



It's My Park Day, March 7

Community Accomplishments

- The **Cunningham Wellness Team** has been hard at work getting ready to launch once-a-week farm stands at **Cunningham Elementary School**, starting April 17 during school pick-up hours. Congratulations on this exciting accomplishment!
- Both the **Odom Elementary** and the **Williamson Creek (Central Greenbelt)** park teams got a lot done at their It's My Park Day, an annual initiative where thousands of volunteers work to improve parks and greenbelts throughout the city. Odom parents, children and residents mulched twenty trees and cleaned up their park, while Williamson Creek volunteers mulched almost all of their trees, planted their garden and scattered wildflower seeds.
- Congratulations to GAVA leaders for their success in bringing a healthy food farm stand to the St. Elmo neighborhood! The stand will be operating every Wednesday afternoon, 3 p.m. to 6 p.m., in the West parking lot of the Sierra Ridge Apartments.

Fact of the Month

A project in Charlotte, N.C. called "Por Nuestros Ojos" equipped young people with cameras so they could identify and document environmental factors that impact their health in their Latino immigrant community. This is an example of community-based participatory research (CBPR), where community members are the community's health researchers too.

The youth's photos were presented at neighborhood forums - which inspired the community to hold a series of wellness fairs - which began conversations between residents and City representatives!

How can we use this approach in our community to promote better overall health?

From the Robert Wood Johnson Foundation's "Research Designed Through the Eyes of Youth"



St. Elmo Farm Stand

About GAVA

GO! Austin/VAMOS! Austin (GAVA) is a partnership of residents, community leaders and nonprofit agencies who are devoted to improving the health of our children and community. More importantly, we are a neighborhood united for health through improved nutrition and physical activity.



April 2015		
La Voz de St. Elmo Team Meeting Join us as we implement strategies for improving the health of the St. Elmo neighborhood!	Monday, April 6 6 p.m. Sierra Ridge Learning Center	Ivanna Neri GAVA Community Organizer 512.998.3648 Ivanna.Neri@foundcom.org
Information Meeting: Art in Public Places Projects Learn more about the opportunity to create site-specific, short term public art in South Austin! Grants range from \$3k to \$10k.	Thursday, April 9 5:30 - 6:30 p.m. Cultural Arts Office in City Hall 201 W. Second Street	Anna Bradley Public Places Coordinator 512.974.7841 Anna.Bradley@austintexas.gov
Keep Austin Beautiful Clean Sweep City-wide service day spanning 130+ sites in 31 zip codes throughout Austin! Register at keepaustinbeautiful.org/cleansweep .	Saturday, April 11 9 - 11 a.m. (Service) 11 a.m. - 1 p.m. (Party)	Nevena Pilipovic-Wengler Interim Physical Activity Manager - 78745 713.419.6426 Nevena.pilipovic-wengler@contractor.msdf.org
Austin Interfaith Training Learn more about how you can focus on your team's culture, mission and its partnership with GAVA in order to better accomplish your team's goals.	Saturday, April 18 9 a.m. - 12 p.m. Our Lady of Guadalupe Catholic Church 1206 E 9th St.	Kathleen Davis Lead Organizer of Austin Interfaith 512.944.4344 kathleen@ntotx.org austininterfaith@sbcglobal.net
Physical Activity Sector Meeting Join us to improve park amenities, safety, programming, and cleanliness of your local parks and green spaces!	Tuesday, April 21 6:30 - 8 p.m. El Buen Samaritano 7000 Woodhue Dr.	Nevena Pilipovic-Wengler Interim Physical Activity Manager - 78745 713.419.6426 Nevena.pilipovic-wengler@contractor.msdf.org
Austin Interfaith Leaders Meeting Come learn how you can collaborate with Austin Interfaith on GAVA neighborhood and city-wide issues.	Thursday, April 23 7 - 8:30 p.m. Temple Beth Shalom 7300 Hart Lane Rm. 202/ 203	Kathleen Davis Lead Organizer of Austin Interfaith 512.944.4344 kathleen@ntotx.org austininterfaith@sbcglobal.net
Cunningham Wellness Team Discuss opportunities for Cunningham parents and faculty to get more involved with healthy food and activity initiatives for Cunningham students and families!	Tuesday, April 28 3:15 - 4:15 p.m. Cunningham Elementary 2200 Berkeley Ave.	Ivanna Neri GAVA Community Organizer 512.998.3648 Ivanna.Neri@foundcom.org

May 2015		
La Voz de St. Elmo Team Meeting Join us as we implement strategies for improving the health of the St. Elmo neighborhood!	Wednesday, May 6 6 p.m. Sierra Ridge Learning Center	Ivanna Neri GAVA Community Organizer 512.998.3648 Ivanna.Neri@foundcom.org

Contact Us

We want to hear from you! What goals do you have for creating a healthier 78745?

For more information about GAVA, to share your ideas or these meetings, contact:

Alba Sereno, GAVA 78745 Programs Coordinator at 214-799-3767 Finds us on  /GO!AustinVAMOS!Austin.



Community Accomplishments

- Community parent leaders and students put their gardening skills to work during spring break by planting flowers and vegetables in eight raised beds located close to the **Mendez Family Resource Center (FRC)**. The SEED, an FRC partner organization, coordinated the gardening project as a way to build community and knowledge about healthy living activities. This project came as a response to conversation among parents about ways to beautify the school and promote a healthy eating lifestyle. A big shout out to the **Sustainable Food Center** for providing the starter seeds for youth and families to make gardens grow!
- The City of Austin **Mayor Adler**, Parks and Recreation Department Director **Sara Hensley**, Austin Parks Foundation Executive Director **Colin Wallis** and Dove Springs resident **Ofelia Zapata**, among others, spoke account the successful partnerships between the Dove Springs community residents, the city, APF and St. Davids Foundation that brought the neighborhood's dream into fruition. The ribbon cutting at the new Dove Springs playscape kicked off It's My Park Day, hosted by **Austin Parks Foundation**, during which over 3000 volunteers worked at nearly 100 sites across the city, including Franklin, Ponciana, Kendra Page, Onion Creek Greenbelt and Dove Springs District Parks.

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Save the date:

Dove Springs Cinco de Mayo Family Fitness Fiesta

Saturday, May 2
Mendez Middle School

Join the Mendez community as we promote healthy eating, physical activity, access to food and community-school collaboration. There will be Zumba, healthy, yummy food and a bike rodeo obstacle course thanks to guest organization Boneshaker!

Agencies and schools register to participate or for more information call Mendez Family Resource Center, 512.841.1016.

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Don't forget:


Austin Parks Foundation Grant Applications are due on
Thursday, April 30.
Questions? Call Ladye Anne Wofford at 512.477.1566 ext. 4

Residents of the 78744 zip code are invited
to attend the following meetings and events
hosted by GO! Austin / VAMOS! Austin and
its supporters.

April 2015

Mendez Wellness Team Meeting Discuss opportunities for Mendez parents to get more involved with healthy food and physical activity opportunities for Perez students and families!	Tuesday, April 7 8:30 - 9:30 p.m. Family Resource Center at Mendez Middle School	Leonor Vargas Director of the Family Resource Center 512.841.1016 Leonor.Vargas@austinisd.org
Perez Elementary CATCH Night Come learn about Coordinated School Health at Perez and join us for some healthy activities for the whole family.	Wednesday, April 8 5:30 - 7 p.m. Perez Elementary School 7500 S Pleasant Valley Rd.	Alejandra Gonzalez GAVA School Organizer 512.482.6166 Alejandra.B.Gonzalez@uth.tmc.edu
Widen Elementary: ACE Fit Night An evening of fun fitness activities for the whole family and information about after school programming and after school enrichment at Widen.	Thursday, April 9 6 p.m. Widen Elementary School 5605 Nuckols Crossing	Alejandra Gonzalez GAVA School Organizer 512.482.6166 Alejandra.B.Gonzalez@uth.tmc.edu
Information Meeting: Art in Public Places Projects Learn more about the opportunity to create site-specific, short term public art in South Austin! Grants range from \$3k to \$10k.	Thursday, April 9 5:30 - 6:30 p.m. Cultural Arts Office in City Hall 201 W. Second Street	Anna Bradley Public Places Coordinator 512.974.7841 Anna.Bradley@austintexas.gov
Keep Austin Beautiful Clean Sweep City-wide service day spanning 130+ sites in 31 zip codes throughout Austin! Register at keepaustinbeautiful.org/cleansweep .	Saturday, April 11 9 - 11 a.m. (Service) 11 a.m. - 1 p.m. (Party)	Ladye Anne Wofford Physical Activity Sector Manager 512.477.1566 ext. 4 Ladye.Anne@austinparks.org
Physical Activity Sector Meeting This month's meeting will focus on neighborhood safety and how to form a neighborhood watch group, featuring guest speakers from the Austin Police Department.	Monday, April 13 6:30 p.m. Dove Springs Rec Center 5801 Ainez Dr.	Ladye Anne Wofford Physical Activity Sector Manager 512.477.1566 ext. 4 Ladye.Anne@austinparks.org
Dove Springs Wellness Corner Free health screenings for you and your family, as well as information about health, employment, transportation, benefits eligibility and basic computer literacy.	Wednesday, April 15 2 - 4 p.m. Family Resource Center at Mendez Middle School	Leonor Vargas Director of the Family Resource Center 512.841.1016 Leonor.Vargas@austinisd.org
Austin Interfaith Training Learn more about how you can focus on your team's culture, mission and its partnership with GAVA in order to better accomplish your team's goals.	Saturday, April 18 9 a.m. - 12 p.m. Our Lady of Guadalupe Catholic Church 1206 E 9th St.	Kathleen Davis Lead Organizer with Austin Interfaith 512.944.4344 kathleen@ntotx.org
Austin Interfaith Leaders Meeting Monthly meeting with GAVA partner Austin Interfaith, a non-partisan, multi-issue organization of 30+ institutions that work together to address public issues.	Thursday, April 23 7 - 8:30 p.m. Temple Beth Shalom 7300 Hart Lane Rm. 202/ 203	Kathleen Davis Lead Organizer with Austin Interfaith 512.944.4344 kathleen@ntotx.org

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Carmen Llanes Pulido, GAVA 78744 Programs Coordinator at 512.633.4312. Finds us on  /GO!AustinVAMOS!Austin