

Organizations *continued*

year is over.

The club goes on a variety of field trips each year, including some outside of Northeast Ohio. It has a community service program that helps over 30 local charities throughout the year.

Guest speakers often give presentations about photography topics at Friday

meetings.

For more information, visit cleveland-photo.org.

Emerald Necklace Garden Club

All garden enthusiasts are invited to attend Emerald Necklace Garden Club meetings on second Thursdays of the month at 9:15 a.m., at Christ the Redeemer Lutheran Church, 9201 Brecksville Rd. Meetings feature garden-related speakers and hands-on workshops.

Club activities include projects with youth to encourage gardening, an annual spring luncheon and fundraiser, a flower-arranging booth for kids at the Metroparks Fall Fest, decorating a tree for Glow at the Cleveland Botanical Garden, and funding scholarships to horticulture students at the Agricultural Technical Institute, among others.

For more information, contact Lisa at 440-838-0558 or lcpayne228@gmail.com.

Greene Acres Community Garden Inc.

In the coming year, Greene Acres Community Garden Inc. will continue to promote gardening at a community level, said President Mike Vantusko.

The community garden, located on Towpath Drive, has over 100 plots. In 2017, garden members hope to expand their harvest efforts, said Vantusko.

"During the 2016 season, nearly 350 pounds of produce from the garden were donated to the city of Broadview Heights food pantry, helping over 20 families in need," he said.

Members also plan to beautify the front entrance of the garden and expand parking options.

"To get this beautification effort started, a road sign was erected about a month ago," Vantusko said.

Greene Acres has four quarterly meetings throughout the year that are open to the public. The next meeting is Jan. 28 at 10 a.m. in the Broadview Heights City Council chambers.

"Of course, during the growing season there is a sense of community as plot holders tend their gardens from dawn to dusk and share tips and ideas with each other," Vantusko added.

Those interested in a plot who live or work in Broadview Heights or are a member of the Chippewa Garden Club can visit greeneacres.org and click on the contact tab. Plots will be assigned for the

2017 season in the coming months.

Moms Club of North Royalton

The MOMS Club of North Royalton (and surrounding areas) is part of an international nonprofit support group for mothers who have chosen to stay home with their children. The club holds monthly business meetings and weekly activities hosted by members.

"Activities range from zoo days, playground play dates, in-home play dates, picnics, holiday parties and our monthly Moms Night Out," said President Megan Culbertson.

Members also participate in community service projects and events.

"Our activities allow our kids to play and learn together and moms to socialize, network and gain support from other moms in the community," Culbertson said.

In 2017, Culbertson said the club would offer more opportunities for mothers to learn and grow through speakers and demonstrations. Members will participate in the area March of Dimes walk to support children in need and continue their ongoing project of making caps for babies in neonatal intensive care units.

For more information, contact nrmomclub@gmail.com.

St. Sava Serbian Eastern Orthodox Church

St. Sava Serbian Eastern Orthodox Church is planning several events through its various organizations, said Aleksandar Rakic, president of Karadjordje, the church's sports program.


Karadjordje will host a soccer and basketball tournament during Memorial Day weekend and a golf tournament in August. The group will attend the National Serbian Soccer Tournament, Srbijada, in Chicago over Labor Day weekend.

The church's folklore group, FG Morava, will host a Folk Fest during Thanksgiving weekend and take trips to different cities to dance during the year.

During the Lenten season, the church's organizations also prepare fish fries, located in the Main Hall and open to the public.

St. Sava's Main Hall also offers a catering service, and hall rental with catering is available.

For more information, call 440-237-2260. ∞




HAELY
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chiroPRACTICALLY SPEAKING...

Today's Topic:
Shoveling Snow & Ice

Folks in Northeast Ohio know that some of our best chances for snow happen January through March. Once we're done shoveling or using the snow blower, we often feel the negative effects of these activities. (It goes without saying that falling on the ice absolutely requires a trip to the chiropractor!)




GONSTEAD
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Dr. Ryan Haely


Any kind of snow removal requires us to use muscles that we rarely use, even if we are physically fit. And, believe it or not, misalignments of your spine – called subluxations – can be caused by these seemingly harmless snow-removing tasks.

While icing your sore muscles and rest can help, it cannot get to the root cause of the problem, which is that the bones in the spine are "pinching" the nerves that run through your spinal column. This nerve interference causes a host of problems, from muscle and joint pain and soreness, to headaches, neck pain, and overall joint fatigue.

Why not let a chiropractor, the only kind of doctor who specializes in correcting subluxations, examine your spine and nervous system to make sure it is functioning properly? Pain killers and muscle relaxers offer only temporary relief, and have potentially risky side effects, while chiropractic is natural, non-invasive, safe, economical and EFFECTIVE!

Isn't it time to do something about your pain?



 **Angie's list**

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