

# Building BLCK



Chester Housing Authority — Summer 2019

## Ruth L. Bennett Farm: New Cuban Farming Methods



*Natania Schaumburg with Malique, Joe Joe Dukes (youth coordinator), and the four new student workers Khi'Jhane Hall, Samaad Powell, Jasmine Young, and Ah'Maj Jackson*

Following last year's demand for fresh produce, the Ruth L. Bennett Community Farm made the decision to expand. With the help of five student workers and helping hands from a new partnership with the volunteer organization Youth Works, the Bennett Farm has been working hard to increase available crop land and build new raised beds. With these new spaces, the Bennett Farm has planted a variety of new fruits and vegetables, and the student workers are excited to introduce new produce such as strawberries, cherries, stevia, and popcorn to the Farmer's Market.

Bennett Farm manager Natania Schaumburg has big plans outside of expansion. Inspired by her trip to local farms in Cuba, Natania hopes to set up terraced hillsides around the Bennett Farm and create "a productive fruit orchard on the hillside" in order to prevent soil erosion, mitigate stormwater, and produce a variety of organic fruits. While the Bennett Farm currently produces between 5,000 to 10,000 pounds of fresh produce per year, these new plans are expected to help increase crop production in the coming years. The Bennett Farm has been providing Chester with an abundance of locally sourced produce grown right here in the city.



**From the Executive Director**

**Steven Fischer:**

The months leading up to summer and summer itself have been full of life as this newsletter outlines.

The Bennett Farm has catapulted to new heights on the heels of Natania's Cuba trip. ANUME is still going strong and the Women's Circle celebrated its sixth anniversary. As of this last year, we are smoke-free communities and we are now set to take on outdoor air monitoring in coordination with the University of Pennsylvania.

For years, it has been our goal to foster healthier lifestyles through agriculture, art, education and exercise. Having established credible, sustained efforts, outside supporters have jumped in with their dollars. They are the likes of the Leo & Peggy Pierce Foundation, BB&T Bank, Keystone First, the Foundation for Delaware County, the Patricia Kind Foundation and others. Local contractors and investors have provided support to resident programs and services.

Getting that affordable rent paid also contributes to the vitality of the community. So do that and, by all means, avail yourselves of all that is offered. Build your life.



## ANUME Newest Class: Cardio Drumming

ANUME is excited to offer a new exercise class called cardio drumming. Cardio drumming is an increasingly popular exercise trend that turns drumming into a full body workout. With just a pair of drumsticks and an exercise ball, cardio drumming creates aerobic exercise movements to the powerful beat and rhythm of drums. Cardio drumming is the perfect

opportunity to combine your love for music with a workout routine that builds strength and endurance. Aerobic exercise has been shown to improve physical and mental health, and cardio drummers will be able to develop and explore a new sense of rhythm and creativity. ANUME welcomes all community members that are interested.

*“You’re distracted by the drumming and trying to keep the beat, so you don’t notice the actual workout” - The Washington Post*

### Join ANUME Fitness Classes for \$2

#### Monday

Zumba  
6:30 - 7:30pm

#### Tuesday

Cardio Drum  
6:00 - 7:00pm  
&  
Slaughter’s Burnout Boot  
Camp  
7:00 - 8:00pm

#### Wednesday

Circuit Training  
6:00 - 7:00pm

#### Thursday

Zumba  
6:30 - 7:30pm

Classes located at the  
Booker T. Washington  
Community Center:

611 Central Ave

## ANUME Paint Party

Only July 12, ANUME hosted a “Paint with the Artist” party at the Booker T. Washington Community Center where members had a great time socializing and receiving an informative step by step art lesson from Chester artist Devon Walls.



## Women’s Circle Honors Barbara Muhammad

On May 25th, the Women’s Circle celebrated its 6th anniversary. People in attendance reflected on the 25 years since the historic Cisneros Vs. Velez court ruling, a landmark public housing case where residents sued HUD and won. In addition, the Women’s Circle honored Barbara Gooby-Muhammad for all of her commitment and efforts then and now from the Women’s Circle/LV/Chatham Estates Family.



## Food Demonstrations at the Farmer's Market

In early June, the Ruth L. Bennett Farm opened its annual Farmer's Market with a twist. From now on, the Farmer's Market has extended its hours to **every** Thursday from 12 to 3pm. The Bennett Farm and its five student workers are looking forward to meeting fresh faces at the Farmer's Market extended hours and excited to feature new produce in live food demonstrations. Food demonstrations are free, and

depending on the week viewers can enjoy learning how to make smoothies with organic fruit tea made with stevia and mint, salads, and more. All members of the Chester Community are encouraged to take advantage of the Farmer's Market, and benefits such as EBT, WIC vouchers, and Chester food bucks are accepted. The Farmer's Market is located at 1318 Carla's Lane Bennett Homes Pavilion.



*A live food demonstration with the fresh food grown in the city of Chester*

## Bennett Farm Goes to City Wide Youth Market

This year, the student workers at the Ruth L. Bennett Community Farm and Natania Schaumburg travelled to Rittenhouse Square in Philadelphia in late July to participate in a city wide Youth Growers Market.

This event was organized to bring youth farmers together to sell their produce and flowers, spread the word of their program, and network with each other. The Bennett Community Farm had a great time selling beautiful flower bouquets at their own stand and meeting youth farmers from different neighborhoods in the Philadelphia area.



## Farmer's Market

**Every Thursday**

from

**12:00 to 3:00pm**

located at

**1318 Carla's Lane**

**Bennett Homes**

**Pavilion**

## Smoke-Free Policy

The United States Department of Housing and Urban Development requires all units to be smoke free. No one may smoke inside or within 25 feet of any building on public housing grounds in order to reduce secondhand smoke. Methods to reduce smoke such as turning on a fan, opening a window, blowing smoke away, or using air fresheners are **NOT** effective means of preventing secondhand smoke. Tenants are not required to quit smoking but are asked to smoke in designated smoking areas or off the properties. ChesPenn offers **free support** for everyone looking to quit smoking: **Call 484-784-4260.**

## Red Brick Café Hours

**Thu:** 11:00am to 8:00pm

**Fri:** 11:00am to 8:00pm

**Sat:** 12:00pm to 8:00pm

## \$300 Community Center Rentals

### Ruth L. Bennett Community Center

1350 W. 9th Street

### Booker T. Washington Center

611 Central Ave

### Red Brick Café

514 Union Street

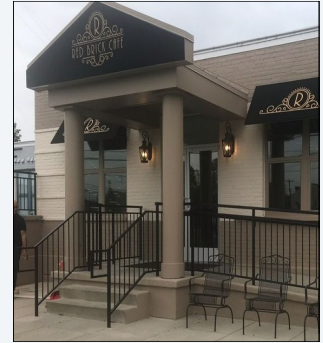
This Newsletter was written by CHA summer intern, Colin Donahue, from Swarthmore College.



## The Red Brick Cafe

The Red Brick Café is one of Chester's newest restaurants. Operated by Pam and Darren Dickerson, affectionately known as Mom and Pop, this local gem has had Chester buzzing since its opening in October 2018. The menu has all-time southern comfort favorites ranging from Mom's crispy fried chicken to Pop's jumbo shrimp.

Everyone knows the crab cakes, and the fried fish is a must. You have to try the fresh collard greens or sweet potatoes grown about a mile away at the Bennett Farm, and the homemade sweet desserts don't disappoint. The Red Brick is known for its generous portions. You'll have plenty of leftovers for lunch the next day. The Red Brick is the perfect place for a quick business meeting or to grab lunch or dinner. The restaurant caters and is available to rent for special events. The café can be reached at 484-480-6496. Check out their menu at [www.redbrickcafechester.com](http://www.redbrickcafechester.com).



## CHA Resident Spotlight: Dai'Shana Jones

Chatham Estates resident Dai'Shana Jones is a great example of what it means to accomplish your goals with hard work and determination. Dai'Shana Jones is an active volunteer with the Chester Women's Circle, an entrepreneur that sells a line of pocketbooks and T-Shirts through her own brand called *In My Bag*, and a full-time student at Morgan State University with a great GPA. During the second semester of her freshman year, she was elected Vice President of her class, and she plans to major in Psychology.



## Rent Amnesty

The Chester Housing Authority would like to thank the majority of tenants (almost 80 percent) that have respected the terms of the lease and pay rent on time every month. Tenants who are chronically late and outstanding on rent payments will hear from us with an ultimatum to resolve their debt.

If public housing is to remain as a resource to families, everyone has to do their share as determined by program rules we all signed on to. We look forward to reconciling all accounts and doing as few evictions as possible.

