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## JANUARY 2023 - HI NEIGHBOR NEWSLETTER



## MESSAGE FROM THE EGLS BOARD

The Ednor Gardens-Lakeside Civic Association had a dynamic year in 2022 thanks to our members, volunteers, community partners, city liaisons, and elected officials. Over the last 12 months we shifted our focus from the socially distanced routines of the past two years to bringing neighbors together again. We believe that in person connection helps to build stronger bonds between neighbors for a more vibrant, safe, and socially engaged community, so of course we wanted to create more opportunities for those connections to blossom and thrive!

included Jazz nights, an Ice Cream Social, Yard Sale, Gardening Days, Dumpster Days, a Chili Cook Off, and a Holiday Cookie Tour to close out the year. We are grateful for the connections that we've been able to build thanks to the generous support of civic association members, neighborhood volunteers, neighborhood partnerships and grant funding opportunities from United Way of Central Maryland, Baltimore Community Foundation, and Keep Maryland Beautiful.

With your support, we're hoping for a wonderful year ahead! We encourage you to become a dues paying member for 2023. Help us continue to bring you neighborhood events and build social connections throughout the year.

- Marissa Dahl, Civic Association President

### Pay Dues for 2023

## HOLIDAY COOKIE TOUR



Holiday Cookie Tour that took place in December! Neighbors enjoyed sweet treats as they ventured around the neighborhood by map.

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## PETS ARE FAMILY

You may have noticed that we have a LOT of furry family members in the EGLS community! Members of the EGLS Community Association will have the opportunity to have their pet(s) featured in upcoming newsletters, so make sure to [become a member today](#) and share the love by sharing a photo of your pet!

You can email photos to newsletter editor Ann Tropea at: [anntropea@gmail.com](mailto:anntropea@gmail.com)



ago, and she is now almost 15 years old. Eleanor enjoys short walks and long naps, and patiently puts up with two screaming kids in our household. In photos she looks like a full-size Lab, but she is barely 20 pounds, earning her the permanent nickname of Puppydog. She is also affectionately called Dodo, the name given by our oldest daughter before she could fully say the word Dog. She is a very good girl. ♥

*Eleanor lives with her family, Kim Bentley and Kyle Van Horn, on Elkader Road.*

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## SPOTLIGHT ON CAREERS:

CaT O'Malley, Artisanal Chocolatier



**EGLS:** Artisanal chocolate production is a niche business that seems to be growing rapidly. What led you in this direction?

**CO:** My need is to take on the most difficult medium! It wasn't until my mother passed that I had both the motivation and the resources to take chocolate production to a professional level.

**EGLS:** Did your previous work experience help you build your business?

**CO:** My professional background was in retail management. Both retail and a culinary start-up require lots of project management, strategic thinking, marketing savvy, and being able to keep your finger on your customer base.

**CO:** Bean to bar is a goal of mine. Currently, I work with “couverture” chocolate, which is fine chocolate in a small pellet form. I use a variety of non-GMO, fair-trade, and organically and sustainably farmed and processed brands - so I end up with a very high-quality product without processing the beans myself.

**EGLS:** What makes your confections special?

**CO:** Many people aren't aware that chocolate (like diamonds, coffee beans and other luxury products) has a history in the slave trade and some very non-environmentally sound processes. I'm proud to use only fair trade, sustainable, and environmentally responsible chocolate. I also use beautiful molds and finishes to create pieces that many people describe as works of art unto themselves.



And, nothing is more important to a chocolatier than the actual flavor! I get excited by unique flavor pairings, such as curry and key lime, and like to experiment with both new and old combinations.

**EGLS:** What's behind the business name, *Avec et Sans*?

**CO:** The name is French for "with and without." This is partly a reflection of how inclusive I want my brand to be – launching in Baltimore where a lot of people said it wouldn't work and couldn't be done. And, my desire is to ultimately end up creating chocolates with and without cannabis, in part as a result of supporting my mom during treatment for brain cancer. In helping her find pain relief outside of traditional pharmaceuticals, I perfected a way to infuse chocolate with special compounds to create a delicious product with a small, microdose of THC. So, not only can I make delicious, beautiful edibles, but everything can also be made just as deliciously, without.

**EGLS:** Those of us who are chocolate addicts want to know what you have planned for 2023!

**CO:** On the “avec” side, I am very hopeful that 2023 will bring adult use legalization of marijuana products. That would be huge for my brand and open up lots of doors. On the “sans” side I'm looking to expand into what we call ghost kitchens and bring in a couple of assistants to help, as I'm not ready to invest in my own commercial space. Look for me at the Waverly and Catonsville Farmers' Markets, and at pop-ups that you can find on my Facebook and Instagram pages. I also hope to partner with

**EGLS:** Mmmm ... with all this chocolate talk I'm sure to indulge today! Best of luck, CaT, as your business continues to grow.

*Sondre 'CaT' Barnett has lived in Ednor Gardens-Lakeside for 6 years with her husband and felines. Often seen gardening, CaT enjoys a porch-perch view of her beautiful neighborhood, and meeting and chatting with neighbors. Check out her line of artisanal chocolates at her website <https://avecetsans.com>, and on social media.*

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## MEET THE BOARD

Nick Hammond, Lakeside Representative



Nick is originally from the Midwest, but has lived on the Gulf Coast and moved to Baltimore in 2011. He is a serial biotechnology entrepreneur and former University Associate Vice President. Nick founded his first biotechnology company during a visit to Baltimore's Inner Harbor in 2006. He also currently leads the Maryland research labs for the American

Welcome to the EGLSCA Board of Directors, Nick!

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## Take the Quiz: Do you Know Your Neighborhood?

1. What is the name of the fountain at the corner of the Alameda Circle and 36th St?
2. The construction of EGLS neighborhood started in what year?
3. What year was the last football game played at Memorial Stadium?
4. What high school is located in Ednor Gardens Lakeside?
5. Who is our city council representative?
6. Where does the name "Ednor" of "Ednor Gardens" come from?

Answers revealed at the bottom of the newsletter!

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## BECOME A BLOCK CAPTAIN



video edited by Kaila Jones, videography by Marshall Jones

The **Volunteer and Block Captain Committee** is seeking additional members.

What do block leaders and volunteers do? *Being a volunteer can be as much or as little as you would like.* Here are some examples:

- Pass out fliers
- Point of contact for neighbors in need
- Raise awareness about safety or neighborhood concerns
- Build community by organizing small special events
- Welcome new neighbors
- Help with block cleaning efforts
- Participate in the Citizens on Patrol Program

We have great neighbors in EGLS and a wonderful, friendly community. As a collective we can do great things and we are excited about the potential!

### Block Captain Volunteer Sign Up

If you have any questions please reach out to your Ednor Gardens representative, Kaila Jones

Kaila Jones: [ednorgardensrep@ednorgardenslakeside.org](mailto:ednorgardensrep@ednorgardenslakeside.org)

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## Community Updates

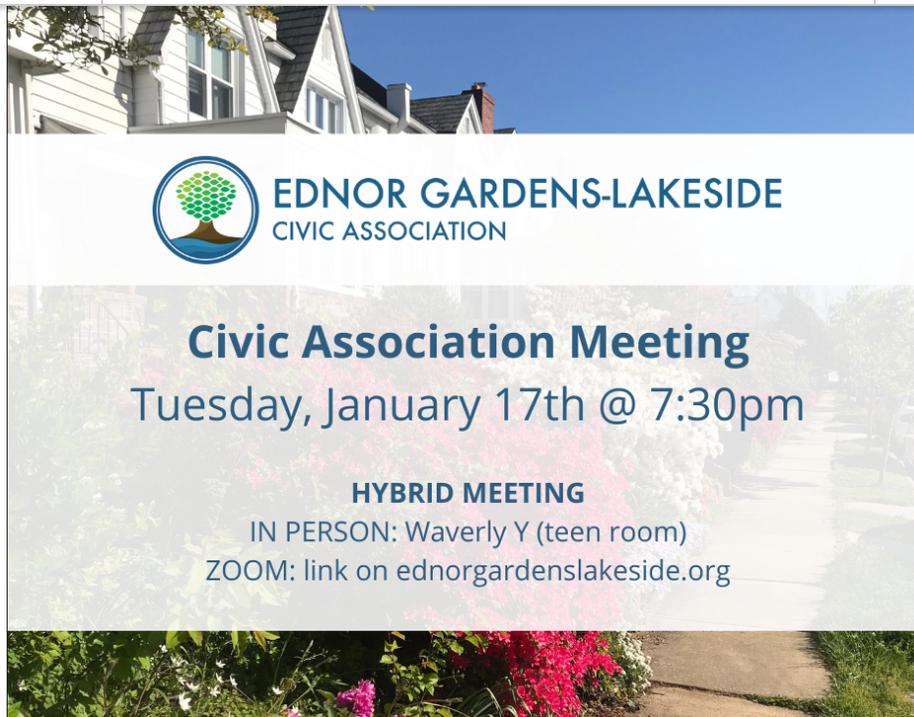


From Councilwoman Ramos' Weekly newsletter:

### **Weekly Recycling Update**

Many of you have asked when we will resume weekly recycling pick up. Unfortunately, the answer is no time soon. DPW provides us with monthly reports as to their progress toward weekly recycling. The challenges include staffing for drivers and laborers, and fleet repair. [Here is the most recent report from DPW.](#) In my opinion, they are not tackling the root of the problem which is making working conditions better and better pay. Our guys are out there for hours waiting to dump their loads at the 2 locations available - the Landfill and the NW Transfer station. We need an east Baltimore transfer area to help ease the problems. Without it, our crews take forced overtime.

- [Councilwoman Odette Ramos](#)



 **EDNOR GARDENS-LAKESIDE**  
CIVIC ASSOCIATION

## Civic Association Meeting

Tuesday, January 17th @ 7:30pm

**HYBRID MEETING**  
IN PERSON: Waverly Y (teen room)  
ZOOM: link on [ednorgardenslakeside.org](https://ednorgardenslakeside.org)

The January Civic Association general meeting will be a hybrid meeting (in-person and on Zoom). At this meeting, we will be discussing the 2023 event calendar, budget, and hear from Councilwoman Odette Ramos.

You can join us on Tuesday, January 17th at 7:30pm:

**IN PERSON:** at the Weinberg Y in Waverly (900 E. 33rd Street)

**VIRTUAL:**

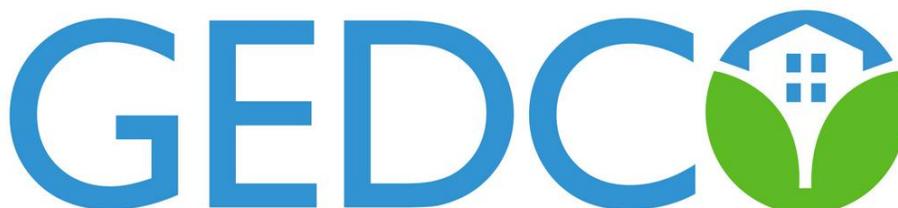
Join us virtually on Zoom:

[https://us02web.zoom.us/j/85128275021?  
pwd=V0RXZng3YUJuLzBNcEI3aIRRCURJUT09](https://us02web.zoom.us/j/85128275021?pwd=V0RXZng3YUJuLzBNcEI3aIRRCURJUT09)

Meeting ID: 851 2827 5021

Passcode: 806595

We look forward to seeing you in person or on Zoom!



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GEDCO CARES helps more than 2,000 community members a year avoid evictions and utility cutoffs, pay for medical care, and access healthy food items in its pantry. We're always looking for volunteers and donations to support CARES.

Here is how you can help GEDCO CARES help our community members this month:

- Volunteers are needed on Monday, Thursday, and Saturday to assist with food distribution as well as daily from 9 am to 3 pm to assist with answering phones.
- There is also a need the 2nd Thursday of each month to unload truck and stock food pantry. CARES needs people to also assist with financial assistance and job assistance, training provided. Call Lynaia Jordan at 410-532-7117 to sign-up.

Lastly, GEDCO's main office and CARES will be moving at the end of January 2023 to 401 Woodbourne, Baltimore, MD.

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## Community Resources

### Odette Ramos, District 14 Updates

<https://lp.constantcontactpages.com/su/7NgXmnS>

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### Baltimore Police Department Crime Statistics

<https://www.baltimorepolice.org/crime-stats>

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## Life Cycles

by Blair Franklin

Hey loves. Here we are in winter – a season of transformation, a transformation that is hidden from view. It's the season of what lies beyond and underneath, of quiet and sleep. Of doing less, of recharging, of paying close attention to your home, your body, your energy.



With the approaching cold, generally seeing less of our neighbors, continued oppression in the world around us, and ongoing waves of folks getting sick, this season is about discernment and the conservation of our energy. We all have to make more thoughtful decisions about what we commit our energy and time to. We only have so much energy to give. It will take a lot of focus, practice, and discipline to retain the commitments you've made to yourself and your communities. To your purpose, and our collective liberation.

We've been talking about this for a while now, and perhaps you've been making small changes over the past few months toward your purpose work. Celebrate those shifts. But now is the time for action.

Winter gives us the spaciousness and time to get really clear, practiced, and focused on what actions you need to take to retain that commitment. Consider regular self-accountability work. Did the choices you make today align with who you want to be? Take some time right now to assess where you focus needs to be this winter season, and how you'll center rest and care where you can.

to liberation,  
Blair  
[alightalchemistry.com](http://alightalchemistry.com)

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## What's Cooking?

by Ann Tropea

Ingredients and a little muscle are all you need to make delicious fettuccine, linguini, or ravioli. While it's true I come from Italian roots, my Sicilian grandmother never made fresh pasta if you can believe it (but the meatballs, legit!). I learned to make pasta as an adult, and so can you!



### Homemade Pasta (no pasta maker needed!)

#### Ingredients:

- 2 1/2 cups of all-purpose flour
- 2 TBSP vital wheat gluten (optional, but recommended)
- 1 TSP kosher salt
- 1 TBSP olive oil
- 4 large eggs

In a large bowl, mix all dry ingredients. Make a well in the center, then add all the eggs and olive oil. Use your fingers to first combine the eggs and olive oil, then slowly start incorporating flour from the sides until you

dough in plastic wrap and let rest at room temperature for about an hour to let the gluten in the flour relax. If you don't, it will be impossible to roll out the dough.

Once the pasta dough has rested, divide into 4 pieces. Roll out each piece of dough into a rough rectangle about 1/8 inch thick. Make sure you use enough flour so that the dough doesn't stick! Use a sharp knife or pizza wheel to cut the pasta into either linguine, fettuccine, or ravioli. Dust with a generous amount of flour and let rest on a baking sheet lined with parchment and dusted with more flour until ready to cook.

Boil the fettuccine or linguine for approximately 4 minutes in salted water until al dente. Don't overcook! Save the pasta water to make a white wine sauce, or top with your favorite marinara. If making ravioli, stuff with a filling of your choice and boil until the pasta floats, around 5-7 minutes.

Mangia!



## SUPPORT THE EDNOR GARDENS-LAKESIDE CIVIC ASSOCIATION

**Membership dues are \$15.00 per household, paid annually.**

Membership dues are used to support Association activities and infrastructure.

## ABOUT THE CIVIC ASSOCIATION

The EGLS Civic Association is led by a 8-member Board of Directors and focuses on issues affecting the community including crime and safety, youth development, community clean-ups, community greening, housing issues, and more. The Association also hosts a variety of community events to promote community improvement and allow neighbors to get to know each other.

## BOARD OF DIRECTORS

PRESIDENT	Marissa Dahl	president@ednorgardenslakeside.org
VICE PRESIDENT	Sabiha Chowdhuri	VP1@ednorgardenslakeside.org
VICE PRESIDENT	Nathaniel Hicks	VP2@ednorgardenslakeside.org
SECRETARY	Aliza Sollins	secretary@ednorgardenslakeside.org
TREASURER	Joe Griffiths	treasurer@ednorgardenslakeside.org
SERGEANT AT ARMS	John Vaughters	sergeantatarms@ednorgardenslakeside.org
LAKESIDE REP.	Nick Hammond	lakesiderep@ednorgardenslakeside.org
EDNOR GARDENS REP.	Kaila Jones	ednorgardensrep@ednorgardenslakeside.org

## JOIN US!

The Ednor Gardens Lakeside Civic Association has multiple committees to involve neighbors in community gardening, events, safety, and housing. They're a great opportunity to get out into the neighborhood and connect!

## JOIN A COMMITTEE

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## RESOURCES

### 2023 Civic Association Meetings

Location: Virtual, In Person, or Hybrid TBD

Time: 7:30pm - 9pm

January 17

March 21

May 16

September 19

November 21

### Trash

West of The Alameda Trash – Tuesdays

East of The Alameda Trash – Wednesdays

Odd sides of the street - 3rd Wednesday of the Month

Even side of the street - 4th Wednesday of the Month

## QUIZ ANSWERS

1. What is the name of the fountain at the corner of the Alameda Circle and 36th St? [Gallagher Fountain](#)
2. The construction of EGLS neighborhood started in what year? [1925](#)
3. What year was the last football game played at Memorial Stadium? [1997](#)
4. What high school is located in Ednor Gardens Lakeside? [\(Mergenthaler Vocational Technical High School\)](#)
5. Who is our city council representative? [\(Odette Ramos\)](#)
6. Where does the name "Ednor" of "Ednor Gardens" come from? [\(The neighborhood was a development of Edward G. Gallagher and his sons, Edward and Norman \(Ednor\); the Lakeside portion was added during the period from the 1930s - 1950s and was named due to its proximity Lake Montebello\)](#)

Follow the Instagram fan page!

Follow [@ednorgardenslakeside](#)



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