March 2018 Newsletter

It’s My Park Day!
Congratulations to the six GAVA park and green space teams Houston, Armadillo, Franklin, Joslin, Williamson Creek Central Greenbelt, and Onion Creek Greenbelt who participated by hosting volunteer events! 78744 and 78745 groups mulched trees, picked up litter, planted native plants, and participated in a nature walk! Thank you to all teams for improving and maintaining our city parks!

New Community Garden at Shadow Bend Apartments!
Congratulations to Deirdre Leban GAVA leader at Shadow Bend apartments for breaking ground for a new community garden in 78745. Leaders are working with Sustainable Food Center to receive gardening training and resources!

SAVE THE DATE! 2018 GAVA Coalition Meeting: Thursday, May 3rd at Mendez
Join hundreds of GAVA team leaders, residents, and community stakeholders from 78744 and 78745 for a celebration of the hundreds of accomplishments from the last year, findings from the five-year evaluation in Dove Springs, followed by learning and strategizing sessions on nutrition, parks and creeks of South and Southeast Austin, traffic and safety improvements, and healthy schools and learning environments for children 0-4.
Special thanks to Mendez Middle School for hosting the GAVA coalition meeting!
May 3, 2018 | 5:30pm -8pm| 5106 Village Square Dr. 78744  Dinner, Childcare and Spanish interpretation provided.
Transportation for residents is available upon request: gava@marathonkids.org or 512-477-1259 x 1703

Southeast Branch Library Resources!
As the Southeast Branch is undergoing needed repairs, the Austin Public Library is offering the Dove Springs community Bookmobiles, computer labs, talk time and youth services. Plus, free yoga on Wednesdays at the Family Resource Center!
March 2018 Dove Springs & 78745 Community Calendar

**SAVE THE DATE!** GAVA's Annual Coalition Meeting will be Thursday, May 3, 5:30 pm - 8 pm at Mendez Middle School: 5106 Village Square, Austin, TX 78744.

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<tr>
<th>Event</th>
<th>Date and Location</th>
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<td><strong>Dove Springs Farm Stand</strong>&lt;br&gt;Visit this resident led community farm stand for local, organic and low priced produce. Each farm stand takes SNAP and offers Double Dollars!</td>
<td>Weekly on Saturdays&lt;br&gt;10:30am -12:30pm&lt;br&gt;Dove Springs District Park&lt;br&gt;5801 Ainez Dr. 78744&lt;br&gt;[Add event to your calendar]</td>
<td>Simone Benz&lt;br&gt;Sustainable Food Center&lt;br&gt;Community Outreach Coordinator&lt;br&gt;<a href="mailto:simone@sustainablefoodcenter.org">simone@sustainablefoodcenter.org</a>&lt;br&gt;512-220-1146 (work), 214-449-9957 (cell)</td>
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<tr>
<td><strong>78745 Farm Stands</strong>&lt;br&gt;Visit this resident led community farm stand for local, organic and low priced produce. Each farm stand takes SNAP and offers Double Dollars!</td>
<td>Weekly&lt;br&gt;St. Elmo: Wed. 4-6pm,&lt;br&gt;4320 Congress, 78745&lt;br&gt;[Add to your calendar]&lt;br&gt;Cunningham Elem: Tues. 2-4pm,&lt;br&gt;2200 Berkeley Ave.&lt;br&gt;[Add to your calendar]&lt;br&gt;Odom Elem: Tues. 1:30-3:30pm,&lt;br&gt;1010 Turtle Crk Blvd&lt;br&gt;[Add to your calendar]</td>
<td>Simone Benz&lt;br&gt;Sustainable Food Center&lt;br&gt;Community Outreach Coordinator&lt;br&gt;<a href="mailto:simone@sustainablefoodcenter.org">simone@sustainablefoodcenter.org</a>&lt;br&gt;512-220-1146 (work), 214-449-9957 (cell)</td>
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<td><strong>Fitness in the Park</strong>&lt;br&gt;Free fitness classes are now available in 78744 and 78745! Come stretch, breathe and reach your fitness goals with a weekly bilingual yoga class at Dove Springs Rec Center! And visit Dittmar Rec Center for exciting and fun zumba classes. Classes are FREE, and first-come, first-serve.</td>
<td>Yoga: every Friday at 9am&lt;br&gt;Dove Springs Rec Center&lt;br&gt;[Add to your calendar]&lt;br&gt;Zumba: every Monday at 6:30pm&lt;br&gt;Dittmar Rec Center&lt;br&gt;[Add to your calendar]</td>
<td>Vanessa Castro&lt;br&gt;Stronger Austin Program Manager&lt;br&gt;IT'S TIME TEXAS&lt;br&gt;512.533.9555 ext. 1330&lt;br&gt;Strongeraustin.org&lt;br&gt;<a href="mailto:vanessa@itstimetexas.org">vanessa@itstimetexas.org</a></td>
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<td><strong>Odom Parent Talk</strong>&lt;br&gt;Come join Odom Elementary parents and GAVA at “Coffee with the Principal” and learn about all the exciting things happening. Be part of your children's education, be part of the change.</td>
<td>Friday March 2nd&lt;br&gt;10:45 am - 12 pm&lt;br&gt;Odom Elementary School&lt;br&gt;1010 Turtle Creek Blvd&lt;br&gt;[Add to your calendar]</td>
<td>Frances Acuña&lt;br&gt;GAVA Geo Teams Organizer 78745&lt;br&gt;<a href="mailto:frances@marathonkids.org">frances@marathonkids.org</a>&lt;br&gt;512-300-9108</td>
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<td><strong>Dove Springs Community Garden Work Day</strong>&lt;br&gt;The Garden Team at Mendez Middle School gets together every 1st Saturday of the month. We will work on the garden from 9 am -10:30 am and then make a visit to the Dove Springs Farm Stand at Dove Springs Park. The leadership team consists of students, parents, community members, administrators, and teachers that work together to develop a plan and to work on the garden.</td>
<td>Saturday, March 3rd&lt;br&gt;9 am - 11 am&lt;br&gt;By the Mendez portables on the corner of nuckols crossing and Palo Blanco&lt;br&gt;[Add to your calendar]</td>
<td>Sulamita Mora&lt;br&gt;The Austin Project&lt;br&gt;Family Resource Center-Dove Springs&lt;br&gt;Director&lt;br&gt;<a href="mailto:sulamita.mora@austinisd.org">sulamita.mora@austinisd.org</a>&lt;br&gt;512-841-1016</td>
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### Coffee with the Principal
Come join Pleasant Hill Elementary School parents and GAVA at “Coffee with the Principal.” Learn about the great things parents are doing and get involved in your children's education and well being. Come join parents of Pleasant Hill Elementary to a parent platica. Learn about Early Childhood resources in the community!

**Monday March 5th**
8am to 10am
Pleasant Hill Elementary School
Add to your calendar

**Frances Acuña**
GAVA Geo Teams Organizer 78745
frances@marathonkids.org
512-300-9108

### GAVA team meeting at Sweet Briar Woodway Village Child Development Center
Join us as we discuss the progress of our center’s health initiative and come express your interests as parents of young children.

**Wednesday, March 7**
5pm - 6pm
Sweet Briar Woodway Village Child Development Center
4600 Nuckols Crossing Rd.
Austin, TX 78744
Add to your calendar

**Joelynn Avendaño**
United Way - GAVA Early Childhood Education
joelynn.avendano@uwatx.org
956-708-5663

### HACA Monthly Gardening Meeting
Come join the Shadow Bend Apartments in planning the next steps for the new community garden!

**Thursday, March 15**
10 am - 11 am
Shadow Bend Apartments
6328 Shadow Bend, Austin, TX 78745
Add to your calendar

**Frances Acuña**
GAVA Geo Teams Organizer 78745
frances@marathonkids.org
512-300-9108

### Dove Springs Child Inc. Parent Meeting
Join us! Come learn more about this school year’s health initiative and provide input for this year’s End-of-the-School Festival event!

**Monday, March 19**
2-3pm
Dove Springs Child Inc. Center
5106 Village Square Dr.
Austin, TX 78744
Add to your calendar

**Joelynn Avendaño**
United Way - GAVA Early Childhood Education
joelynn.avendano@uwatx.org
956-708-5663

### Palomita Child Inc Parent Meeting
Join us as we discuss the progress of our health initiative goals for this school year!

**Monday, March 19**
5-6pm
Palomita Early Childhood Center
4905 Maufrais Ln, 78744
Add to your calendar

**Joelynn Avendaño**
United Way - GAVA Early Childhood Education
joelynn.avendano@uwatx.org
956-708-5663

### GAVA Physical Activity Sector Meeting (44 & 45)
Join park and creek adopters to improve the green spaces of 78744 and 78745! This month they’ll receive training and strategies to strengthen their teams and projects.

**Tuesday, March 20**
6:30pm - 8:00pm
Pleasant Hill Branch Library
Austin, TX 78745
Add to your calendar

**Cynthia Rodriguez**
Austin Parks Foundation
GAVA Physical Activity Community Organizer
cynthia@austinparks.org
512-387-2998

### Other healthy events in the community!

**Intro to Organic Food Gardening**
The Central Texas Food Bank and Sustainable Food Center are partnering to offer the three-part Introduction to Organic Food Gardening class series to our clients and Partner Agency staff in Travis County.

**March 23, March 30, and April 6**
10am – 12pm
March 24, March 31, and April 7
3pm – 5pm
Central Texas Food Bank Learning Garden, 6500 Metropolis Dr., Austin, TX 78744
Add to your calendar

**To register for classes contact**
Greg Mast at 512-684-2159 or email gmast@centraltexascfoodbank.org
About GO! Austin/VAMOS! Austin

Go Austin / Vamos Austin (GAVA) is a coalition of residents, community leaders, and nonprofits working to improve the health of communities in 78744 and 78745 by increasing access to and participation in physical activity and improved nutrition. GAVA uses community organizing and institutional alignment to improve the health of the built environment and build community power for health equity in five sectors: Physical Activity, Healthy Food Access, Coordinated School Health, Early Childhood and Community Safety. For more information, visit www.goaustinvamosaustin.org, or write gava@marathonkids.org

Thank you to our sponsors for supporting GAVA!