

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

**EMPOWERMENT CONGRESS
NORTH AREA
NEIGHBORHOOD
DEVELOPMENT COUNCIL**



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

**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

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

NEW LOCATION

**Town Hall & Committee Meeting
Saturday, April 15, 2006
10:00 AM to Noon
MACK Elementary School
3020 S. Catalina Street
Los Angeles, CA 90007
(near the corner of Vermont and Jefferson)**

AGENDA

- 1. Welcome and Call to Order**
- 2. Announcements**
- 3. Roll Call of Present Board Members**
- 4. Town Hall Forum**
 - a. University Off-Campus Housing District
 - i. Community Discussion
 - ii. Review of Facts
 - b. Residential Hotel Interim Control Ordinance
 - i. Community Discussion
 - c. Adams-Normandie Open Board Position
 - i. Review of Applicants
 - ii. Community Discussion
 - iii. Other Open Board Positions
 - d. Black Women for Wellness Proposal
 - e. Engine House 18 Petition Drive Update
- 5. Discussion on ECNANDC Committees and Projects**
 - a. Bethany Leal - Outreach Committee
 - b. Yolanda Jones – Budget and Finance Committee & Ad Hoc Office Space Committee
 - c. Leslie Evans – Website & Public Safety Committee
 - d. Celia Castellanos & Jairo Umaña – Youth Committee
 - e. Donna Williams – Seniors and Aging
 - f. Lizette Hernández & Elena Farias – Land Use and Planning Committee
 - g. Rachel Capata – City Services Committee
 - h. Lacey Goode – Ad Hoc Camera/Safety Committee

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Town Hall and Committee Meeting
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6. 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.

7. 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 - ladydmarie4@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 **Thursday, May 4, 2006. The Child Guidance Clinic, 3787 South Vermont Ave. 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!

For Discussion: April 15th, 2006.

Janette has asked for funding from the Empowerment Congress North Area Neighborhood Development Council to offset the cost of renting space from EPICC and possibly other supplies.

Janette Robinson Flint
Black Women for Wellness
Janette Robinson Flint Janette@bwwla.com

Greetings all,

This is the short description of Black Women for Wellness Kitchen Diva program - please feel free to use this with your program description, and if needed, delete a couple of bullets - in addition I am listing all the partners in cooperation to make this happen - wow - this is fabulous! It demonstrates community working together...and of course should I have gotten the name wrong, make the corrections please

The press release is going out tomorrow – however, we already have a couple of people enrolled as the e-blast to BWW members rolled out last week – I look forward to working out the logistics

- a. Staff has the finger print forms and know where to take them (self included)
- b. Will have copy of liability insurance for our next meeting

All other comments, thoughts, insights and suggestions are welcome!

Join Kitchen Divas - a 10 week interactive nutrition and cooking class held at EPICC Wednesday evening beginning April 26, 2006. At 5:30 something good will be cooking in the kitchen at 3980 S Menlo Ave, working with Community and Celebrity Chefs/Cooks well versed with our nutrition styles Kitchen Divas will

- Expand your creativity with preparing and presenting food for self and family
- Will help to increase the fruits and vegetables in your meal, menu and diet plans
- Grow your repertoire of tools, styles, shopping tips, and other secrets to fabulous eating
- Expand our use and knowledge of kitchen utensils that save the nutrients and enhance the flavor of food
- Share information on the history of food, the relationship between food and health
- Develop a community of food connoisseurs to share new eating styles, places and cooking tips
- Help integrate daily physical fitness activities into your lifestyle

Our goal is to prevent obesity, end boredom with eating, reduce risk for heart disease and cancer and to have a good time while engaged with new healthy nutrition options. Limited to 20 participants, registration is available via internet, www.bwwla.com or via e-mail, send an e-mail to news@bwwla.com, and by calling Black Women for Wellness offices 323.290.5955. Registration \$25 for BWW members \$40 general community members.

Black Women for Wellness in partnership with EPICC (Exposition Park Intergenerational Community Center), Empowerment Congress North Area Development Council and The California Endowment have collaborated to bring this nutrition/cooking class to our community.

Black Women for Wellness
P.O. Box 292516
Los Angeles CA 90029
www.bwwla.com
323.290.5955

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