



Newsletter

Circulation 1; Vol 8

October/November 2019

CHAIR'S MESSAGE, MR. BARRY WEINBERG

Welcome Back All! My name is Barry Weinberg, newly appointed Chair of Manhattan Community Board No. 9 [MCB9] located in West Harlem. I have lived in West Harlem and served on the board as a member for several years now. I am excited to embark on this journey and continue to serve this beautiful, diverse and vibrant community. I want to applaud the Health and Environment Committee and the grassroots efforts given by Sirenica to fight unnecessary noise pollution from Mt. Sinai ambulances. Through their diligent work the ambulance sound was modified!!!

As you are aware the 2020 Census is underway, every count is crucial for funding. It is very important that we spread the word so that all of our neighbors know that it is safe and important to be counted.

The New York City Fiscal Year 2021 City Budget Cycle has started and as mandated by the City Charter we are holding a Public Hearing on our FY2021 District Needs Statement and Prioritization of our Capital and Expense Budget Request(s). In September the Mayor released the Capital Commitment Plan. In response to the process MCB9 committees will compile budget priorities for their corresponding City agencies, based on our district needs. As our Committees undertake the task in preparation for our budget hearing, I strongly encourage all members to reach out to the broader public to hear their concerns and input on perceived priorities for the District. To learn more about the budget cycle visit <https://www1.nyc.gov/site/omb/about/new-york-city-budget-cycle.page>.

MCB9's Budget Hearing will be held on Monday, October 28th, 2019 at Broadway Housing Communities (BHC), located at 583 Riverside Drive, 7th Floor – Art Gallery [corner of West 135th Street & Riverside Drive] at 6:30 p.m. For more information you can call the District Office at (212) 864-6200 or email us at info@cb9m.org. Your participation and input is vital. Come out and let your voice be heard!

The Steel Pan Music Program

The steel pans (steel drums) were formed on the Caribbean Island of Trinidad in the 1930s, but they can be traced back to the enslaved Africans who were brought to the island the 1700s. The enslaved Africans carried with them the elements of their African culture including the playing of the hand drums. Drums played a vital role in every aspect of African life, including physical, emotional and spiritual. The African hand drums are played to communicate, celebrate, mourn, and inspire.

When the steel pans first emerged in the 1930s in Trinidad, they were not taken seriously. They were looked down because the instruments were created and played by people from the ghettos. As time went by and exposure, the steel pans became the national instrument of the Republic of Trinidad and Tobago, and became the source of great pride for its citizens.

Now, the Dreamers Academy started a free Steel Pan Music Program to teach children from the ages of 10 years old and up. The program will be held every Saturday at the Grant Houses Community Center located at 1301 Amsterdam Avenue in Manhattan. For more info. call (646) 944-8411

***"Give Every Human
Being Every Right That
You Claim " -***

Robert Ingersoll

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Cancer Awareness, Prevention and Treatment

Cancer is the uncontrolled growth of abnormal cells in the body. It develops when the body's normal control mechanism stops working. As cells become more and more abnormal, old or damaged cells survive when they should die, and new cells form when they are not needed. These extra cells can divide without stopping and may form growths called tumors. There various types of cancer diseases

According to the Centers for Disease Control and Prevention, cancer has become the second leading cause of death in the United States and globally. CDC's Division of Cancer Prevention and Control (DCPC) conducts and supports studies, often in collaboration with partners, to develop and apply sound science to reduce the burden of cancer and eliminate health disparities. This research uses many different areas of expertise (behavioral science, economics, epidemiology, health services, medicine, and statistics) to address the public health research needs of DCPC programs, health care providers, people affected by cancer, and the larger comprehensive cancer control community.

The research shows that lifestyle changes can decrease the risk of cancer even in high risk. It is recommended that prevention and early detection are more crucial than ever and proven. The following steps are key in preventing cancer and reducing the risk: don't use tobacco, eat healthy diet, maintain a healthy weight and exercise, practice safer sex and avoid risky behaviors, get immunized (Human Papilloma Virus (HPV), hepatitis vaccines, and know your family medical history, and get regular cancer screening.

The following private and local government institutions provides various free cancer screenings to uninsured persons and public. (i) New York City Department of Health (www1.nyc.gov/sites/doh/providers/resources/colon-cancer), (ii) the New York State Department of Health (www.health.ny.gov/diseases/cancer/treatment/mctp), (iii) New York University (www.nyulangone.org/locations/perlmutter-cancer-center/cancer), and (iv) the American-Italian Cancer Foundation's Mobile Care, call 877-628-9090 to make an appointment or for more information

According to the New York State Cancer Registry data of November 2018 shows that breast cancer is high amongst women in CB9. For more information on cancer incidences in MCB9, please visit <https://www.health.ny.gov/statistics/cancer/registry/vol1/vln402.htm>

Update on NYCDOT Safety Improvements

The New York City Department of Transportation (NYCDOT) traffic calming and safety improvements

on Amsterdam Avenue in Manhattan between 110th and 155th Streets is underway. NYCDOT will convert the roadway from four travel lanes to three lanes, install bike lanes in both directions, install painted curb extensions at 133rd and 135th Streets to shorten pedestrian crossings and improve visibility. DOT will also add loading zones and metered parking to reduce double parking and increase turnover.

Currently, NYCDOT has installed 10 parking meters along Amsterdam on the west side at the following locations:

- Amsterdam Ave W/S from W 151st to W 150th
- Amsterdam Ave W/S from W 145th to W 144th
- Amsterdam Ave W/S from W 140th to W 139th
- Amsterdam Ave W/S from W 139th to W 138th
- Amsterdam Ave W/S from W 136th to W 135th
- Amsterdam Ave E/S from W 125th to W 126th
- Amsterdam Ave E/S from W 131st to W 133rd
- Amsterdam Ave E/S from W 140th to W 141st
- Amsterdam Ave E/S from W 143rd to W 144th
- Amsterdam Ave E/S from W 144th to W 145th

For additional information about this project visit www.nyc.gov/dot and to sign up for DOT updates, visit nyc.gov/dotnews



L. ANN ROCKER

Health and Environment

The Manhattan Community Board 9 (MCB9) Health and environment committee would like to welcome our new committee members Narda Carrion, Adam Powers and Heather Jason we look forward to working together to ensure we keep our community healthy. We also invite all local grassroots organizations and our residents to our monthly meetings held at 18 Old Broadway every 1st Monday of the Month (unless it is a holiday). Our role is to ensure City government and local institutions are responsive to the needs of their neighbors.

Last year we had a great success with the SIRENITY committee, a group of concerns citizens from the Morningside Heights area of MCB9, came to us with an environmental pollution concern related to sound: Mt Sinai ambulances. After a few meetings and data to back the effects of noise pollution, the ambulance sound was modified. Working together with our community, helps us to understand the issues and allows us to then strengthen these partnerships, making the community a healthier place for all.

“You are not in the business to get recognition, but in the business to move the community forward” said L. Ann Rocker. Ann Rocker is an environmentalist, and the founder and president of the North River Community Environmental Review Board (NRCERB). A social worker and a resident of Harlem for over 50 years, she worked in an East Harlem parents program, and served as Director of the Morrisania Community Cooperation in the Bronx. Her interest in the environment started when the City of New York began to build the Water Pollution Control Plant in West Harlem. For 34 years she has led the NRCERB to focus on the abatement of noxious odors and monitoring of air and water pollutants from the plant. Ann Rocker works on the basics, understanding how much the design and maintenance of public infrastructure affects both the local environment and the lives of residents.

Ann Rocker’s commitment to this effort includes monthly board meetings bringing City (DEP), State (DEC), Federal (US-EPA), State Parks and elected legislators together with community residents to advocate for cleaner air, water, better parks, recreation, expanded opportunities for the youth at the park built atop the facility, and improvement to public health. She also worked to get the Riverbank State Park (RBSP) built, and holds a monthly forum there for “Friends of RBSP.” She has been deeply involved with expanding recycling borough-wide, and the five borough recycling proposal for NYCDEP, and worked with legislators to get it through the NYC Council and now on its implementation. She has worked tirelessly to contain hydraulic fracturing (fracking) In New York State and beyond.

Ann Rocker still continuously advocates for cleaner buses to combat pollution and decreasing asthma and respiratory diseases in the community. She has utilized most of her personal money to do some of the projects. With assistance from funding, she will be able to fulfill the mission and do much more.

ANNOUNCEMENTS:

- The Manhattan Community Board 9 will hold a Public Hearing on FY2021 Statement of Community District Needs and Prioritization of Capital & Expense Budget Request (s) on Monday, October 28th, 2019 at Broadway Housing located at 583 Riverside Drive (corner of West 135th & Riverside Drive), 7th Floor at 6:30 p.m. for more information contact the District Office at (212) 864-6200 or email info@cb9m.org
- The New York City Department For The Aging will hold a Public Hearing on Annual Plan Summary on Friday, October 25th, 2019 at VISIONS at Selis Manor located 135 West 23rd Street from 10:00 a.m. to 12:00 p.m.
- The New York City Department of Transportation, CitiBike and Community Board 9 will hold a Community Planning Workshop on Citi Bike expansion on Monday, October 21st, 2019 at The City College of New York, North Academic Center (faculty dining room) located at 160 Convent Avenue, 3rd Floor. Sessions begin at 6:00 p.m. and 7:00 p.m. For more information call (212) 839-6210, email Lblackwood@dot.nyc.gov
- United Federation of Teachers (UFT) will hold a Manhattan Parent Conference on Passport to Success: Empowerment Through Education on Saturday, October 26th, 2019 at UFT Manhattan Borough Office located at 52 Broadway, Shanker Hall, 2nd Floor. Register online at uft.org/manhattan-parent-conference or contact Robert Robison at (212) 701-9464 or email to robinson@uft.org
- Teachers College Columbia University presents Advocacy Academy on Saturday, November 9th, 2019 at Teachers College located at 525 West 120th Street from 11:00 a.m. to 3:00 p.m. RSVP is required: www.tc.edu/advocacy

DID YOU KNOW?

Street Storage: When parking is not otherwise restricted, no person shall park any vehicle in any area, including a residential area, in excess of seven (7) consecutive days.

Call 811 before you dig: Ever wonder what the different color markings on the ground mean? Wonder no more and keep information below for easy reference

White - Proposed Excavation

Pink - Temporary Survey Markings

Red - Electric Power Lines, Cables, Conduit & Lighting Cables

Yellow - Gas, Oil, Steam, Petroleum & Gaseous Material

Orange - Communications, Alarm, Signal Lines, Cables or Conduit

Blue - Potable Water

Purple - Reclaimed Water, Mitigation & Slurry Lines, Radioactive Material

Green - Sewers & Drain Lines

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NOTE:

Our General Board meetings occur on the third Thursday of every month at Castle Gardens located at 625 West 140th Street (**unless otherwise noted**) [between Broadway and Riverside Drive] For the full monthly calendar of our scheduled meetings, please visit our website at: www.cb9m.org

TO JOIN OUR MAILING LIST

Please send an email of your contact information to: info@cb9m.org or hzita@cb9m.org

