

Michael Ureña, President
Yolanda Jones, Vice President
Nancy Aguilar, Secretary
Shane Hapuarachy, Treasurer

**EMPOWERMENT CONGRESS
NORTH AREA
NEIGHBORHOOD
DEVELOPMENT COUNCIL**



**PO Box 7536
Los Angeles, CA 90007
ecnandc@gmail.com
www.nandc.org**

Area Representatives:
Elena Farias, Area 1
Carlos López, Area 1
Bethany Leal, Area 2
Rossana Cabrera, Area 2
Joshua Watson, Area 3
Jairo Umaña, Area 3

Committees:

Leslie Evans, Public Safety & Website
Bethany Leal, Outreach
Yolanda Jones, Budget & Finance
Rachel Capata, City Services
Jairo Umaña & Celia Castellanos, Youth
Donna Williams, Seniors & Aging
Elena Farias & Lizette Hernández,
Land Use and Planning

At Large Representatives:
Sharon Stewart
Emmanuel Caudillo
Rachel Capata
Lacey Goode
Maggi Fajnor

**Regular Meeting
Thursday, May 4, 2006
6:30 PM to 8:00 PM
Child Guidance Clinic
3767 S. Vermont Ave.
Los Angeles, CA 90007
(near the corner of Exposition and Vermont)**

AGENDA

- 1. Welcome and Call to Order**
- 2. Announcements**
 - a. Conflicting Meeting Tonight – Important to the Community
Exposition Light Rail Construction Authority - Community Open House -
Thursday, May 4 - 6:30-8:30PM - Dorsey High School - 3537 Farmdale Ave., Los
Angeles, CA 90016.**
 - b. NANDC Regular Meeting moving to EPICC – 3980 S. Menlo Ave. on July 6th 2006 –
6:30 to 8 PM**
 - c. Congress of Neighborhoods – June 17, 2006 – www.lacityneighborhoods.org.**
 - d. Big Sunday – Mayor’s Day of Service – May 7, 2006 - www.bigsunday.org**
 - e. Commission for Children, Youth & Their Families Follow-up Forum – May 18, 2006
- EPICC 3980 S. Menlo Ave. 6PM to 8 PM.**
- 3. Public Comment**
 - a. Comments from the public are limited to items included on the agenda and are limited to 3 minutes per speaker, unless the presiding officer of the Board determines a different limit for a particular item. Please complete the public speaker card and submit it prior to the Call to Order if you would like an opportunity to speak about a current agenda item.
- 4. Roll Call of Present Board Members**
- 5. Community Reports**
 - a. Community Introduction - Amber Meshack**
 - i. Project Coordinator DONE - Amber.Meshack@lacity.org
 - b. Council District 8 Report – Cathy Davis**
 - c. Council District 1 Report – Monica Aleman**
 - d. Public Safety Committee Report**
 - i. Vote to Approve “List of Problem Properties”
 - e. Website Committee Report**

- f. **Budget and Finance Committee Report**
 - i. Approval of Quarterly Report
 - g. **Seniors and Ageing Committee Report**
 - h. **Land Use and Planning Committee Report**
 - i. **Youth Committee Report**
6. **Action Item - Appoint as Planning Department MOU Liaison – Rachel Capata**
 7. **Action Item – Approval of Kitchen Divas Proposal – Outreach**
 8. **Action item – Adams - Normandie HPOZ Board Member Recommendation**
 9. **Action Item - Approval of NANDC Recommendations to Planning Commission Concerning the Student Housing Overlay Zone**
 10. **Discussion Item - Tenants' Rights Workshop Proposal – (Vote on May 20, 2006)**
 11. **Discussion Item – Book Drive Funding Proposal – Youth Committee**
 12. **Discussion Item – Update on Engine House 18**
 13. **Action Item – Approve Meeting Minutes 4-6-06**
 14. **Action Item – Approve Meeting Minutes 4-15-06**
 15. **Public Comment**
 - a. Comments from the public are on items not included on today’s agenda. Public comments are limited to 3 minutes per speakers, unless the presiding officer of the Board determines a different time limit for that particular agenda item. Please complete a speaker card and submit it prior to the Call to Order if you would like an opportunity to speak.
- 16. Adjournment**

Official Public Notice for all Standing Committees.

- OUTREACH COMMITTEE** – Bethany Leal – bethany.ecnandc@gmail.com – Immediately after Town Hall Meeting
- LAND USE AND PLANNING COMMITTEE** – Elena Farias & Lizette Hernandez – lizettecorazon@yahoo.com - – Immediately after Town Hall Meeting
- CITY SERVICES COMMITTEE** – Rachel Capata – ecnandc.capata@gmail.com – Immediately after Town Hall Meeting
- RULES & PROCEDURES COMMITTEE** - Emmanuel Caudillo – ecaudillo@gmail.com – Immediately after Town Hall Meeting
- YOUTH COMMITTEE** – Jairo Umaña & Celia Castellanos – castellc@gmail.com – Immediately after Town Hall Meeting
- PUBLIC SAFETY COMMITTEE** – Leslie Evans – lbevans@earthlink.net - Third Thursday of every month at 7:00 pm, St Marks Lutheran Church, 3651 S. Vermont Avenue, Los Angeles, CA 90007
- BUDGET & FINANCE COMMITTEE** – Yolanda Jones – nandc.vp@gmail.com - Third Tuesday of the Month, 6:00 - 7:00 PM, On USC campus Bridge Hall 300
- SENIORS AND AGING COMMITTEE** – Donna Williams - ladydimarie4@dslextrreme.com – Does Not Currently Meet
- WEBSITE COMMITTEE** – Leslie Evans - lbevans@earthlink.net Immediately after Town Hall Meeting

The Next Regular Meeting of the Empowerment Congress North Area Neighborhood Development Council Governing Board is **Saturday, May 20, 2006. 10 AM -12 Noon, MACK Elementary School, 3020 S. Catalina Street, Los Angeles, CA 90007.** You are encouraged to visit a NANDC posting site 72 hours prior to the Regular and Town Hall Meeting at the following locations:

- Los Angeles Child Guidance Clinic, 3787 South Vermont Avenue (near Vermont & Exposition)
- Martin Luther King Recreation Center, 3916 South Western Avenue (near King & Western)
- Supermercado Latino, 1049 West Martin Luther King Boulevard (near Vermont & King)
- Food 4 Less, 1748 West Jefferson Boulevard (corner of Western & Jefferson)
- Smith's Quick Cleaners, 1901 Rodeo Road (near Rodeo & Arlington)

Also, watch for future agendas to be posted on the DONE webpage approximately 72 hours before our meetings. You can view it by simply going to www.lacityneighborhoods.com and click on the early notification system link. Once in, click on Neighborhood Councils Subscriptions and scroll down to our neighborhood council's agenda. More detailed information is also available at www.nandc.org. There you will be able to see our agenda.

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and upon request will provide reasonable accommodation to ensure equal access to its programs, services, and activities. Sign language interpreters, assisted listening devices, or other auxiliary aids and/or services may be provided upon request. To ensure availability of services, please make your request at least 3 business days (72 hours) prior to the meeting by contacting the Nancy Aguilar Secretary, at 213-485-1360 toll-free at (866) LA HELPS, or e-mail ecnandc@gmail.com.

Everyone in the neighborhood is welcomed to attend!

Michael Ureña, Presidente
Yolanda Jones, Vice President
Nancy Aguilar, Secretaria
Shane Hapuarachy, Tesoro

**CONGRESO DE DESAROLLO DE
FORTALECIMIENTO
DE LA AREA NORTE**



PO Box 7536
Los Angeles, CA 90007
ecnandc@gmail.com
www.nandc.org

Representatntes de Área:

Elena Farias, Área 1
Carlos López, Área 1
Bethany Leal, Área 2
Rossana Cabrera, Área 2
Joshua Watson, Área 3
Jairo Umaña, Área 3

Comités:

Leslie Evans, Seguridad Publica y Sitio de Web
Bethany Leal, Alcance Al Público
Yolanda Jones, Presupestas y Fianzas
Rachel Capata, Servicios de la Ciudad
Jairo Umaña & Celia Castellanos,
Juventud
Donna Williams, Mayores de Edad
Elena Farias & Lizette Hernández,
Tierra y Planificación

Representantes de Toda la Area:

Sharon Stewart
Emmanuel Caudillo
Rachel Capata
Lacey Goode
Maggi Fajnor

Reunión Regular
jueves, el 4 de mayo del 2006
6:30 P.M. a 8:00 P.M.
Clinica de Guía del Niño
3767 S. Vermont Avda.
Los Angeles, CA 90007
(cerca de la esquina de la Exposición y Vermont)

ORDEN DEL DIA

1. Bienvenida y Llamada de Orden

2. Anuncios

- a. Junta Importante Esta Noche –Autoridad de la Construcción del tren en la calle Exposición – 4 de mayo de 6:30 – 8:30 PM en la escuela Dorsey 3537 Farmdale Ave. LA CA 90016
- b. Reunión Regular de ECNANDC sera movida a EPICC 3980 Menlo Ave. el 6 de Julio 6:30 – 8PM
- c. Congreso de Vecinos – 17 de junio del 2006 – www.lacityneighborhoods.org
- d. Domingo Grande “Big Sunday” – Dia de Servicio del Alcade – 7 de mayo del 2006 – www.bigsunday.org
- e. Comision para Niños, Juventud & Familias Foro de Seguimiento – 18 de mayo del 2006 – 6PM to 8PM- EPICC 3980 S. Menlo Ave.

3. Llamada de Miembros de la Mesa Directiva

4. Comentario Público

- a. Los comentarios del público son limitados a artículos incluidos en el orden del día y son limitados a 3 minutos por orador, a menos que el oficial presidente de la Mesa Directiva determine un límite diferente para un artículo particular. Complete por favor la tarjeta de orador y lo se somete antes de la Llamada para Ordenar si usted querría que una oportunidad hable acerca de un artículo actual de orden del día.

5. Informes de la Comunidad

a. Introduction a la Comunidad – Amber Meshack

- i. Cordinadora de Proyectos de DONE

b. Distrito del Concilio 8 – Cathy Davis

c. Distrito del Concilio 1 – Monica Aleman

d. Comité de Seguridad del Público

- i. Aprobacion del reporte del Comité de la Seguridad Público

e. Informe del Comité del Sitio Web

f. Comité de Presupuesto y Financia

- i. Aprobación del Reporte Trimestral

ECNANDC Agenda

5/4/2006

Pagina 1 de 1

g. Comité de Mayores de Edad

h. Comité de Utilización de la Tierra y Planificación

i. Comité de Juventud

6. Artículo de Acción - Designe Rachel Capata como Enlace del Dept. de Planeando MOU

7. Artículo de Acción - Aprobación de la Propuesta de "Divas de Cocina" – Comité de Alcance del Público

8. Artículo de Acción - Recomendación de Miembro de la Mesa de Normandie HPOZ

9. Artículo de Acción – Aprobación de Recomendaciones de NANDC a la Comisión de Planificación con respecto a la Zona de Cubierta de Envoltura de Estudiantes

10. Artículo de Discusión – Taller de los Derechos de Inquilinos (para votar el 20 de mayo del 2006)

11. Artículo de Discusión – Maneja de Libros Propuesta Financiera – Comité de la Juventud

12. Artículo de Discusión – Reporte de la Estacion de Boberos No. 18

13. Artículo de Acción - Aprobación de Minutos – 6 de abril del 2006

14. Artículo de Acción - Aprobación de Minutos – 15 de abril del 2006

15. Comentario Público

a. Los comentarios del público no están en artículos incluido en el orden del día actual. Los comentarios del público son limitados a 3 minutos por oradores, a menos que el oficial presidente de la Tabla determine un plazo diferente para ese artículo particular de orden del día. Complete por favor a un orador cuidado y lo se somete antes de la Llamada para Ordenar si usted querría que una oportunidad hable.

16. Suspensión

Para más información sobre cualquiera de los comité de NANDC contacta a:

- **Comité Del Alcance Al Público** – Bethany Leal – bethany.ecnandc@gmail.com
- **Comité de Utilización de la Tierra y Planificación** – Lizzete Hernandez o Elena Farias – lizettecorazon@yahoo.com
- **Comité de Servicios a la Comunidad** – Rachel Capata – ecnandc.capata@gmail.com
- **Comité de Seguridad Publica** – Leslie Evans – lbevans@earthlink.net
- **Comité de Presupueste Y Fianzas** - Yolanda Jones – nandc.vp@gmail.com
- **Comité de Reglas y Procedimientos** – Emmanuel Caudillo – ecaudillo@gmail.com
- **Comité Acerca Los Mayores de Edad** – Donna Williams - 323.290-0080 – ladydmarie4@dslextrême.com
- **Comité del Sitio Web** – Leslie Evans – lbevans@earthlink.net
- **Comité de la Juventud** – Jairo Umana y Celia Castellanos – castellc@gmail.com

Usted es alentado a visitar un NANDC que anuncia los sitios 72 horas antes de la Mesa Directiva que se encuentra en las ubicaciones siguientes:

- Clínica de la Guía del Niño de Los Angeles, 3787 S. Vermont (cerca de Exposición y Vermont)
- Supermercado Latino, 1049 W. Martin Luther King Blvd. (cerca de King y Vermont)
- Food 4 Less, 1748 W. Jefferson Blvd. (esquina de Jefferson y Western)
- Smith Quick Cleaners, 1748 Rodeo Rd.
- King Rec. Center, 3916 S. Western Avenue (cerca de King y Western)

También, visite nuestra página de Internet para ver la agendas, 72 horas antes de nuestras reuniones. Usted lo puede ver simplemente leyendo a www.lacityneighborhoods.com. Nuestra siguiente junta sera el **sabado, 20 de mayo** en la escuela elementaria **Mack, 3020 S. Catalina St. Los Angeles, CA 90007 (cerca de Jefferson y Vermont) de 10AM a 12 del medio dia.**

Cuando un cubrió la entidad bajo Titula II de los Americanos con el Acto de Incapacidades, la Ciudad de Los Angeles no discrimina por la incapacidad y sobre el pedido proporcionará el alojamiento razonable asegura el acceso igual a sus programas, a los servicios, y a las actividades. Los intérpretes del lenguaje por señas, ayudado escuchando dispositivos, u otras ayudas de auxiliar y/o servicios se pueden proporcionar sobre el pedido. Para asegurar la disponibilidad de servicios, hace por favor su pedido por lo menos 3 días hábiles (72 horas) antes de la reunión contactando a la Secretaria Nancy Aguilar, en peaje-liberta de 213-485-1360 o 3-1-1 o el correo electrónico, ecnandc@gmail.com.

PUBLIC NOTICE

AVISO PUBLICO

The Adams Normandie Historic Preservation Overlay Zone (HPOZ) Board has several volunteer positions available. We invite you to get involved in your community and apply. Applicants may be required to live within the Adams Normandie HPOZ Boundaries - Normandie Avenue on the west, Vermont Avenue on the east, 22nd Street on the north, and 29th Street on the south.

Submit resumes by 6/01/06
via mail to:

LA City Planning Department
Attn: G. Juárez,
200 North Spring Street,
Room 667,
LA CA 90012

fax: (213) 978-1477,

or email: gjuarez@lacity.org

For questions or more information,
please call (213) 978-1222

El comité de Zona de Preservación Histórico, de Adams Normandie "Historic Preservation Overlay Zone" (HPOZ) tiene varias posiciones voluntarios vacantes. Se le invita que participe en su comunidad y apliqué. Es posible que se requiera que aplicantes sean residentes dentro de los limites de Adams Normandie cuales son Normandie al oeste, Vermont al este, la calle 22 al norte, y la calle 29 al sur.

Mande sus calificaciones por correo a:

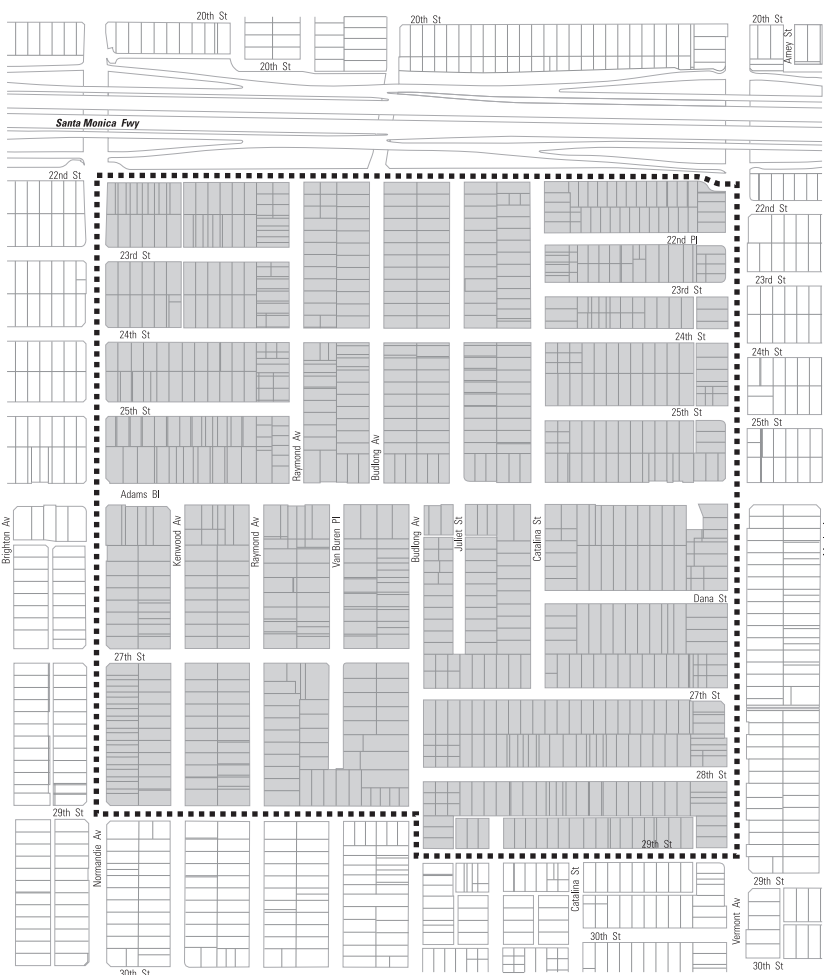
LA City Planning Department
Attn: G. Juárez,
200 North Spring Street
Room 667,
LA CA 90012

por fax al: (213) 978-1477,

o correo electrónico a:

gjuarez@lacity.org
antes del 1 de junio 2006.

Si tiene preguntas o para obtener más
información, por favor llame al teléfono
(213) 978-1222



Not to Scale

Department of City Planning

City of Los Angeles
Community Planning Bureau
200 North Spring Street
City Hall, Room 667
Los Angeles Ca 90012

PRESORTED
FIRST CLASS MAIL
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PERMIT No. 12932

Anthony Olguin
2232 Juliet Street
Los Angeles, California 90007
323.732.7494

April 10, 2006

Mr. Michael Urena
President
NANDC
Child Guidance Center
3787 South Vermont Avenue
Los Angeles, CA 90007

Dear Mr. Urena,

Please consider this letter a response to the request for interested person to volunteer for the Member-at-Large position on the Adams-Normandie HPOZ, which is currently vacant and whose nomination is made by the Board of that HPOZ. Attached is a copy of my resume which outlines the extensive experience I have had in the construction industry.

It is with great delight that I hear that this position is open. I have been an avid observer of the HPOZ process. So I offer here my qualifications for this position:

- BJC Projects
 - El Paseo – an original walkway from 24th Street to 22nd Street paralleling Normandie Community Health Fairs 2003 and 2004
 - Community Participation Mural
- Participation with LAPD Southwest C-PAD and active reinforcement of quality of life issues;
- Residency in the neighborhood – and HPOZ – for over thirty (30) years;
- Active with several block clubs and with the Police Department's CPAD;
- Seven years at my own construction firm, A Olguin, which dealt exclusively with the restoration of historic homes and multi-family dwellings;
- Prior to that time, I worked for the United States Postal Service, climbing through the ranks of the maintenance and construction department to Group Leader.

Also included in this packet, are the many recommendations, letters of appreciation and Leadership certificates I have garnered throughout my career.

As member of the larger West Adams community, I believe that our HPOZ is a beautiful place filled with history and culture and am dedicated to preserving the past through active work for future generations to appreciate.

Thank you for your consideration in this matter. Should you have any questions, please do not hesitate to call.

Sincerely,


Anthony Olguin



Post Office Box 15153
Los Angeles, CA 90015-0153
Hot Line 323.957.4657

April 13, 2006

Mr. Michael Urena
President
NANDC
Child Guidance Center
3787 South Vermont Avenue
Los Angeles, CA 90007

Dear Mr. Urena,

Please consider this letter a recommendation for our block club member, Anthony Olguin, in his application for the vacant Member-at-Large seat on the Adams-Normandie HPOZ board. I believe that you have already received Mr. Olguin's resume and letter of application.

Mr. Olguin has our recommendation to fill this post due to the work he has done with our group as well as the professional work that his construction company has undertaken prior to his retirement.

As I understand it, the Member-at-Large needs to be a resident of the Adams-Normandie HPOZ. Mr. Olguin has lived here for many, many years. He has been active with our block club and has participated in the renewal of the El Paseo, which is a walkway that runs north-to-south between 25th and 23rd Streets between Raymond and Normandie to the west and was a contributing feature in the neighborhood as originally planned.

We believe that as a member of the Historic West Adams community, Anthony Olguin would be an appropriate steward for this beautiful place filled with history and culture that we, the Adams Normandie Neighborhood Association live in. We also are sure that he is dedicated to preserving the past, as left by its builders, intact for future generations to appreciate.

Sincerely,

A handwritten signature in black ink, appearing to read "Marco Flores", enclosed within a large, loopy oval scribble.

Marco Flores
President
Adams Normandie Neighborhood Association (ANNA)

Dear Mike

I wanted to endorse Mr. Anthony Olguin as an outstanding person to serve on the HPOZ Design & Review Board. He is a team player and has lived in our community for a number of years. He has a deep passion for the Historical Preservation of our community. I know he is well qualified and will serve this board and our community in a professional way. If you have any questions about Mr. Olguin then please feel free to call me.

Sincerely,
Prett B. Galloway
Vice President
Budlong Juliet Catalina (BJC) Block Club

Anthony Olguin
2232 Juliet Street
Los Angeles, California 90007
323.732.7494

Experience

- 1999 – 2005 A. Olguin Construction, Los Angeles, CA
President
Responsible for the restoration and reconstruction of homes and multi-family dwellings including exterior finishes and repair, roofing and eaves, window and door systems, foundations, interior rehabilitation, stairs and porches.
We have completed over 12 restorations.
- 1986 - 1999 United States Postal Service, Los Angeles, CA
Group Leader
GMF Building Services Department
Responsible for the maintenance and reconstruction of post offices including roofing, exterior siding and finishes, receiving docks and interior configurations.
- 1984-1986 United States Postal Service, Los Angeles, CA
Custodian
- 1972 – 1980 United States Army Honorable Discharge
1964 - 1968 United States Marine Corp Honorable Discharge

Education

Los Angeles Mission College - Pshychology
USAR – Driving School
USMC – Supply School

Title: Kitchen Divas

Project Overview

Kitchen Divas is a series of interactive cooking classes with intention of enhancing and expanding the cooking styles of Black women living in South Los Angeles toward cardiovascular disease and cancer risk reduction

Background Information/Statement of the Problem to be addressed

Los Angeles County Department of Health Services (DHS) reports that 62.5% South Los Angeles residents are overweight (BMI \geq 25) in contrast to 52.3% of county residents, and 71.2 % do not exercise regularly in contrast to a countywide 60.7%. The four leading causes of death among African American women are heart disease; cancer; cerebrovascular diseases including stroke; and diabetes (<http://healthlink.mcw.edu/article/1021047874.html>). Obesity and sedentary lifestyles are major risk factors for heart disease, stroke, and diabetes. What is more, according to the American Obesity Association (www.obesity.org), obesity is associated with increases in deaths from all causes. According to the Key Indicators of Public Health Report issued by the DHS [http://lapublichealth.org/wwwfiles/ph/hae/ha/Website\[2\].pdf](http://lapublichealth.org/wwwfiles/ph/hae/ha/Website[2].pdf), our community is poorer, less educated, less healthy and less well-nourished than other county residents. It is our responsibility to develop solutions to our challenges, a task Black Women for Wellness is actively participating with through Kitchen Divas (Sisters in Motion program).

Project Details

Our short term goals and objectives include

- Increasing education and information on nutritional relationship to health status
- Expansion of cooking styles (woks, steaming, grilling etc)
- Increasing retention of nutrients) and
- Decreasing the use and amount of saturated fats
- Increasing the fruits and vegetables in our daily diets

Kitchen Divas will conduct a 10 cooking class series – meeting once a week for 10 weeks. Each interactive cooking class will be approximately 2 hours in length. The first 30 minutes devoted to food preparation, shopping hints/tips and education and information on the benefits of adding fruits and vegetables to our daily menu, on relation and risk reduction for obesity, heart disease and breast health.

60 minutes will be allotted for the actual cooking demonstration with discussion surround cooking style, utensils used, nutrients retention, substitutions and other essential elements for good looking tasty foods.

The final 30 minutes will include questions and answers, clean up, menu planning, discussion on introducing food changes to family members and journaling about this process.

Available Resources

Black Women for Wellness has basic funding for Kitchen Divas via The California Endowment. We also have received support from California Breast Cancer Research Council and in kind support from UCLA, the Nutrition Network and our community chefs/members who have generously donated their time and expertise.

Needed Resources

Black Women for Wellness is seeking \$2100.00 from NANDC to support the series implementation at EPICC Exposition Park Intergenerational Community Center.

Expenses

Venue	10 X \$150	\$1500.00
Personnel (1 staff of EPICC)		
3 Hours X \$20 X 10 dates		\$ 600.00
Kitchen Divas		
Chef/Cooks	8 X \$75	\$ 600.00
Head Chef Coordinator		\$1000.00
Nutritionist		\$1500.00
Food	10 sessions X \$100	\$1000.00
Based on 20 participants		
<i>Total</i>		<i>\$6200.00</i>

Evaluation Plan

Black Women for Wellness has an extensive evaluation plan to measure the success both quantitatively and qualitatively. Participants will be asked to keep a journal to record their experience. Evaluation surveys will be conducted after each class and a general overall after the last session. A registration and orientation session will record data for participants beginning the program with permission sought to interview 6 months after the program for comparative data.

Organization Experience

Black Women for Wellness is a woman centered culturally appropriate health education and advocacy organization, seeking to enhance the health and well being of Black women. Black Women for Wellness implements several strategies including

- 1) Increasing communication, networking and information sharing among health care professionals,
- 2) Developing and implementing programs and health education materials culturally and gender attuned to the lifestyles and needs Black women
- 3) Supporting and empowering women to take leadership roles and positions that advocate and drive resources and
- 4) Research and validation of effective prevention strategies and tools, documenting new trends of impacting health and well being, being an active listening advocate and voice concerning the health status of African American women

Our strategies center with strengthening the gate keeper and front line leadership of the Central Los Angeles health care community with tools providing accessible, appropriate and affordable services toward the elimination of the health disparities all Black women face. Currently BWW key activities for achieving health and well being include;

- Health Education and Information
 - Publishing health education materials
 - E-mail newsletter & Website
- Empowering Women as Educators and Advocates
 - Developing Curriculums & Training Peer educators
 - Sharing leadership with the women seeking health care and services
- Advocating for Health & Well Being
 - Joining committees, boards, task forces to articulate the needs of African American women
 - Supporting women in leadership position through communication, accountable and responsible leadership and community involvement
 - Assist with directing resources to community based organizations serving our population
 - Publishing position papers on the health status of African American women
- Implementing programs of health and well being

Sisters in Motion – Kitchen Divas

Black Women for Wellness has implemented **Sisters in Motion** addressing the cardiovascular health of African American women since 1999. The Sisters in Motion program works to lower the risk of heart disease, stroke, and diabetes in women by promoting healthy lifestyles, weight management, optimum nutrition and physical fitness. Created as our physical fitness and nutrition program, it has several elements including; (1) regularly scheduled physical fitness activities that are culture and gender appealing in close proximity to our places of work and home, (2) grocery store tours to smart shop and balance food budgets, (3) food preparation demonstration for soulful, no-fat and low-

calorie cooking – ***Kitchen Divas***, (4) development of daily physical activities to integrate into work and home routines, and (5) publishing preventive health education materials concerning physical activities, nutrition and heart health. Sisters in Motion also includes monthly support groups, bi-monthly information sessions (on nutrition or exercise) and journaling.

BWW goals center with developing and implementing this community model of cardiovascular and heart disease prevention education for African American women, identifying and documenting the effective and successful factors of the Sisters in Motion program which would allow for replication by community grassroots leadership.



Proposal for Tenants' Rights Workshop

NANDC City Services Committee
April 26, 2006

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I. Project Summary

A recurring theme from many of our regular Council meetings and Town Hall discussion meetings has been concerns for tenants' rights and the need for more concentrated focus on tenant-related information and issues. As such, the City Services Committee seeks to organize, engage and educate our tenant stakeholders through a half-day "Tenants' Rights Workshop."

This workshop will provide an outlet for City agencies and housing rights advocacy groups to inform stakeholders through formal presentations and informal question/answer segments regarding important landlord/tenant issues, such as:

- Fair Housing
- Rent Stabilization
 - Interest on Security Deposits
 - Allowable Rent Increases
 - 12 Legal Reasons for Evictions
 - Relocation Assistance
- Code Enforcement
- Housing Development
- Impacts of the Student Housing Overlay Zone

A better understanding of these topics would empower stakeholders, provide an opportunity for further outreach, and create collaborative partnerships with other community-based organizations and City agencies. The total budget for this valuable endeavor would be \$4,000, based on 100 attendee participants, as detailed in the attached Budget Table.

II. Introduction

The mission of the City Services Committee is to seek ways to involve stakeholders in the improvement and beautification of the NANDC community through collaboration with city departments, city agencies, and neighborhood organizations. The committee was formed to work with and provide stakeholders with the information necessary to encourage open lines of communication with all city services.

Tenants form a large, involved and vocal group within our stakeholder community. Providing a forum for tenant concerns to be addressed by city agencies in collaboration with respected community-based organizations, particularly in light of current concerns regarding re-gentrification within the NANDC area and the proposed Student Housing Overlay Zone, would help to allay stakeholder fears, reduce misinformation and increase awareness and understanding of city ordinances and planning guidelines.

III. Needs/Problems

New development, an expanding population, and the proposed Student Housing Overlay Zone have brought tenant concerns to a head. The results of this rapid growth and zoning ordinance changes have resulted in the following:

- Rampant misinformation and “rumors” regarding tenant evictions
- Polarization of stakeholder homeowners and tenants
- General concerns about the displacement of long-time tenants in favor of students

Although the present issues create a timely opportunity to address these concerns, their pertinence transcends current affairs. Tenants form an important part of the stakeholder community and are deserving of such a workshop dedicated to their interests. No such workshop has been conducted by NANDC in the past.

IV. Goals/Objectives

A “Tenants’ Rights Workshop” would address the above-named problems, as well as:

- Empower stakeholders with a better understanding of the city services available
- Dispel misconceptions and myths about evictions, relocation, rent increases and code enforcement
- Provide an opportunity for further outreach within the NANDC boundaries
- Create collaborative partnerships with other community-based organizations and City agencies

V. Procedures/Scope of Project

In order to successfully organize such a workshop, the City Services Committee would need stakeholder volunteers to circulate and post flyers advertising the event to a wide area, in addition to posting such information on the NANDC website, emailing flyer information to the NANDC contact list, and providing flyers at upcoming meetings for further distribution.

A suitable venue must be arranged to host the event, and a boxed lunch, beverages and childcare would be necessary components of a successful workshop.

Pre-registered participants would also be provided with materials and literature. Workshop planners would be responsible for setting up the room for the workshop, assembling the needed reference materials, coordinating with invited speakers, confirming attendees, obtaining food/beverages, and cleaning up the room following the event.

VI. Timetable

The event would be most easily organized around the existing NANDC meeting schedule, allowing for maximum Council oversight and participation.

	Description of Work	Start/End Dates
Phase One	Confirmation of venue/speakers	Now – May 20 th
Phase Two	Creation/distribution of outreach materials	May 20 th – June 1 st
Phase Three	Finalization of workshop details/participants Continuation of further outreach as needed	June 1 st – July 6 th
Phase Four	Preparation of presentation materials	July 6 th – July 14 th
	Tenants' Rights Workshop	July 15 th , 12:30 p.m.

VII. Budget

The total budget for the Tenants' Rights Workshop would be \$4,000, based on a goal of 100 participants, broken out as follows:

Description	Anticipated Costs
Cost of Venue	\$1,200.00
Printing costs for 1500 outreach flyers, and postage to mail 750 flyers	\$480.00
Printing of presentation materials, purchase of workshop supplies	\$1,500.00
Boxed lunches/beverages for 100 attendees	\$820.00
Total	\$4,000.00

VIII. Key Participants

City Services Committee Chair, Rachel Capata

NANDC Secretary, Nancy Aguilar

Outreach Committee Chair, Bethany Leal

Lillian Morenco (stakeholder volunteer)

Jason Aragon (stakeholder volunteer)

Lizette Hernandez, Planning and Land Use Committee Co-Chair

Jane Doe, Department of Neighborhood Empowerment

Karina Arabolaza, Housing Rights Center

John Doe, Strategic Actions for a Just Economy

John Doe, Esq., Los Angeles Center for Law and Justice

Robert Hoo, ONE LA

John Doe, Planning Department

Jane Doe, Rent Stabilization Unit

John Doe, Code Enforcement

Field Rep, Councilman Ed Reyes

Field Rep, Councilman Bernard C. Parks

IX. Evaluation/Measurements of Success

Evaluation and oversight of this project will be continuous, and updates will be periodically provided to the Council at meetings prior to the event. A minimum attendance of 100 participants will be the benchmark for a successful workshop. Comment cards will be provided to attendees to assess the quality of the presentations, the value of the topics and overall satisfaction with the workshop. Increased participation in regular Council meetings and at other Council-sponsored events will also serve as evidence of success in contributing to outreach efforts. The continuation of relationships with other community-based organizations involved in the workshop will also serve to demonstrate the efficacy of this project.

Funding Proposal – North Area Neighborhood Development Council
Developed by Youth Committee
Member – Joshua J. Watson, Area 3 Representative

- I. Title: Elementary School Book Drive
 - II. Project Overview: As part of a larger community service initiative, purchase books and provide reading services to neighborhood children. The student portion of this initiative took place in April, 2006 and raised over \$1100 for books. This proposal requests matching funds from NANDC. Books will be purchased from Scholastic Books to be donated to neighborhood elementary school children Through the Literacy and Title 1 Coordinators at the respective schools, books will be either donated to the school libraries or for personal use of individual children.
 - III. Background information/Statement of problem to be addressed:
 - The average copyright date for a nonfiction public school library book in Southern California is 1982.
 - The average number of books per student in elementary school libraries in the United States is 18. In the Los Angeles Unified School District, it is seven. Many schools fall well below this level.
 - Four out of five third-graders in Southern California cannot read at grade level.
 - The emphasis in grades K-3 is placed on learning to read. After third grade, the emphasis is on reading to learn.
 - Research shows that children who fail to learn to read by age nine cannot do well in other subjects and rarely catch up.
- (These statistics were provided by *The Los Angeles Times*, the Los Angeles Unified School District, and *Every Person a Reader* by Stephen D. Krashen.
- IV. Project Details: \$2,200 Books will be ordered in May, 2006. Five elementary schools will receive over \$400 worth of books. The Youth Committee will identify the schools through Title 1 and Literacy Coordinators. Committee members will stamp books and deliver them to the schools in June, 2006.
 - V. Available Resources: \$1100 has already been raised through USC - University fundraising effort.
 - VI. Needed Resources:
 - a. \$1,100 of additional funding for books.
 - b. A stamp and ink for the inside cover of books denoting NANDC's involvement with the initiative. To be purchased from Office Depot (under \$10.00)
 - c. Funds requested: \$1,110
 - VII. Evaluation Plan: Committee members will ask participating schools to designate a liaison (likely to be either Literacy or Title 1 Coordinator) who will document what the respective school did with the donated books (i.e. number of children given books). This will be collected by Youth Committee members within one month of the delivery.