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LIGHTS ON, CRIME DOWN \$3.7M Ravenswood Project Completed

OVER THE PAST YEAR, NYCHA has installed a \$3.7 million safety lighting project at Ravenswood Houses, replacing the development's outdated exterior lighting with 626 state-of-the-art, energy-efficient lights at entrances, walkways, and parking areas. During this period, crime decreased at Ravenswood, improving quality of life for residents.

"NYCHA is focused on creating safer, cleaner, more connected communities across New York City—and this state-of-the-art exterior lighting will help brighten this development and move us toward those goals," said NYCHA Chair and CEO Shola Olatoye at an August 18 event celebrating the project's completion. "Thanks to a strong partnership with City Council Majority Leader Jimmy Van Bramer, Ravenswood's 4,380 residents can rest assured that we are investing in their futures and the next generation of public housing."

"The safety of my constituents is of utmost importance. Ravenswood residents have complained for years that dim and broken lights were making the community unsafe. The investment in this upgrade is already paying off—residents feel better walking at night, and crimes have dropped considerably," City Council Member Van Bramer added. He contributed over \$1 million to the project, guaranteeing its success.

"We love this new lighting," said Ravenswood Houses Resident Association President Carol Wilkins. "I am happy this project is completed. It is a long time coming. We worked hard getting this, with

(CONTINUED ON PAGE 4)



GROUNDSWELL

Residents of Tompkins Houses stand with City Council Member Robert Cornegy and their dazzling new mural.

Painted Poetry

OVER SEVERAL MONTHS this year, about 150 young NYCHA residents created 15 stunning murals at five developments, one in each borough (Castle Hill, Queensbridge, Saint Nicholas, Stapleton, and Tompkins Houses). Influenced by the hopes, dreams, and stories of their communities, the

muralists, who were paid for their participation, vividly portrayed themes like peace, unity, and progress. The project was made possible with guidance from community arts organization Groundswell, funding from City Council Member Ritchie Torres, and the support of local resident associations.

(CONTINUED ON PAGE 6)

LETTER FROM THE CHAIR

NYCHA'S RICH DIVERSITY



WE'RE PROUD OF the people who make NYCHA communities so vibrant and diverse, and this issue of the *Journal* is full of stories about them. Like the 150 young residents who spent the last several months painting 15 visually stunning and meaningful murals at five NYCHA developments. The resident association president of King Towers, Ruby Kitchen, received a proclamation from Congressman Charles Rangel for her lifelong advocacy on behalf of Harlem residents (page 3). And a caretaker at Claremont Rehab was recognized for his bravery in rescuing five residents, including a baby, from a fire (page 3).

That's not all. We spoke with the winners of this year's NYCHA-CUNY scholarships (page 5) and talked to a former NYCHA resident, Jeffrey Levine, who has donated

\$100,000 to fund City College scholarships (page 4). We learned how the gardens at Beach 41st Street Houses are getting revitalized through a creative

partnership (page 10). The NYCHA community is full of people doing interesting, extraordinary, compassionate, creative work. If you have a story you'd like to share, or know an individual we should feature in the *Journal*, please email journal@nycha.nyc.gov.

This month, we're also launching a financial advice column by John Edward Dallas (page 11), whom you read about in our last issue. Mr. Dallas, who was awarded by the City's Office of Financial Empowerment and Human Resources Administration for holding more counseling sessions than any other Jobs-Plus counselor in the City from 2013 to 2016, is a financial counselor at Bedford-Stuyvesant Restoration Corporation's Jobs-Plus site in Brooklyn. We've also provided some key info that will help you prepare for, and stay safe during, large-scale emergencies such as natural disasters (page 7). And we're bringing you a recipe from a celebrity chef (page 16) as well as tips for planning a week's worth of budget-friendly, healthy meals, thanks to the SCAN organization, which works with residents to promote health and wellness in the East Harlem community (pages 14-15).

Onward,

Shola Olatoye
Chair and CEO



October Is Domestic Violence Awareness Month

AWARENESS. HELP. HOPE! The Mayor's Office to Combat Domestic Violence offers free, confidential services to victims of Intimate Partner Violence regardless of age, income, and immigration status. Call **1-800-621-HOPE (4673)**.

Residents calling NYCHA's Customer Contact Center (718-707-7771) now hear voice prompts in Chinese (Cantonese and Mandarin) and Russian, in addition to English and Spanish. Callers are then directed to representatives who speak those languages. The Chinese and Russian prompts were added in April 2016 as part of NYCHA's efforts to better communicate with limited-English proficient residents.

The NYCHA JOURNAL

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NYCHA BOARD MEETINGS

NYCHA'S BOARD MEETINGS, open to the public, take place on Wednesdays at 10 a.m. in the NYCHA 12th floor conference room at 250 Broadway. People who wish to speak during the public comment period must pre-register at least 45 minutes before the meeting is scheduled to begin and can only comment about items on that meeting's agenda. Each speaker's time is limited to three minutes. The public comment period concludes either when all speakers are finished or after the 30 minutes allotted by law for public comment, whichever comes first.

Copies of the calendar for the upcoming board meeting are available on NYCHA's website or can be picked up at the Office of the Corporate Secretary, 250 Broadway, 12th floor after 3 p.m. on the Monday before the meeting. Copies of the dispositions of prior meetings are available on NYCHA's website or can be picked up from the Office of the Corporate Secretary no earlier than 3 p.m. on the Thursday after the board meeting. Any person requiring reasonable accommodation in order to participate in the meeting should contact the Office of the Corporate Secretary at **212.306.6088** no later than five business days prior to the meeting. For additional information regarding the calendar of meetings, dispositions, dates and times, please call **212.306.6088**.

UPCOMING MEETINGS:

October 26, 2016

November 23, 2016

December 21, 2016

* Note: The November and December board meetings are scheduled for the second-to-last Wednesday.

A True Hero: Caretaker Rescues Family from Fire



Resident Association President Maria Forbes (at left), City Council Member Vanessa Gibson (with microphone), and State Assemblywoman Latoya Joyner (in black) honor Caretaker Ivan Maestre (far right).

ON AUGUST 10, the Claremont Community Center in the Bronx hosted a ceremony for local hero Ivan Maestre, who grew up in Saint Mary's Park Houses. Just a week prior, he rescued a two-week-old infant and four other residents from a fire at the Claremont Rehab, where he has been a caretaker for seven years.

With just martial arts training and a courageous heart at his disposal, Mr. Maestre sprang into action as soon as he heard cries of "fire, fire!" racing from door to door, in and out of windows, and up and down fire escapes. The smoke was so thick that it was difficult to breathe, so Mr. Maestre told residents not to open their doors (to keep out the smoke), and he rushed up the stairs to let the smoke out by opening the roof door.

Con Edison employees soon joined this life-saving operation. Mr. Maestre even ran back into the smoke-filled apartment on the fourth floor to save the family's pet dog. Mr. Maestre reflected, "It really wasn't much to me; it was instinct. Life is precious, and we only get one."

In attendance at the ceremony honoring Mr. Maestre were State Assemblywoman Latoya Joyner, City Council Member Vanessa Gibson, and Clay Avenue Resident Association President Maria Forbes. Ms. Forbes remarked, "What he did was just amazing. He never thought about himself. He just ran right in without hesitation to warn the residents and save that family and baby. It was just his human instinct to help. Many people here are grateful, and we are very proud of him."

Mayor Talks Mental Health

MAYOR BILL DE BLASIO visited Brooklyn's Borinquen Plaza in September to talk about mental health services for seniors. In the photo, the Mayor greets Borinquen's Resident Association President Eloise Rowe (right) and Sergeant-at-Arms Juanita Johnson.



Keeping It Cool at Sack Wern Houses



MORE THAN 370 families at Sack Wern Houses recently received new, energy-efficient refrigerators thanks to \$200,000 in funding from New York State Senator Jeffrey Klein. On August 25, NYCHA Chair Shola Olatoye joined Senator Klein at Sack Wern to welcome the first shipment of the 377

new refrigerators. Also in attendance were State Assemblyman Marcos Crespo, City Council Member Annabel Palma, and Sack Wern Resident Association President Loretta Master-son. Senator Klein's generous funding is part of \$4 million allocated toward public housing needs in his district.

Congressman Rangel Celebrates a NYCHA Activist

CONGRESSMAN CHARLES B. RANGEL proclaimed July 16, 2016 "Ruby Kitchen Day" in the 13th Congressional District—setting aside the day to celebrate one of Harlem's fiercest advocates. Ruby Kitchen, 81, has been the Resident Association President of King Towers for 35 years

and a tenant since 1954. For many years Ms. Kitchen has led the charge on the issues she cares most about: housing, education, and community development for Harlem residents. The proclamation from Congressman Rangel reads: "Ruby has fought for the people of Harlem since 1985 and

has worked directly with my office to improve the living conditions for those residing in New York City public housing. It was through the efforts of Ruby and members of her board that the name of the development was changed to Dr. Martin Luther King, Jr. Towers in 1969."





ED GARCIA CONDE

BRIGHT LIGHTS, BEAUTIFUL CITY

Bronx resident Ed García Conde posted this photo of the August full moon illuminating Saint Mary's Park Houses on his Instagram page ([welcome2thebronx](#)) with this caption: "Shout out to all who live in #NYCHA across The Bronx and NYC. We, as a community, must do better to make sure conditions improve at these developments aka #TheProjects or The#PJs. Contrary to popular perception, the overwhelming majority living in NYCHA are good, hardworking people who deserve better living conditions. I love the diversity of our people and urban skyline, don't you?"



City Council Member Jimmy Van Bramer discusses NYCHA's \$3.7 million investment in new exterior safety lighting with residents of Ravenswood Houses.

(CONTINUED FROM PAGE 1) LIGHTS ON, CRIME DOWN many hours walking the grounds pointing out all the dark spots and the hard-to-see spots. It's good to know that you can walk past a person at night and actually see their face. We feel safer at night. It's nice and bright."

Since 2014, the Housing Authority

has aggressively expanded security measures, spending more than \$64.6 million installing and upgrading CCTV safety cameras, bringing the total number of CCTV cameras citywide to more than 13,000. NYCHA has also greatly increased the number of Layered Access Control doors.

Former NYCHA Resident Donates \$100,000 to Fund for Public Housing

Jeffrey Levine Gives Back to the City That Supported Him



ONE OF JEFFREY LEVINE'S most vivid memories of growing up in Linden Houses is of jumping on concrete turtles and playing on the monkey bars.

He lived with his parents and two siblings in a two-bedroom apartment at Linden from 1956 to 1965. Mr. Levine is now well-known in the real estate industry as the Chairman of Douglaston Development, Levine Builders, and Clinton Management. He is the first former NYCHA resident to donate to the Fund for Public Housing, a new nonprofit dedicated to raising money to improve the lives of NYCHA residents.

Over the next 10 years, Mr. Levine will provide \$100,000 to The Fund for the Levine Family Scholarship, an annual award of up to 10 \$1,000 scholarships to NYCHA residents enrolled at City College. "I'm very appreciative of all of the opportunities that were afforded me as a resident of New York City, whether it be in our housing program or our city university educational program," he explains. Mr. Levine graduated from the City University of New York's City College School of Architecture in 1975, attending the school at night while he worked full-time.

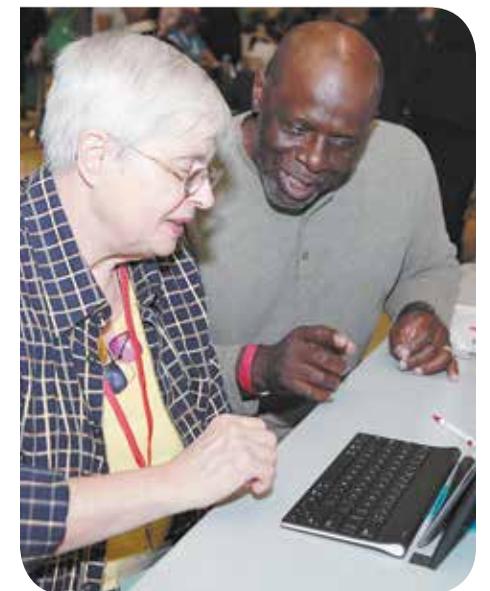
Mr. Levine advises this year's and future winners of the scholarship to do what he did while he was in college: "Always sit in the front row because it prevents you from falling asleep." He adds, "Obviously, like anything else in life, if you're going to get a degree, get it in something that motivates you, inspires you. It's a lot easier doing something you love than something you don't. I was blessed that I always had an attraction to the building industry, construction, and real estate development. I love the sense of accomplishment that goes with building and creating something."

There's also the sense of accomplishment that comes from giving back, and Mr. Levine hopes other former NYCHA residents follow in his footsteps: "I believe that the most sincere way to express appreciation for all that has been done for you is to do that for others."

His family moved from Linden Houses when Mr. Levine was 10, but Linden Houses and the surrounding neighborhood remain special to him. Though the concrete turtles on the playground are long gone, Mr. Levine, who lives in Manhattan with his wife Randi, recently got to show his three adult children his former home at 215 Cozine Avenue. He says it's an experience he and his children will never forget.

Now's the Time to Recertify Online

NYCHA HAS MADE completing your annual review easier than ever by putting the whole form online. Just log on to NYCHA's self-service portal to access your application any time you want, from any computer (it's available 24 hours a day, 7 days a week). Your information remains private and protected, and it stays in your application. That means you'll only need to spend a few minutes completing your annual review in future years. If you need help with the form, ask your property manager or housing assistant for assistance. And if you need access to a computer, check out one of the NYCHA Digital Vans or visit your local library.



Meet the NYCHA-CUNY 2016 Scholars

EACH YEAR, the NYCHA-CUNY Resident Scholarship program, funded by the New York City Council, offers \$1,000 to NYCHA residents enrolled full-time at the City University of New York (CUNY) to help support their studies. New this year: the first 10 scholars to receive the Levine Family Scholarship, funded by City College alumnus and former NYCHA resident Jeffrey Levine, which provides \$1,000 to NYCHA residents attending CUNY's City College.

SHAWNTAE BURGESS
Studio Art at the City College of NY

Jefferson Houses
"I want to be an artist, so I am constantly being inspired. I want to write stories and books. I want to make a children's book to help support them."



BASSIT MALAM
Psychology and Pre-Med at City College of NY

Clason Point Gardens
"I am inspired by my father. He didn't have much parental support or much education. His ambition was to do better for his family. He traveled through many countries from Togo, in Africa, to find his way here, then brought our family out of adversity."

GENEVA HIDALGO
Psychology at the City College of NY

Taft Houses
"I'm part of the RISE program at City College and I do research in ADHD and cognition lab. I love working with participants and learning how we can understand IQs and mental disabilities."



MARIA RODRIGUEZ
Bilingual Childhood Education and Psychology at the City College of NY

Drew-Hamilton Houses
"Helping the kids from my community, giving them the best education possible and guiding them through the right track are only a few ways I'd give back to my community."

YANISLEIDY LEWIS MAGAN
Double major in Early Childhood Education and Children Youth Studies at Brooklyn College

Van Dyke Houses
"There are so many programs available and opportunities at NYCHA. You give people who have their GEDs opportunities; or if they don't have their GEDs, you encourage them to go get them. I think that's really cool."



WILLIAM WHITE
Political Science at Hunter College

Throggs Neck Houses
"The drive to improve my life is to have the opportunities to improve the lives of others."

KA HO LO
Civil Engineering at the City College of NY

Whitman Houses
"I am studying civil engineering to give back to society by working on engineering projects—to help NYCHA communities by building houses and improving their living conditions."



AMANDA RUEDA
Psychology at City College of NY

Marcy Houses
"I'm not afraid of things because that limits you. As long as I'm trying, I'm not failing. Failing only comes from giving up. I am inspired by Gandhi's quote, 'Be the change that you want to see in the world.'"

STEPHANIE LU
Sociology and Anthropology at the College of Staten Island

Jacob Riis Houses
"I was a part of Henry Street Settlement and it shaped a lot of who I am today. I want to give youth the opportunity to learn about going to college, and taking college trips and tours."



ELVIS RIVERA
Criminal Justice at the Borough of Manhattan Community College

Vladeck Houses
"I want to go into theology next. I want to be a chaplain for the military. I want to serve those who serve us. Twenty-two veterans commit suicide every day—if I can save one, then I've done my job."

JESENIA RODRIGUEZ
Accounting at the Borough of Manhattan Community College

Baruch Houses
"My favorite part of college is being there and learning. I love to explore the community of people my age and older. I love the environment where I can learn not just from my professors and teachers, but also the people around me."



SOBINA SIDDIQUE
Civil Engineering at City College of NY

Wagner Houses
"My 3-year-old daughter is the reason I'm continuing with my education. My dad worked hard for us and I want to do the same for my daughter."

CLARA PENA
Biology at City College of NY

Butler Houses
"I love learning about biology, getting to know different kinds of people and interacting with my professors. There are many student resources, like advising and tutoring that support me here. It's a great feeling knowing that you're not alone."



CRISTIAN ALVARADO
Business Management at City College of NY

Williamsburg Houses
"NYCHA provides an opportunity to move forward and advance in your life and I love the people and sense of community. In Williamsburg Houses, where I live, every Sunday from around noon to 4 p.m., people of all different ages all come together to play basketball."

*Not pictured: LEON JON, JENNEFER ABDULLAH, AYESHA KHAN

CASTLE HILL HOUSES



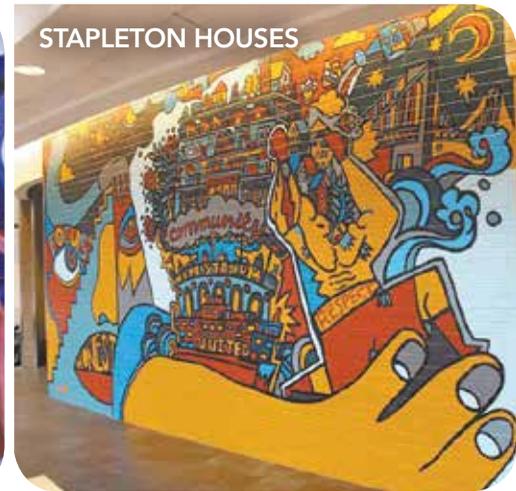
QUEENSBRIDGE HOUSES



ST. NICHOLAS HOUSES



STAPLETON HOUSES



GROUND SWELL

STAPLETON HOUSES



QUEENSBRIDGE HOUSES



TOMPKINS HOUSES



How to Prepare for a Storm

- **Register for Notify NYC.** Enroll online at notify.nyc to receive official City information! Notify NYC sends out alerts and updates regarding emergencies, significant events, public health, public school, and any time there are unscheduled changes to parking rules. Notifications are also available in sign language video messages if needed.
- **Tune into NWR** and spot the storm before it comes! The NOAA Weather Radio broadcasts official warnings, watches, forecasts, and other hazard information for weather small and big. The NYC station is KWO35 on 162.550 MHz. (You can also find similar information on the NYC Severe Weather website.)
- **Subscribe to outage alerts** through MyNYCHA. The subscription will notify you not only about outages in your development, but also about building service news and inspection appointments.
- **Be ready for a blackout.** If there is indeed an outage of any kind, make sure you've thought ahead about possible alternatives for water, gas, electricity (especially lighting), and phone service.
- **Identify your Hurricane Evacuation Zone** to find the emergency shelter nearest to you.
- **Create a Safety Plan** with your family. Know where and how to find each other, and how you will all make it out safely. And almost just as important, practice your plan so that there's no delay when disaster may strike.
- **Make an Emergency Contact List.** This should provide all phone numbers and email addresses of your family, friends, neighbors, child care providers, physicians, baby sitter, and anyone else who is important in the day-to-day life of your family. Also, make sure to include any important information such as prescription numbers, pharmacy information, and health insurance policy numbers.
- **Pack a Go Bag** for each family member, with all emergency essentials. The City recommends contents such as: important personal documents (in a sealed plastic bag), that emergency contact list, extra cash, a three-day supply of food and water, a flashlight, a cell phone, spare batteries, a first-aid kit, a week's supply of medications, a Swiss Army knife, toiletries, a change of clothes, and a whistle, among other items. Make sure to check out the NYCHA "Be Prepared" page under "Emergency Preparedness" for more tips on your Go Bags.
- **Give your pet the same care.** Make sure your furry friend has a collar, and its own emergency plan and kit. The collar should have your location and contact information. NYC Emergency Management has a multilingual guide online to help with safety plans for your pet. And the emergency supply kit should have the food, water, and medicines your animal needs.



She Inspires Me NYC A New Campaign to Honor Women Activists

IS SHE YOUR MOTHER, your favorite teacher in high school, a coworker you admire, a notable figure from history? What woman inspires you?

To celebrate the 100th anniversary of women winning the right to vote in the United States in 1920 and all the many contributions women have made to society, New York City's Department of Records and Information Services is hoping to collect 20,000 stories about inspirational women on **WomensActivism.NYC** by 2020. Visitors to the site can share inspirational stories

about women who are alive now or lived ages ago; native New Yorkers or who have lived anywhere in the world.

WomensActivism.NYC currently has over 1,000 stories, so about 18,000 stories are still needed by 2020. Visit www.womensactivism.nyc/share to share your inspirational story and help build the City's first permanent catalog of women activists. If you know an inspirational current or former NYCHA resident, please share her story with *The NYCHA Journal* at journal@nycha.nyc.gov.

Get Out and Vote!

THE COUNTDOWN to General Election Day has begun! On November 8, 2016, New Yorkers will elect representatives to every level of government: President of the United States, as well as new representatives in Congress, the State Assembly and Senate, and the New York City Council.

NYC Votes, the City's non-partisan voter engagement campaign, and NYCHA are working together to encourage New Yorkers to participate in choosing the next people charged with advocating for our interests. The choices we make at the ballot box will affect our lives and our communities for years to come.

CAST YOUR VOTE:

- **Circle and share these key dates:**
 - Friday, October 14—last day to register to vote in the Presidential election
 - Tuesday, November 8—National Election Day
- Visit **Vote.NYC**, the one stop for all your voting needs:
 - Check your voter registration status.
 - Download, print, complete, and mail a voter registration form. Or, register online with your driver's license or state-issued ID.
 - Find your poll site. Polls will open at 6:00 a.m. and close at 9:00 p.m. on November 8.
- **Refer to the NYC Votes Voter Guide**, a comprehensive, non-partisan election resource, to learn more about the candidates running in your district: www.nycffb.info/voterguide.



how to complete your ballot.

- You have the right to assistance if you need help voting. Assistance can be provided by a person of your choice (except your employer or union representative), including poll workers.
- You have the right to an interpreter at your poll site in certain languages in areas covered by the federal Voting Rights Act. Call the NYC Board of Elections (866-Vote-NYC) for more information.
- You have the right to cast a paper ballot, known as an "affidavit ballot," if a machine is broken or your name is missing from the list of voters at your poll site.
- You have the right not to be asked for identification, unless you are a first-time voter.

REACH OUT TO YOUR COMMUNITY:

KNOW YOUR RIGHTS:

- You have the right to bring materials into the polls when you vote (be sure to take whatever you bring with you when you leave).
- You have the right to ask a poll worker

- Lead a voter registration drive in your building. Contact NYC Votes at (212) 409-1800 or www.nycffb.info/nyc-votes/get-involved to get started.
- Encourage friends and family to register and vote.

Another Farm Grows in Brooklyn

By Lucy MacGowan, NYCHA Summer Intern

NYCHA AND ITS NONPROFIT, environmental workforce development partner Green City Force are truly a dream “green” team: Together we launched our second urban farm, at Howard Houses in Brownsville, Brooklyn (which follows the success of our first farm at Red Hook Houses). Since it formally opened this June, the Howard Houses farm has yielded over 1,900 pounds of fresh and healthy produce and hosted more than 200 visits from members of the community.

Green City Force’s Urban Farm Corps, composed of young NYCHA residents, helped set up the farm, and they tend to it by weeding, watering, checking plants for pests, and removing dead or wilting leaves. Lexington Houses resident Paul Philpott is one of the many proud urban farmers who are greening the Brownsville community with this innovative project. He and two other Urban Farm Corps members also work as farm engineers, which means that they are responsible for the vital farm structures like sheds, tables, benches, and farm stands.

Paul joined the effort because he “loved the idea of building community farms that bring local food to communities that do not have access to healthier food than the chicken spot or McDonald’s.” He said that “Urban farming has opened my eyes to the food injustice in our communities and how much of a change can be made just by having [the farm] exist in an open area for all to see.” Paul especially enjoys the cherry tomatoes from the farm, and “At least once a week I have Swiss chard on my plate—I had never known of it before my time at Green City Force.”

Howard Houses Resident Association



President Naomi Johnson said that “The farm is a great thing for the residents of Howard Houses... I saw the beginning and the finished product, and I am very pleased.”

Green City Force members not only built the farms at Howard Houses and Red Hook Houses, but also presented environmental programming for local schools and hosted farm-based events for residents. At each farm, a community-based partner organization helps with the ongoing work needed to maintain it.

The NYCHA Farms project is part of a mayoral initiative called *Building Healthy Communities*, which joins local public and private partners to improve community health in 12 neighborhoods across all five boroughs by expanding opportunities for physical activity, increasing access to nutritious and affordable food, and promoting public safety.

More farms are coming soon to developments in Canarsie, Brooklyn, and East Harlem. If you want more information about them, you can email Ellen McCarthy, Urban Farm Project Coordinator, at ellen.mccarthy@nycha.nyc.gov.



NYCHA residents participating in Green City Force’s Urban Farms Corps launched a farm at Howard Houses – NYCHA’s second urban farm – which yields thousands of pounds of fresh, healthy produce every year.

A Message from Animal Care Centers of New York City: Keeping Your Pets Safe This Fall

Animals love the cooler weather of the autumn months almost as much as humans do. Yet, every change in season brings with it some hidden dangers for your pets. Here are a few things to consider this fall:



Animal Care Centers of NYC

- Fall is back-to-school time. Keep items like glue sticks, pencils, and magic markers out of reach of your pets. Although these items are not necessarily poisonous, they can cause stomach problems and blockages if your pet eats them. Make sure your kids put away their supplies when they’ve finished their homework.
- Do you love holiday decorations at Halloween, Thanksgiving, or the winter holidays? Pets, like small children, are fascinated by shiny objects like ornaments and decorations, and may try to play with them and even eat them. Keep decorations and electrical cords out of reach of pets, and ensure your pets can’t get tangled in excess cords, ropes, or lights which may injure or even strangle them.
- At Halloween, keep an eye on the candy. Chocolate can be deadly to dogs.
- Always be sure that your pet has clean, fresh water. Standing water can contain bacteria that may cause disease.
- The use of rat and mouse poisons increases in the fall as rodents seek shelter from the cooler temperatures by attempting to move indoors. Rodenticides are highly toxic to pets and, if your pet eats them, the results could be fatal. Be aware of City signs which indicate where poisons may have been used, and keep your pets away from treated areas.
- Finally, make sure your pet is registered with NYCHA and the City. Not only is it the law, but if your pet gets lost, it will be easier to reunite your family!



HELP YOUR COMMUNITY WHILE EARNING GOOD PAY AND BENEFITS!

School Crossing Guards help children safely cross busy intersections on their way to and from school. School Crossing Guards control traffic flow around schools in the morning, at lunch time and at the end of the school day.

Take advantage of these excellent Civilian **PART TIME JOBS** with the **NYPD!**

- **GOOD PAY** - \$11.79/HOUR TO START, \$13.83/HOUR AFTER 3 YEARS
- **HEALTH BENEFITS**-HEALTH INSURANCE WITH 20+ HOURS WORKED PER WEEK
- **WORK CLOSE TO HOME**
- **SUMMER WORK ALSO AVAILABLE**

There are no formal education or experience requirements for this job, but all candidates must be able to understand and be understood in English.

Prospective candidates must pass a qualifying medical examination, which includes drug screening and a character/background investigation, prior to appointment. You must also complete six (6) days of training at the Police Academy once appointed.

If you are interested in applying for a School Crossing Guard position please visit:

<http://nypdcivilianjobs.com/schoolcrossingguard/>

and provide your information and you will be contacted by an NYPD representative.



The New York City Police Department is an Equal Opportunity Employer

Preserving Affordable Housing

Public-Private Partnerships Provide Critical Repairs and Guarantee Residents Retain Rights



DESPITE THE SWELTERING August temperatures, Bronxchester Houses' Resident Association President Patricia Lamonda was eager to show off the stately basketball court with stadium seating and the manicured shrubs by the Bronxchester Houses' entrance.

"They worked on everything, from the roof to the lobby to the basement to every square inch of the grounds," she exclaimed proudly.

Ms. Lamonda, a Bronxchester resident for 33 years, joined NYCHA Chair Shola Olatoye, who hosted a tour for elected officials of NYCHA Section 8 properties in the Bronx and Manhattan that were upgraded extensively thanks to NYCHA's recent partnership with community-based developers. This public-private partnership provided \$80 million to renovate six Section 8 NYCHA developments and will gen-

erate \$360 million in revenue over 15 years for NYCHA's operations and major repair work portfolio-wide. Tour participants included Public Advocate Letitia James; City Council Members Inez Dickens, Vanessa Gibson, Helen Rosenthal, Rafael Salamanca, and Ritchie Torres; and Manhattan Borough President Gale Brewer.

"Our bathrooms now look like hotel bathrooms," Ms. Lamonda continued. "We've got new tubs, medicine cabinets, showerheads. Everything is brand new, down to the pipes and floors—they did it all. And they did it while we were in the apartment, and did a really good job keeping it clean. It took only five days to renovate each apartment! Besides all this, nothing changed. Our rent stayed the same. And we have free afterschool programs and summer camp for children [provided by community organization

BronxWorks]. We love it."

At Milbank-Frawley in Manhattan, tour participants marveled at the renovated private courtyard, and toured long-time resident Maxine Campbell's apartment to see her new kitchen cabinets, floors, and appliances and renovated bathrooms. Tour participants also saw the work currently underway on the building's façade and retail space. Other upgrades at the development include two new laundry rooms, security enhancements, and a new on-site management office.

DeReese Huff is the Resident Association President of Campos Plaza 1, which was renovated through the same innovative partnership that transformed Bronxchester and Milbank-Frawley. "I think they did a great job, and it was way overdue," she said. "We got a whole new backyard, including plants and benches. It's like

a baby Central Park. And it's wonderful to see different communities coming together there now."

"We have an historic opportunity to set a new standard for public housing, recreating what public housing can be, through Section 8 rehabs like this one [at Bronxchester]," Council Member Torres said during the Bronx tour.

On the Manhattan tour, Borough President Gale Brewer said she was pleased "to see the way in which public-private partnership has come together and has made a difference. It's an alternative for residents to get the kind of living situation they truly deserve."

During the tours, Chair Olatoye stressed how similar improvements can be made through a federal program known as RAD (the Rental Assistance Demonstration program). NYCHA is seeking to upgrade 5,200 NYCHA apartments through RAD, which shifts their funding from the public housing program to the Section 8 rental voucher program while leveraging additional private funds for improvements and maintaining tenants' rights and protections. NYCHA is currently upgrading 1,400 apartments at the Ocean Bay-Bayside development in the Far Rockaways through RAD. Visit NYCHA's website, www.nyc.gov/nycha, for more information about RAD and its benefits.



Landscapes of Resilience:

Gardening for Good at Beach 41st Street Houses

By Renae Reynolds of the US Forest Service, NYC Urban Field Station, and Victoria Marshall, Till Design

A LARGE LAWN AND JAMAICA BAY are a scenic front yard to NYCHA's Beach 41st Street Houses in Far Rockaway. A hidden treasure within this development has been receiving great care and attention over the past two and a half years. Through the *Landscapes of Resilience* research and design project, which is funded by the TKF Foundation, resident gardeners at Beach 41st Street Houses have worked together to revitalize their garden on the Bay. We gathered with them on the grounds one Saturday this July for a communal potluck meal under a newly constructed canopy. Resident gardeners used vegetables from their gardens to create healthy dishes to share; one gardener used bellflowers grown in her plot to create delicious Korean pancakes. The group was small and intimate—about 20 people in total—but the enjoyment shared was big enough to fill the entire space.

As part of the project, since 2013 researchers from the US Forest Service, NYC Urban Field Station (UFS) and landscape architecture firm Till Design have engaged resident gardeners at the development in their efforts to rebuild their gardens after the massive disruption brought by Superstorm Sandy. After the disaster, the gardens were closed, no one could plant, and all was still in the formerly lush plots for a whole year. Fortunately, NYCHA partnered with this group of researchers and designers to bring gardening back to Beach 41st Street.

Till Design hosted workshops in 2014 to hear from resident gardeners about their needs for the new garden, which is called the Workshop Garden and was designed by Till Design. The NYCHA Garden and Greening Program provided new planter



Craig Shaw (left), Basheam Reid (center), and Norman Spurill (right) from Natural Garden Landscapes.

VICTORIA MARSHALL



Gardener Tina Marie Neal-Evans (left) and Vicky Anderson.

VICTORIA MARSHALL



Aerial photo showing Beach 41st Street Houses, the Workshop Garden, and Jamaica Bay.

MEHDI SALEHI

boxes for the gardeners, and NYCHA and the UFS hired an outreach coordinator to support the new and returning gardeners. In 2015, we demonstrated how the gardeners can convey the meaning of their gardens to fellow residents and visitors. For example, artist Carmen Bouyer, Renae Reynolds (the UFS Project Coordinator), and gardeners created signs to display in their reoccupied plots.

For the past year, the physical landscape has been reconstructed to lessen the flooding that often occurs at the site during heavy rain or high tide. A "bioswale" landscape feature was built in the lawn next to the gardens to improve water absorption. A garden canopy was built on higher ground, which can be used for social gatherings as well as a staging area to distribute vital supplies in the event of an emergency. The canopy, which was built by Natural Garden Landscapes, was constructed



Beach 41st Street gardeners and guests eat and socialize under the Workshop Garden canopy.

VICTORIA MARSHALL

through hand carving, rather than heavy machinery, with slats and pegs connecting the massive structure. "This is a great space; I can see us using it for Family Day" and other neighborhood celebrations involving food, music, and

fun, said one resident gardener about the canopy.

At the time of the potluck, the canopy was not yet finished—a few finishing touches still needed to be made to the roof, which will be covered in slate to make it durable. (In addition, 15 tripods will be installed to provide simple irrigation as well as garden signs.) In June, 100 volunteers planted the Workshop Garden planting beds, and the healthy, new plants were growing beautifully.

We look forward to future seasons of growth as the plants continue to mature and the residents of Beach 41st Street Houses continue their work in collaboration with NYCHA staff to promote gardening, beauty, and community togetherness. You can stay up to date on the project here: <http://b41communitygarden.tumblr.com>.



MEHDI SALEHI

Aerial photo showing the Workshop Garden and Jamaica Bay.



VICTORIA MARSHALL

Workshop Garden bioswale and new lawn area under construction.



VICTORIA MARSHALL

Workshop Garden conversation corner under existing trees.

Right on the Money

By John Edward Dallas

YOU MIGHT have read about John Edward Dallas in the August issue of *The NYCHA Journal*. As a financial counselor, he has helped hundreds of NYCHA residents become fiscally smart and stable, able to pursue their goals and dreams. We're pleased to launch a regular financial advice column by Mr. Dallas, sharing his wisdom with all *Journal* readers.

Question: I keep my money at home, not in a bank. Is that ok?

Answer: As a financial counselor, I meet regularly with individuals who prefer to keep their savings stashed away in a shoebox, in a can, under a mattress, or in some other place at home. The reasons for this include a distrust of banks, wanting instant and fee-free access to savings, or a desire to avoid a rent increase (which is unlikely due to current interest rates



on savings accounts; more on this in a future column). Regardless of the reasons, keeping one's hard-earned

cash out of the banking system makes no "cents"—and certainly no dollars—in a number of very real ways.

First, \$1,000 squirreled away at home, for example, remains \$1,000 over any period of time. On the other hand, its value would increase if deposited in a bank—because banks pay interest. There's also the matter of security: Money deposited in a bank is automatically insured by the federal government. This definitely isn't the case for money stowed away at home. Additionally, many banks will offer account holders in good standing products that help them build credit, such as secured credit cards and credit-builder loans, even if they have no credit history. However, these wealth-building opportunities, not to mention highly effective financial-management tools such as bank statements and mobile banking apps, aren't available

to individuals who keep their dollars homebound instead of sending them to a bank.

John Edward Dallas is an award-winning coordinator of financial services at the Bedford-Stuyvesant Restoration Corporation's Jobs-Plus site in Brooklyn. Jobs-Plus is a national program with nine sites in New York City that help public housing residents become economically empowered. Mr. Dallas grew up in Baruch Houses and is proud to serve the NYCHA community.

Residents, if you would like to request an appointment for a free, one-on-one session with a certified financial counselor, visit "Opportunity Connect" on NYCHA's Self-Service Portal (<https://selfserve.nycha.info>). And if you have a financial question you'd like Mr. Dallas to answer, please send it to journal@nycha.nyc.gov.



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Bill de Blasio
Mayor
Mary T. Bassett, MD, MPH
Commissioner

NYCHA Announces New Pre-Apprenticeship Program for Sandy-Related Construction Jobs

JESUS LOPEZ worked as a financial recruiter for seven years—but after having to tell client after client they didn't get the job, he realized he wanted to go back to the career that made him feel like he was part of something great: construction. With more than 10 years of construction experience, the First Houses resident was referred to a Section 3 opportunity that provided a great benefit: membership in Construction and General Building Laborers' Local 79.

NYCHA residents will have the opportunity to join a union and be on the path to promising careers with long-term prospects like Mr. Lopez has. In September, NYCHA released a Request for Proposals seeking pre-apprenticeship training and placement program providers to work with NYCHA on a pre-apprenticeship training and placement program to provide access to job training and direct entry into skilled trade unions by working on Sandy-related construction projects at NYCHA developments.

The pre-apprenticeship program will



Jesus Lopez hard at work rebuilding New York City communities.

provide residents with basic construction safety knowledge and the skills necessary to become an apprentice in a union. Residents who graduate from these programs will receive help getting placed into a union apprenticeship, which provides them with a pathway to union construction jobs. NYCHA expects to recruit and place up to 100 residents in Sandy construction

jobs through the selected pre-apprenticeship programs. The pre-apprenticeship and placement program will be funded through the U.S. Department of Housing and Urban Development (HUD) Community Development Block Grant Disaster Recovery (CDBG-DR) program.

One of the goals of NextGeneration NYCHA, the Authority's 10-year strategic plan, is to expand jobs and economic opportunities for residents. Since the beginning of the year, NYCHA has placed more than 1,000 residents in the workforce and more than 120 residents have been hired through Section 3 to work on Sandy-related contracts at NYCHA developments as part of our Superstorm Sandy Recovery to Resiliency program. The new pre-apprenticeship training and placement program will be a major part of how NYCHA will help residents be part of the construction efforts while also launching them on a steady career path.

Though Mr. Lopez is not working on construction at a NYCHA development, he is helping with Sandy recovery by

rebuilding damaged homes on Staten Island through the NYC Build it Back program. The work is meaningful, he says: "Turning the houses over to these people, you look at the finished product and think, 'I helped put two families back in their homes. I was part of that.'"

Mr. Lopez believes the new pre-apprenticeship program will be a great opportunity for residents and wishes the program was around when he first started in construction. "I would tell any NYCHA resident who's interested to do the pre-apprenticeship program. Construction is hard work, but it's a great opportunity for anyone willing to work hard. This is a ticket to get into any kind of union you want to get to; this is an opportunity that could open doors, that could change your life."

Residents interested in connecting immediately to other training and employment opportunities can contact NYCHA's Office of Resident Economic Empowerment & Sustainability (REES) at 718.289.8100 or visit www.opportunitynyc.org.

Primed for Success New Program Helps Queens Residents Launch Businesses

EIGHT RESIDENTS OF Baisley Park Houses and South Jamaica Houses spent the summer learning how to start or grow their own business, thanks to the Queens Economic Development Corporation's (QEDC) Prime Skills program. Over the free program's 12 sessions, the budding entrepreneurs attended lectures and participated in class discussions and small-group exercises. Guest speakers imparted their knowledge of the fundamentals of business success—advertising, finance, marketing, and technology. Participants developed individual business plans for enterprises like child care, green construction, and express delivery.

One Prime Skills graduate, Caroline Comrie, a resident of South Jamaica Houses, plans to open her own organic/vegan restaurant. She has an associate degree in culinary management and currently works as a school lunch helper for the City's Department of Education. "The program was very intense," she said. "We spent late nights doing research about our industry and we learned about things we would not normally think about. It helped me realize

that owning a business and being successful is not as easy as it looks; a business plan is the easy part, but making it a reality takes hard work." She plans to continue educating herself at seminars and refining her business plan and recipes.

Baisley Park Houses resident Minerva Hodggers found inspiration in the program's lessons on the history of African-American entrepreneurialism—of African-American-owned businesses which helped develop communities across the country. "We learned about Black Wall Street, which impressed upon me that there were many instances in the past where African Americans were self-sufficient and prosperous," she said. "I feel we need to get back to that and develop businesses and jobs in our own communities."

Ms. Minerva is co-founding a case management agency that will help seniors obtain life-enhancing services and supports. She brings to the business many years of experience working with the elderly and developmentally disabled individuals, as well as a bachelor's degree in business administration. While she develops her



OFFICE OF CITY COUNCIL MEMBER RUBEN WILLS

Prime Skills graduates with City Council Member Ruben Wills, Instructor Yusuf Abdul-Wali, QEDC Deputy Director Ricardi Calixte (far left to right in the back row), Assemblywoman Vivian E. Cook (center, without diploma), and QEDC Executive Director Seth Bornstein (to her left). Caroline Comrie is in orange in the front row and Minerva Hodggers is at the far left in that row.

business, Ms. Minerva is pursuing certification as a social services case manager.

The program's instructor, Yusuf Abdul-Wali, remarked, "Over the course of the six-week program, I watched the NYCHA participants in the class grow immensely, both personally and professionally. I can't help but applaud their tenacity. This is the commitment it takes to start a successful small business." He praised the "elevator speeches"—brief pitches highlighting their business goals—that participants gave at the program's graduation ceremony, and noted how several graduates

continue to attend business workshops.

Graduates of the program, sponsored by City Council Member Ruben Wills and the City's Department of Small Business Services, can take advantage of additional assistance from the QEDC, including one-on-one business counseling to polish their plans and register their businesses. Graduates are also eligible to compete for a grant worth up to \$10,000 from the QEDC to advance their businesses. Visit QEDC's website at www.queensny.org to find out how to enroll in future Prime Skills classes.

Social Justice as a Public Service

NYCHA RESIDENTS FROM

BronxWorks' Betances, Classic, and St. Mary's Park Community Centers showcased social justice public service announcements (PSA) they created about issues important to them, such as the Black Lives Matter movement, healthy school lunches, and recycling, at the Bronx Museum of Arts on August 24. Over the summer, through a workshop led by NYC-based nonprofit The LAMP, which teaches kids, parents,

and educators how to become active media participants, the middle school students learned videography, editing, and how to design and produce their own media message. Just as important, they learned how to collaborate and communicate with their peers on a project. After the screening of their PSAs for family and friends, several students shared how the project helped them learn how to speak up on important issues.



The 2015 Annual Water Supply and Quality Report is now available for viewing at: www.nyc.gov/dep/2015waterquality

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www.nyc.gov/dep/2015waterquality

Q&A with Mina Q. Malik, Executive Director of the Civilian Complaint Review Board

MINA Q. MALIK was appointed as Executive Director of the Civilian Complaint Review Board (CCRB) in February 2015. The CCRB is an independent agency composed entirely of civilian employees that mediates, investigates, and prosecutes allegations of police misconduct by officers of the New York City Police Department (NYPD). Ms. Malik answered *The Journal's* questions to shed some light on the agency and how it operates.

CCRB



Is the CCRB part of the NYPD?

The CCRB is not part of the NYPD.

What kinds of complaints does the CCRB handle?

The CCRB handles complaints involving the use of force, abuse of authority, discourtesy, or offensive language by the police.

How does one file a complaint with the CCRB?

There are four ways to file a complaint:

- Online at www.nyc.gov/ccrb.
- By phone at 1-800-341-2272.
- In person or by mail: 100 Church Street, 10th floor, New York, NY 10007.
- By calling 311 or requesting a CCRB complaint form in any police precinct.



to decide whether and what type of discipline is imposed.

What kind of outreach do you do with the public to increase awareness about police/community relations?

Our Outreach Unit conducts presentations in all five boroughs at schools, tenant associations, advocacy organizations, cultural groups, religious organizations, community boards, and precinct community councils. Our presentations are designed to help community members understand their rights during police encounters. We also stress the importance of de-escalation techniques, which may limit how an encounter with police progresses.

What changes have you led at the CCRB since your appointment?

We have vastly improved our overall operations through enhanced investigations, more proactive prosecutions, and greater cooperation with the NYPD in holding officers accountable for misconduct. Before I became Director, it took 324 days on average to investigate a complaint; that number has decreased to roughly 90 days. Our outreach efforts in communities across the City have also multiplied so that people know about the CCRB and its services, and have full access to CCRB resources if they feel they have been mistreated by an officer.

What happens after a complaint is filed? What are the possible outcomes?

After a complaint is filed, victims and witnesses provide a statement about the incident to our trained investigators. Investigators gather all relevant evidence and interview police officers. When the investigation is completed, a panel of three Board members votes on the case. If the Board determines that the officer committed misconduct, the case is forwarded to the Police Commissioner with a penalty recommendation. In the most serious cases, the Board can recommend charges, and a CCRB attorney prosecutes the case before an administrative law judge. If an officer pleads guilty or is found guilty at trial, the penalty can be a reprimand, loss of time, suspension, dismissal probation, or termination. The Police Commissioner retains the authority

Café Express: Lehman Cornerstone's Delicious New Restaurant

EAST HARLEM RESIDENTS have a healthy, chic, new place to eat on Saturday afternoons: Café Express, staffed by NYCHA residents and located at the Lehman Cornerstone Community Center at Lehman Houses. The pop-up café, launched by SCAN (Supportive Children's Advocacy Network) New York, serves the tastiest smoothies, salads, sandwiches, and snacks around. It's part of *Get Healthy East Harlem*, a program SCAN launched in 2015 to help residents learn to make better nutrition choices.

Patricia Burns, Resident Association President at Lehman Houses, said that before Café Express, if residents wanted a smoothie in the neighborhood, they'd have to spend \$7-10, a price that's out of reach for some residents. "I am proud, grateful, and happy for our café. It shows people how to do healthy things for themselves. Everything is fresh, plus it's affordable. Bringing this to the community was the best thing to do." Ms. Burns'

favorite smoothie is the "Ms. Kelley," named after the director of SCAN's Cornerstone Community Center at Lehman, made with mango, blueberries, and orange juice.

Get Healthy East Harlem is unusual because it was created by SCAN in partnership with NYCHA residents. "The whole process was to do resident engagement and find out the hurdles to getting fresh food and what strategies moving forward made sense," said Bill Fink, SCAN's Associate Executive Director for Development and External Affairs. "We did a series of events, and found out that what was important was families cooking and eating together and learning culinary skills." Residents advocated for hands-on cooking classes for families; producing their own "Healthy Dance" videos; and managing marketing activities for the café, including naming all the smoothies. SCAN receives assistance with its cooking education classes from the New York Junior League CHEF program (Cooking



Lehman Houses residents enjoy smoothies at Café Express, a pop-up café serving delicious smoothies, salads, healthy snacks, and more.

& Health Education for Families) and Red Rabbit, an East Harlem-based healthy meals company.

SCAN will also soon provide cooking labs for families twice a month at four of

SCAN's NYCHA community centers, at East River Houses, King Towers, Lehman Village, and Wagner Houses, starting in 2017. For more information about SCAN, visit www.scanny.org.

Eating good food that's healthy, cheap, and convenient to prepare is challenging. But it's not impossible.

Three-Day Menus for a Family of Four from SCAN NY

DAY 1	DAY 2	DAY 3
BREAKFAST		
Oatmeal	Tomato Scrambled Eggs	The Fast Track Smoothie
LUNCH		
Cold & Spicy Noodles	Smoked Turkey, Kale & Butter Bean Soup	Artisanal Pita Pizza
DINNER		
Curried Lentil & Chickpea Potato Stew (Dahl) With Flat Bread	Tuna Ragout (Tuna Cook-Up) Whole Wheat Pasta	Oven Fried Spicy Chicken, Yellow Rice & Gandules
SNACK		
Smoothie	Oatmeal Cookie	Yogurt Mash-Up

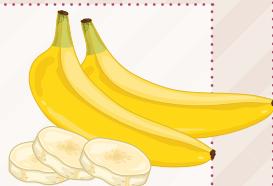
The three-day meals and recipes listed are designed to appeal to various preferences and tastes while incorporating a variety of fruits and vegetables, whole grains, lean meats, and low-fat dairy foods.

Tips on Meal Planning on a Budget

- Know your eating habits
- Take inventory
- Build your spice pantry
- Make an emergency list

Green Smoothie

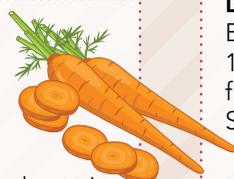
- 1 low-fat plain yogurt
- ½ cup rolled oats
- 1 banana, broken into chunks
- ¼ cup frozen spinach
- ½ tsp vanilla extract
- 1 ½ tsp honey



Directions: In a blender, combine yogurt, oats, banana, and spinach. Add vanilla and honey if desired. Blend until smooth. Pour into glasses and serve.

Chickpea Calabaza Tagine with Couscous

- 1½ cup butternut squash (1 medium to small squash), sliced in half moons, roasted for at least 30 mins
- 3 garlic cloves, minced
- ½ tsp cumin
- 1 tbsp vegetable oil (canola or coconut will do fine)
- ½ red onion, chopped
- 1 small chili, seeds removed
- 6 cherry tomatoes, halved
- 1 can chopped tomatoes
- 1 can chickpeas, drained
- 1-2 tbsp red wine (optional but definitely worth a try)
- a pinch of cayenne and cinnamon
- a pinch of dried parsley, to garnish
- ½ cup couscous, dry
- ½ cup boiling water



Directions: Pour boiling water over the couscous in a heat-proof bowl and let sit. Heat oil in a large pan on medium heat. Gently fry the cumin seeds and garlic for 3-5 minutes, until browned. Add the red onion and chili and cook till soft (5 mins approx). The onion should start to caramelize. Add the cherry tomatoes, chopped tomatoes, and chickpeas, and cook for five minutes. Add the roasted butternut squash and a few tbsp red wine, sprinkle over the spices, and cook for another 5 mins until the vegetables are mellow and tender. The couscous will by now have absorbed all the water. Fluff it up with a fork. Serve the hot vegetables over the couscous and enjoy immediately.



Easy Corn Bread Casserole

- ¼ pound butter, melted
- 1 (15-ounce) can whole kernel corn
- 1 (15-ounce) can creamed corn
- 1 (8.5-ounce) package corn bread mix
- 1 ounce sour cream

Directions: Preheat oven to 350 degrees F (175 degrees C). In a mixing bowl, combine butter, whole corn, cream corn, corn bread mix, and sour cream. Fold all ingredients together, pour into 2-quart casserole dish. Bake for 1 hour.

Popcorn Cauliflower (Roasted Cauliflower with Parmesan Cheese)

- 6 cups fresh cauliflower florets (about 1 head)
- 1 tbsp olive oil
- ½ tsp kosher salt
- ½ tsp turmeric
- ½ tsp black pepper, freshly ground
- ¼ cup parmesan cheese, grated (Parmigiano-Reggiano suggested)

Directions: Preheat oven to 450 degrees. In large bowl, combine cauliflower, oil, turmeric, salt, and pepper; toss to combine. Transfer cauliflower to large baking sheet and spread into a single layer. Roast until cauliflower is golden brown, tossing occasionally, about 15 minutes. Remove from oven, place in serving bowl and sprinkle with cheese; toss to mix. Each serving is ¾ cup.



Oatmeal

- 1 cup rolled oats
- 2 cups water
- ¼ tsp salt
- ½ cup berries, fresh or frozen
- 1 tbsp sugar

Directions: Cook the oatmeal as usual, but 2 minutes before it's ready, add some fresh or frozen berries, and the sugar, then stir to combine.

Smoked Turkey, Kale, and Bean Soup

- 2 cups water
- ¾ cup chopped onion
- ¾ cup chopped carrot
- ¼ cup chopped celery
- 3 cups frozen chopped kale
- 2 tsp white wine vinegar
- ¼ tsp pepper
- 3 (15.8-ounce) cans Great Northern beans, rinsed and drained
- 1 (14 ½-ounce) can fat-free, reduced sodium chicken broth
- 1 (10-ounce) whole smoked turkey leg
- 1 bay leaf

Directions: Combine all ingredients except vinegar in a Dutch oven. Bring to a boil; reduce heat, and simmer, uncovered, 1 hour and 15 minutes. Stir in vinegar; discard bay leaf. Remove turkey leg from soup; discard skin. Remove meat from bone; discard bone. Shred meat into bite-size pieces. Add turkey to soup.



Tuna Ragout (Tuna Cook-Up) over Whole Wheat Pasta

- 1 12-ounce pkg dry pasta
- 1 tbsp olive oil
- 1 chopped onion
- 2 cloves crushed garlic
- 1 tbsp dried parsley
- ¼ tsp red pepper flakes
- 2 6-ounce cans tuna, drained
- 1 14-ounce can crushed tomatoes
- 1 10 ounce frozen corn, carrot & green beans mix
- 1 tbsp lemon juice
- 1 4-ounce can pimiento

Directions: In a large sauté pan, heat oil over low heat. Add onion and garlic, cook until onion is tender. Stir in pimiento, tomatoes, lemon juice, and parsley. Add drained mixed vegetables. Season with red pepper flakes to taste. Simmer gently for 5 mins. Fold in tuna and heat through. While sauce is cooking, add pasta to large pot of boiling water, cook till tender. Drain pasta, toss with sauce, and serve.



Cold (and Spicy) Asian Noodles

(Adapted from "Eat Well on \$4/Day" by Leanne Brown)

- 12 oz dried spaghetti, soba, or any Asian noodles
- 2 tbsp soy sauce
- 1 cucumber, finely chopped
- 1 bunch scallions, chopped

Additions: spice oil, peanut sauce, grated carrot, shredded cabbage, bean sprouts, hard-boiled egg, chopped tomato

Directions: Prepare the noodles according to the package instructions. Rinse them under cold water and put them in a colander to drain. Put the noodles in a bowl and add the soy sauce, spice oil (if you have it), scallions, and cucumber (and any other additions). Mix it all together. Add salt and pepper as needed. Let the noodles sit in the fridge for an hour.



Spicy Roasted Chickpeas

- 1 can (15.5 ounces) chickpeas, rinsed and drained
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp cayenne pepper

Directions: Heat oven to 450 degrees and line a rimmed baking sheet with aluminum foil. Place chickpeas, oil, salt, and pepper in a bowl and mix well. Spread on baking sheet in one layer. Place in the oven and bake for about 15 minutes. Remove pan, shake around to ensure chickpeas brown evenly, and return to oven for another 15 minutes until brown and crunchy. Serve warm or at room temperature. Leave off the spice if you don't like spicy food. Got a sweet tooth? Make a sweet version with a sprinkle of sugar and cinnamon instead of cayenne and salt.



Celebrity Chef Gail Simmons (middle, blue and white shirt), Executive Chef Garrison Price (far left), and volunteers from the Mandarin Oriental Hotel Group helped distribute fresh fruit and vegetables at the Mobile Market.

Roasted Summer Squash with Corn and Onions

Ingredients

- 2 summer squash, washed, cut into 1-inch pieces
- ¼ cup plus 1 tablespoon vegetable oil or olive oil
- 2 ears of corn, peeled, washed, then cut off the cob
- ½ onion, peeled and thinly sliced
- 1 tablespoon honey (optional)
- 1 tablespoon lemon juice or vinegar (optional)
- 1 tablespoon sunflower seeds, no shell (optional)
- salt and pepper

Directions

1. Preheat the oven to 375 degrees.
2. In a bowl, toss the squash pieces, corn, kernels, and onion with 1 tablespoon of oil and season with salt and pepper.
3. Place the seasoned vegetables on a baking sheet and roast in the oven at 375 degrees for about 10 minutes until the squash, corn, and onions are tender and have a light-brown color. Allow the vegetables to cool to room temperature.
4. Next, in a bowl, add the 1 tablespoon of honey, lemon juice, or vinegar and sunflower seeds to the corn and onions. Mix together until the honey and lemon juice or vinegar have coated the vegetables evenly. Enjoy!



COURTESY OF CHEF GARRISON PRICE OF ASIATE AT THE MANDARIN ORIENTAL HOTEL NEW YORK

(see recipe) for market-goers to sample.

City Harvest's Mobile Markets are open-air, bimonthly distributions of fresh fruits and vegetables located at

NYCHA sites in Brooklyn, the Bronx, Manhattan, and Staten Island. They are free of charge to residents who qualify and live in the area.

Top Chefs Team with City Harvest for Five-Star Surprise

ON AUGUST 24, Bronx residents visiting City Harvest's Mobile Market at Melrose Classic Center were in for a surprise: a visit from celebrity Chef Gail Simmons, who joined employees from the Mandarin Oriental Hotel Group to volunteer at the market. You may have seen Chef Simmons on Bravo's *Top Chef*, where

she has served as a judge since the show began in 2006. Also volunteering at the Mobile Market was Executive Chef Garrison Price of Asiate, a five-star New York City restaurant located in the Mandarin Oriental Hotel. Chef Price hosted a cooking demonstration where he prepared a light and healthy recipe of Roasted Summer Squash with Corn and Onions

FREE GROCERIES FOR SENIORS

NYC HEALTH AND HOSPITALS is now offering free groceries to any low-income New Yorker over the age of 60, through its Commodity Supplemental Food Program. Customers need only **bring photo ID, proof of age, proof of address, and proof of income** for access to an array of foods: canned fruits and vegetables, packaged cereals, juice, cheese, milk, and other starches and proteins. This service is offered monthly from **7 or 8 a.m. to 3 p.m.** at the Brooklyn and Queens sites.

BROOKLYN
Kings County
Hospital Center
 840 Alabama Ave.
 Brooklyn, NY 11207
 Bet. Stanley Ave.
 and Wortman Ave.
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Kings County
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 91-29 143rd St.
 Jamaica, NY 11435
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Serving Sweet Success



NEW YORK CITY DEPARTMENT OF SMALL BUSINESS SERVICES

NIANI TAYLOR (center), a Food Business Pathways program grad and Van Dyke Houses resident, discussed her thriving business, Munch Hours, with News 12 Brooklyn Reporter Emily Lorsch (left) and Gregg Bishop, Commissioner of the New York City Department of Small Business Services. This summer, Ms. Taylor and a handful of other graduates from the groundbreaking business development program, which helps residents achieve their entrepreneurial dreams, showcased their delicious creations at Vendy Plaza, an outdoor market in East Harlem.