West 104th Street

1

BLOCK ASSOCIATION NEWSLETTER

DECEMBER 10, 2012

Editor: Nancy Lian



Jappy Holidays



Letter from the President for 2012

Greetings from the W. 104th Street Block Assoc. Board

It has been a good year on West 104th Street and your Block Association has been busy doing the following:

Attending monthly Police Precinct Community Relations meetings to keep you informed on issues affecting neighborhood safety. According to statistics, we still live on one of the safest blocks in one of the most crime free areas of the city. Maintaining contact with neighborhood organizations to notify residents about local events including electronic recycling, free flu shots, concerts, re-zoning and landmark efforts.

Organizing the 23rd Annual Yard Sale. In spite of 'iffy' weather, we produced this much-anticipated Westside event. Without the intense efforts of Block Association members over many months and the hard work and good cheer of more than 100 volunteers we could never have a Yard Sale. The vendors, book sale, silent auction, barbecue (thanks to 309 W 104th St for lending their high tech grill, the cooks loved it), homemade baked goods and bargain donations made for a wonderful day. Live music brought crowds to the block and made spirits soar. Our closing act, the Shaylettes, a terrific Motown band, inspired 'dancing in the streets' and hula frenzy. Our 50/50 raffle paid \$872 for a \$1 ticket making one young block resident and her family very happy. This year's yard sale raised \$7,210.28, which, along with dues from residents, will go to pay for our patrol guard and to plant and maintain trees and flowers.

Continuing the Parking Garage Discounts. We have negotiated a one-year extension of the discounted rate with only a \$5 per month increase for all currently in the parking discount program. The extension runs from February 2013 until February 2014. Members in good standing will pay only \$305 per month for a regular size car. The standard rate for non-members is now \$475. (Remember, to be considered a 'Member in good standing' and to continue to receive your parking discount, you must pay your Block Association dues for 2013 (\$140) in full by January.

Welcoming New Residents. We contact new block residents to welcome them to the neighborhood, offer them 'welcome' kits and encourage them to participate in block activities. If you are a new resident or know someone that is and we have not yet contacted you, please drop us an email or call to allow us to properly welcome you. (Contact details at end of letter). Publishing the 104 St Block Association Newsletter: Thanks to the yeoman efforts of Nancy Lian, editor, our informative

newsletter is published and distributed regularly. Block resident Jon Smith will join Nancy in this effort.

Meeting with Boards of the co-op buildings on the block for feedback on how the Block Association can serve them and their residents better. We have a suggestion to hold a block resident only 'pot luck' meal. The Block Association would sponsor it and provide decorations, tables and drinks while residents would contribute dishes. All that is lacking is a location. If you have an idea about a space on the block we could use for this gathering please contact us.

Planning for the Citywide Energy Mandates. The city has mandated sweeping changes in both fuel use and compliance with energy efficiency standards. Buildings must phase in the changes over the next several years. We plan to sponsor a meeting with experts in together field, property owners and co-op boards on the block to help owners/managers plan for the changes and acquaint them with sources of funds available from government and private agencies.

Communicating with block residents. We send notifications of local events and discounts via 'email blasts'. If you wish to be included, send an email to the address at end of this letter with subject 'add to email list'.

Replacing the rusted Tree Guards. Thanks to the generous contributions of residents and many of the Coop Boards and owners on the block we have raised over \$26,000 to fund the installation of new, larger, rustproof tree guards.



Craftsmen at Northeast Welding assembling a guard

Sandy caused some delays for the manufacturer but we should see new guards start to appear on our block by the 1st of the Year. As a reminder, your individual contributions for the tree guards are fully **tax deductible** for 2012, so hang on to your $(con'td\ on\ p\ 2)$



Storm Sandy damaged the 105 Tot Lot tree

Block Bulletin Board

Bodega Bay, by playwright Elisabeth Karlin, 320 Riverside and associate of Wilma, the white bulldog, premieres Jan. 25, and plays until Feb. 17, 2013 at the Abingdon Theatre, 312 W 36 St. You can get more info and tickets at www.abingdontheatre.org.

Jon Smith has documented the arrival and departure of Storm Sandy in a time lapse movie you can see on Youtube at http://youtu.be/C2KijHfRIFQ

Dom Minasi's new article Goodbye Borah has been published on the All About Jazz Website http://www.allaboutjazz.com/php/article.php?id=4327 5#.UKTOIYVRky5>

Letter from the President for 2012

(cont'd from p1)

cancelled checks. We are still lacking the funds for one tree guard. If you have not yet made a contribution, (recommended amount \$150), please send your check now. You still have time to secure a tax deduction for this year. (You can make your check payable to either: West 104 Block Association or to receive a tax deduction, to NY Parks Foundation).

All of these efforts are in addition to the Block Association's main focus: the safety and beautification of our home on W 104th St.

For 5 years, security guard John Doralis has been a welcome presence patrolling our block, watching out each night for our residents. Knowing that John is on duty has been a great comfort to many who walk their dogs late at night and for those returning in the evening. Thank you, John!

Thanks to volunteers, the tree beds are planted and maintained and a magnificent garden has been created next to the M5 bus stop.

You can contact us via phone 212.932.9082 or email: west104blockassociation@gmail.com Gary Waskow, 320 RSD, 8G Wishing everyone a happy and healthy year to come.

Gary Waskow President, West 104 Block Association

W 104 ST BLOCK ASSN FINANCIAL REPORT November 2012

Opening Balance (11/01/12) \$41,939.12

Income

Dues, individual	\$375.00	
Co-op contributions	7,274.72	
Newsletter ads	135.00	
Interest	6.80	
Total	+7.791.52	+7.791.52

Disbursements

Total	-3,303.29	-3,303.29
Misc.	40.00	
Guard service	3,263.29	

Other

Delayed deposit -275.00

Closing Balance (11/30/12) \$46,152.35

Special thanks to Teresa Elwert for tidying our winter tree well beds.

Contributors to the December 2012 issue:

Barbara Boynton, Trudie Grace, Kathryn Hahner, Caitlin Hawke, Mary Koval, Nancy Lian, Joyce Mann, Jon Smith, Phyllis Sperling, Gary Waskow, Steve Zirinsky

IN THIS ISSUE

- p 2 Block Bulletin Board
- p 3 Police Precinct News
- p 4 Is This Thing On?
- p 5 In the Spotlight: John Rheinstein
- p 6 BAiP Book Club
- p 7 Calendar of Events
- p 8 Neighborhood Services

West 104th Street Block Association Board

President VP Secretary	Gary Waskow 320 RSD 212.932.9082 Alex Grannis 895 WEA 212.316.1644 Joyce Mann 309 W 104 212.721.6341
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	Jeff Howitt 315 RSD 212.866.5569
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	Phyllis Sperling 315 RSD 212.595.8981
	Steven Zirinsky 315 RSD 212.866.6732



Precinct Community Council Meetings

The 24th Precinct Community Council meetings, the third Wednesday of each month at 7 pm in the precinct house, resumed on Sept. 19 after a summer break. All are welcome. The theft of unattended personal property, especially iPhones and other Apple products, continues to be significant, and owners are advised to keep a record of serial numbers. Car break-ins likewise continue, especially on Riverside Drive and when personal property, including coins, is visible. In Manhattan North precincts, more officers are patrolling the streets on Tuesdays and Thursdays during the daytime and also from 10 pm to 6 am. A survey was handed out to assess the quality of service from 9-1-1 operators and emergency personnel. Trudie Grace, from notes by Kathryn Hahner

At the Nov. 21 meeting it was reported that crime statistics were not significant in the precinct. The crime prevention officer suggests that people carry fewer valuables and leave at home Social Security cards and most credit cards. Operation ID at the precinct is available for registering phones, laptops, etc., to facilitate their recovery. Four new police officers have been assigned to the precinct, making the total number still below times past. They will be in place in time for the coming holidays and will remain with the precinct. On December 15, the council is hosting a party for underprivileged children. By Trudie Grace

West Side Federation of Neighborhood and Block Associations.

Panhandling, especially by homeless and the very young, is on the increase, especially in the West 80's and Broadway. Council Member Gail Brewer, works with the NYPD to address the situation. Urge panhandlers to visit any city shelter and use their services. NYC has converted an apartment building at W. 94th & WEA into a shelter for homeless. Since the city deemed this an emergency, the usual process of engaging the local residents was bypassed. A lawsuit regarding the conversion is in progress. The Federation is concerned that such conversions will decrease the availability of affordable housing for seniors and middle class city residents. Affordable housing will be the Federation's focus in the upcoming months.

A growing rat problem on the UWS is due to either missing corner trash cans and/or overflowing trash cans. Scott Stringer, Manhattan Borough President, has organized a "Rat Academy", available to building superintendents to learn more about the management and prevention of rats. The seminar is free but registration is required,. Please contact Scott Stringer's office for available dates at http://www.mbpo.org/

Veronica White, Commissioner of the NYC Dept. of Parks and Recreation, awarded \$50,000 in the capital budget to purchase solar compactors for Verdi Square Park at Bway and 72nd St. These trash compactors should help to control the rat population in the park. If successful, more solar compactors may be earmarked for UWS parks.

Anne Cunningham, Housing Specialist and Liaison to Senior Citizens, representing Gail Brewer's office is available for consultation on housing issues every Wednesday from 1-5PM at the Hamilton Center at 141 W. 73rd St. 212-580-1794.





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"Is this Thing On?"

and other computer questions you are too embarrassed to ask your grandchildren

At its first general meeting of the season, **BAiP** (Bloomingdale Aging in Place) presented Abby Stokes, author of *Is This Thing On? A Computer Handbook for Late Bloomers, Technophobes, and the Kicking and Screaming.*

Ms. Stokes asked were how many had a computer, access to the internet, and familiarity with e-mail. Having discovered that we are somewhat technologically savvy, she tilted her talk to issues that we "digital immigrants" (not having been born with a mouse in our tiny hands) might want to learn about. Abbey defined a number of terms kicked about by the cyber-astute but science fiction to some of us, such as "hot spot", "tweet", "hash tag", and "blog".

Perhaps she was most helpful in providing a plan for organizing our 40 or so internet passwords. She suggests having one password for all your email accounts (containing at least 8 characters, one number and one capital letter) and provided an example: Gr8shoes, easy to remember by remembering "great shoes". You can build on that password when you register for access to a new

website by just adding the first two letters of that website to the beginning of your generic password, i.e. ebGr8shoes for your e-bay access. Ms. Stokes cautioned us to have a completely different password for our on-line banking. With this, you have to remember only two passwords. Great system! I am a convert.

More tips followed in Ms. Stokes hour-long talk: how to connect to SKYPE and why you should, (particularly if you have grandchildren) why you might consider getting onto Facebook and Twitter, how to follow a Blog and how to write one yourself.

Abbey's handout, the <u>Grandparent's Cheat Sheet for Staying in the Game</u>, is replete with great suggestions on ways to connect with your children and grandchildren through sharing photos and family history, playing online games and even baking 'together' on SKYPE.

Her book is published by Workman Publishing and Abbey's website is www.abbyandme.com

If you are interested in our BAiP activities, our website is bloominplace.org, or you can call us at 212 842 8831. We promise a whole range of activities that have nothing to do with computers.

By Phyllis Sperling

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In the Spotlight

John Rheinstein, CP

For those of you who watched the summer Olympics, you probably remember the controversy surrounding the sprinter who became known as "blade runner" because of the large, curved, metal prosthetic legs he ran on. John Rheinstein, a 24-year resident of 905 WEA, is a certified prosthetist who cares for individuals like Oscar Pistorius, who need replacement external body parts due to amputation or congenital deformity.



Trained at the Feinberg School of Medicine at Northwestern University, John is not a medical doctor, but works closely with physicians, surgeons, physiatrists (doctors. who rehabilitate those with muscular, skeletal or

nervous system disorders) as well as physical and occupational therapists. Prosthetists work together with orthotists who create braces for people with conditions such as stroke, spina bifida, scoliosis, polio, or cerebral palsy. The procedures, techniques and materials used to make prosthetic limbs are similar to braces. To enter the field of orthotics and prosthetics today requires a Master's degree and two years of residency, which takes about 4 years to complete.

The majority of amputations are related to diseases such as diabetes and vascular disease. Other causes are trauma, congenital disorders and cancer. Insurance will cover most people for prosthetics, but require pre authorization. The average prosthetic limb can cost anywhere between \$5,000- \$50,000. Some people have no insurance coverage. Because of that, John personally provides a number of limbs every year at no charge to needy individuals. A few years ago, John saw a man on the subway with no leg. When he asked him, with his rudimentary high school Spanish, why he had no prosthesis, the man replied "No dinero." John made him a prosthetic leg from donated prosthetic components and fitted it to him a few days before Christmas. The man, through his translator friend, called John his Christmas angel.

John said most patients can be up and walking in 6-12 weeks after amputation and can become accomplished walkers in another 6 months to a year. "It's kind of like learning to ride a bike or ski," he said. "The younger and more fit the patient, the easier the learning curve." The most challenging patients are those who suffer from residual surgical pain or post-traumatic stress. If the nerve endings are close to the surface or if there are sharp bones, it is harder to fit a prosthesis comfortably.

John encourages all his patients to attend support groups and many need private counseling as well, since losing a limb can be a life shattering experience.

John and his friend, orthopedic surgeon Lew Schon, are co-inventors of the patented Aircast Air-Limb, which is a prosthetic device used immediately following surgery to alleviate swelling and pain. It is a bridge between amputation and a permanent prosthetic device. This type of device protects amputees if they fall and improves postoperative care. John hopes that post-operative care will soon be given to all amputees. When I asked John about the impact of computers and microchips on the industry he said that many prosthetic knees and recently prosthetic feet are computer controlled. "Because of computers, we have made tremendous advances in both the function and comfort of prostheses."

John works for Hanger Clinic, with 670 locations nationwide (www.hanger.com). He sees patients in Manhattan and in the Bronx. When I asked him about the company, he said their ambition is to empower human potential. As J.E. Hanger, the founder, said 150 years ago, our mission is "to restore what nature and circumstance have taken away." I think John summed it up perfectly when he said, "I get paid twice in my profession - once in my wallet and once in my heart."

John, a life long Manhattanite, and his wife Laura love living on 104th Street and WEA, as do their three children and dog Petey. "I think Petey is better known on the block than I am," he said. A tall, slender, youthful looking man, John attributes it to eating right, yoga, and tai chi, which he does religiously.

His eldest child, a son, attends Emerson College and his 16 and 17-year-old daughters attend Horace Mann School. Although John grew up on the East Side, he says he loves the sense of community here. "Everybody is friendly and there is a diverse mix

of people. I love the fact that so many people have been here a very long time. And it's quiet, too."

By Joyce Mann



Jesse I. Berger, MBA Associate Broker

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Reading In Place: BAiP's Neighborhood Book Groups Thrive

For the past three years, Bloomingdale Aging in Place (BAiP) has been a nexus for a multitude of activities open to neighbors of any age. There is a vibrant photography group, a bridge club, a walking group, a ping-pong

group and a watercolor club. It also boasts not one, but two book groups.

Led by David Greenberg, who is a financial advisor by trade, the first BAiP Book Group devotes itself to reading works of literary fiction. Sharon Waskow, a librarian and educator, leads the second and more recently formed BAiP History Book Group. With members ranging in age from their forties to their eighties, both groups easily serve BAiP's mission of fostering an inter-generational community. Age and the perspective it affords enhance the discussions, but it is the individual readers and their desire to come together to process the readings that provide the key to the groups' success.

David's group has been going strong since the BAiP's inception and will celebrate its third anniversary this month. It has come a long way from its first meeting when just two people – David and Martha Weissberg – attended. Soon thereafter, the group reached its maximum of nine members with little effort. David reported that it is rare for anyone to miss a meeting. He believes the reason for this is the members' broad consensus on the type of books they read. Recent or old, the books are all literary with authors who have ranged from Tolstoy (*The Kreutzer Sonata*) and Hemingway (*Farewell to Arms* and *A Moveable Feast*) to Coetzee (*Disgrace*), Kingsolver (*The Lacuna*) and Franzen (*Freedom*), among many others.

A Bloomingdale resident for 20 years, David moved here with his future wife, Sheryl Reich, during his graduate studies in art history at Rutgers. They had met nearby at the 1991 Paul Simon concert in Central Park. Their now teenage son was born in the neighborhood. Bloomingdale is home. So when BAiP launched, David was instantly attracted to its mission of neighbors helping neighbors. What he, perhaps, did not anticipate was how his involvement would make living in this urban area come to feel like living in a small town, something both he and Sharon Waskow agree is a cherished reward. Sharon said, "Through BAiP and the 104th Street Block Association, I am waving to people on the street whom I now know and whom I could only vaguely recognize before. Being a part of a community is a wonderful thing." She noted that the history group has evolved from a collection of strangers to a group that is growing closer, primarily due to members' willingness to discuss personal experiences and reflections with candor.

A Bloomingdale resident for the past 17 years, Sharon learned of BAiP's work through her husband Gary and was impressed by the early panels she attended. "The Aging in Place mission definitely appealed to me as a person at a beginning phase of the process," Sharon said with a laugh. With the capping of the original book group, BAiP co-founder Hanna Rubin and Board Member Phyllis Sperling encouraged Sharon, a neighbor, to launch a second group to meet demand. Hewing to her own particular interest, Sharon conceived of the theme of "reading history" and signed on last fall to lead her group, which is now poised to mark its first anniversary.

Eleven members strong, the History Book Group, like its fiction counterpart, is an ambulatory group, meeting in a different member's home each session. The rule for selections is that they be histories or historical fiction and written in a literary manner. Non-fiction titles have included Edmund de Waal's The Hare with Amber Eyes, a masterfully-told Jewish family genealogy told alongside the story of the improbable survival through two world wars of a collection of netsuke figurines; The Warmth of Other Suns. a chronicle of the great migration of southern black citizens northward by Isabel Wilkerson; and Nothing to Envy with its riveting accounts of current-day life in North Korea by Barbara Demick. The settings of the historical fiction choices have ranged from the 1660s of New England pioneers in Caleb's Crossing by Geraldine Brooks, to the gritty 1970s of Colum McCann's kaleidoscopic Let the Great World Spin.

With time, the groups have seen motifs emerge in the body of selected books. David observed, "A theme for many of our books is life in the former English colonies....We also have a bit of a World War I theme with Pat Barker's *The Ghost Road*, Hemingway and Erich Maria Remarque's *All Quiet on the Western Front*." Sharon noted dislocation and the brutality of war as themes that have cycled through readings.

Both leaders look forward to the books and discussions to ensue. As Sharon put it, "There's a beautiful evolution that comes from sharing emotions and intellectual perspectives while reading great books." By Caitlin Hawke

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Editor's note: BAiP welcomes new book groups. To start one, contact Phyllis Sperling, Activities Committee chair, at activities@bloominplace.org.

Selected Calendar of Winter Events

12/15 Wycliffe Gordon Quintet Miller favorite Wycliffe Gordon returns with a special concert for the holidays. Coming to jazz from a childhood steeped in gospel music, Gordon has played with the Wynton Marsalis Septet and Lincoln Center Jazz Orchestra. Expect surprises and special guests as Gordon captures the spirit of the season, putting an inventive spin on traditional Christmas favorites. Miller Theater 2960 Broadway (at 116th St) 8:00PM \$25.00 www.millertheater.com

12/20 Senior Concert Orchestra of New York From favorite holiday selections to dazzling concerto soloists to music of Broadway, this is a treat for the family, from age 6 to age 106! The expert musicians gather from this country's leading musical institutions to bring this concert to the city and visitors. .Peter Jay Sharp Theater at Symphony Space. 2:30PM. FREE. www.symphonyspace.org 12/31 New Year's Concert for Peace: Cathedral Choir & Orchestra Founded by Leonard Bernstein in 1984, the annual New Year's Eve Concert for Peace is a signature Cathedral event, gathering old friends and new for over a quarter of a century. The music, the candles, and the spirit of peace send audiences out into the chill January night feeling connected, uplifted, and ready to communicate and uphold that spirit. Cathedral of St. John the Divine, 112th and Amsterdam. 7:00 PM \$25.00. www.stjohndivine.org 12/31 NYGASP's New Year's Eve Gala Join NYGASP's Artistic Director Albert Bergeret and his talented and funloving crew for their annual New Year's Eve champagne gala performance of favorite G&S scenes, songs, parodies, overtures, and the ever-popular tour-de-force challenge audience requests performed impromptu with full orchestra. Toast the new year at intermission and be off to home or another party before midnight. Peter Jay Sharp Theater at Symphony Space. 8:00PM. \$97.00 www.symphonyspace.org

1/4 Impressions III Joelle Cosentino presents Impressions III, An Evening of Dance where a portion of the proceeds benefit the victims of Hurricane Sandy. Performers include Chaz Buzan, Phoenix Project, and studio dancers from across the United States. An event not to be missed! Peter Jay Sharp Theater at Symphony Space. 7:30PM. \$50.00 www.symphonyspace.org 1/16 Kent Tritle Director of Music, Kent Tritle, will perform a recital celebrating the French grandeur of the Great Organ. Cathedral of St. John the Divine, 112th and Amsterdam. 7:30 PM FREE. www.stjohndivine.org 1/21 Artist's Celebrate Martin Luther King, Jr. Each year the JCC presents the powerful work of artists whose vision coincides with King's voice for justice, peace and civil rights. Don't miss this annual event featuring a line-up of visionary performers. Peter Jay Sharp Theater at Symphony Space. 6:30PM. FREE. www.symphonyspace.org

1/23 Selected Shorts: Junot Diaz and Karen Russell
The Pulitzer Prize-winning author of *The Brief Wondrous*

Life of Oscar Wao and the author of Swamplandia present stories from their brand new collections. John Leguizamo

and other perform the stories.Peter Jay Sharp Theater at Symphony Space. 7:30PM. \$28.00.

www.symphonyspace.org

1/26 New York Polyphony: Tallis & Byrd; Masses for Uncertain Times New York Polyphony returns with a performance of Tallis and Byrd's uniquely intimate masses for four voices. Church of St. Mary the Virgin 145 W. 46th St. 8:00PM \$35.00 www.millertheater.com

Ongoing

Dec. Columbus Circle Holiday Market The holiday market at Columbus Circle opened for the season Wednesday, one-third larger and with twice as many food options this year, according to organizers. The Columbus Circle holiday market is open Monday through Saturday from 10 a.m. to 8 p.m. and Sundays from 10 a.m. to 7 p.m. through Dec. 25.

NYC Public Library for the Performing Arts, Dorothy and Lewis B. Cullman Center. This venue offers many classes and programs throughout the months, usually free. 40 Lincoln Center Plaza. Closed Sunday. Check website for programs: www.nypl.org

Bloomingdale Library. Our library offers many classes and activities for children and adults alike. 150 West 100th St. (Betwn Amsterdam & Columbus). Closed Sunday. Check website for classes: www.nypl.org Café Columbia: Monthly Lectures. Columbia University professors discuss topics on the Arts, Science, Social Science, and Humanities. Picnic Market and Café 2665 Broadway (101st and 102nd St) 6:00PM-7:00PM. Consult website for topics: www.picnicmarket.com



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NEIGHBORHOOD SERVICES

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BAiP is an intergenerational volunteer network of neighbors working to enable older residents to continue living at home safely and comfortably. BAiP sponsors social & cultural activities, provides educational tools & a helping hand for those in need. The latter takes the form of help going places, running errands, accompanyment, light shopping and providing information. If you need help, call 212.842.8831 and leave a message. A BAiP member will return your call promptly.

Give yourself a gift of good

health. Tammy Wise offers a class in Body Logos each Sunday at the Youth Hostel, 103rd & Amsterdam. The Sunday class is a \$15 single class rate and \$64 for a series of 5 (\$13 per class). The details at: http://www.bodylogos.com/internationa l-hostelling/

Math and Science Tutoring

Columbia postdoc with over 10 years experience tutoring available to teach math, chemistry, and physics. Standardized tests as well: SAT, AP, ACT, Regents. Call Robert at 646.481.3266 or email at bob314@gmail.com.

Storage Space Available on 104th St.

Two large empty closets on high floor of safe building. Each has full clothing rack, 2 high shelves, 5 side shelves. Store clothes, skis, sports equipment, small furniture. \$65 per closet per month payable on first of the month. Rent one or both. Available by appointment. Call 212.663.2534 and leave message after 7th ring.

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Publicize your neighborhood service (babysitting, dog walking, apartment cleaning, etc.) free in the newsletter and on our web site for one year, renewable. To submit an ad mail/deliver this information to Nancy Lian, 320 RSD or send to River4@rcn.com.

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