant Gelhardt at 942-7608 or e-mail him at grant.gelhardt@gmail.com.

Officers of IHLNA

President: Grant Gelhardt	942-7608	At-Large: Sandra Neidert	656-7894
Treasurer: Patty Ceci Sharp	309-0260	At-Large: Tony Biblo	656-2528
At-Large: Mary Louise Bachman	877-6344	At-Large: Connie Bersok	942-7904
At-Large: Ramona Abernathy-Paine	656-6182	At-Large: Woods NeSmith	878-8769
At-Large Cyndy Brantley	656-7445	At-Large: Nathan Ballentine	322-0749

Childrens Art Show!

Optimist Park clubhouse, scheduled for early December (Date and time not yet scheduled) Neighborhood kids of all ages are encouraged to show their work for an afternoon of local arts and culture. Pre-registration is very helpful. Live music and light refreshments provided.

Please see yahoo group or call for info. Look out for signs in the neighborhood announcing the event as it gets closer.



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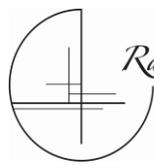
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