# West 104th Street

# BLOCK ASSOCIATION NEWSLETTER

SEPTEMBER 6, 2012

Editor: Nancy Lian

Join the Hunt and Bag your Bargain at the

# 23<sup>rd</sup> Annual West 104<sup>th</sup> Street Yard Sale

September 29, 2012 - 10:00 AM to 5:00 PM



Before opening your front door on Saturday morning, September 29, prepare for the hunt.

At the *Twenty-Third Annual West 104<sup>th</sup> Street Yard Sale*, you and your family can join a pack of more than 1,000 bargain hounds foraging in a wilderness of cutrate merchandise, celebrating our community, and enjoying delicious snacks, live music, and a chance to win a raffle worth hundreds of dollars.

From 10:00 AM to 5:00 PM, you will find both sides of the street lined with more than 60 stalls where neighbors will welcome your bid on second-hand treasures. For more bargains, you can visit the following stands sponsored by our Block Association . . .

- "What-A-Bargain." Dig your way through table after table cluttered with pre-owned bargains including jewelry, knick-knacks, kitchenware, toys, unopened personal care products, embroidery kits, and more priced from \$1 to \$20.
- Book Sale. Browse a large selection of used volumes, including novels, plays, poetry, history, biography, children's books, cookbooks, atlases, and dictionaries, as well as CDs

- Silent Auction. Bid on antiques, vintage collectibles, artwork, theater tickets, household items in their original boxes, services (piano lessons, baking, etc.), and gift certificates from restaurants and stores
- Bake Sale. Select a delicious family dessert

When you need a break from the hunt, you can enjoy hot dogs and hamburgers with all the trimmings and tap your foot to live music performed by seasoned New York musicians. Don't forget to pick up a ticket for our famous 50/50 raffle. For the past three years, the winner has taken home \$700 or more.

You and your neighbors, of course, make possible this annual celebration through your generosity. If you have spare items or time, we welcome your donations . . .

"What-a-Bargain:" Please pack your donations in bags marked, "Yard Sale," and leave them with the doorman at 895 West End Avenue between September 14 and 28 at 3:00 pm. (Please, no exercise or computer equipment.)

**Book Sale:** Please pack your donation in bags marked, "Yard Sale," and leave them with the 320 RSD doorman between September 14 and 27. (Please, no textbooks, journals, magazines, theses, LPs, or books about baby care, computers, or self-help.)

**Silent Auction:** Please contact Jeff Howitt at jeffhowitt@gmail.com or 212-866-5569.

Bake Sale: Please call Alex Grannis at 212-316-1644.

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# **Tree Guard Update**

We are launched! Work to enlarge the tree beds will begin within two weeks and the first new guards should be installed within a month thereafter. We have raised almost all the money needed but we are still lacking funds for the last remaining guard. If you have not yet made a contribution to this project to protect our trees and beautify our block, please help us now. Please make your check (suggested amount \$150) payable to the West 104<sup>th</sup> Street Block Association or for a tax deductible contribution, make your check payable to "City Parks Foundation". We will have an update in the next newsletter.

#### Letter to the Editor:

In your June issue there was an interview of Lilliam Barrios-Paoli, Commissioner of the NYC Department for the Aging by Joyce Mann. The article included these sentences:

I then asked Lilliam if the Bloomingdale Aging in Place program, which our Block Association participates in, is part of the DFTA agency. She said no, they are actually an independent outgrowth of the 27 programs the city does sponsor for NORC's, meaning Naturally Occurring Retirement Communities.

That gives the mistaken impression that BAiP developed from a city-sponsored program. In fact, BAiP grew out of the efforts of Hanna Rubin and myself when we headed the W. 104th Street Block Association and the W. 102nd & 103rd Streets Block Association, respectively, following a presentation to the W. 104th St. board by Phyllis Sperling and Herman Sands more than four years ago. The efforts of a steering committee of neighborhood residents led to the incorporation of BAiP as a not-for-profit organization with 501(c)3 tax-exempt status. In the following years, BAiP received several grants from the Manhattan Borough President's Office in support of its work with seniors. According to New York City procedures, those grants have been administered by DFTA. BAiP continues to be an independent, allvolunteer, inter-generational network helping seniors live comfortably and safely in their neighborhood homes. We greatly appreciate the support of the Borough President and DFTA as well as all the volunteers and participants in BAiP's various programs.

> David L. Reich, president Bloomingdale Aging in Place

# Your Neighbors Recommend

Please tell us about vendors/service people/businesses/restaurants that you use and approve. A window washer? Luggage repairer? Baby sitter? We'll print a Block List in each newsletter. You can remain anonymous. Send to the editor at the Block Assn. website. Thank you!

전 프랑스		
Opening Balance (7/01/12)		\$39,226.92
Income		
Dues, individual	\$165.00	
Tree Guards	9,585.00	
Interest	6.72	
Total	9,756.72	9,756.72
Disbursements		
Guard service	1,989.42	
Guard supplement	10.00	
Plants	100.10	
Printing and mailing	225.00	
Total	-2,324.42	-2,324.42
Closing Balance (7/31/12)		\$46,659.22

#### Contributors to the June 2012 issue:

Barbara Boynton, Barbara Bryan, Jeff Howitt, Mary Koval, Nancy Lian, Joyce Mann, Martin Mann, David Reich, Phyllis Sperling, Gary Waskow

# Kudos to the block residents who watered our tree beds all summer to keep the flowers and trees healthy.

#### West 104th Street Block Association Board President Gary Waskow 320 RSD 212.932.9082 Alex Grannis 895 WEA 212.316.1644 Secretary Joyce Mann 309 W 104 212,721.6341 Treasurer Barbara Boynton 905 WEA 212.864.1011 Members Beverly Block, 320 RSD 440.935.0607 Barbara Bryan 315 RSD 212.864.5663 Bonnie Dry 315 RSD 212.222.2102 Trudie Grace 308 W 104 212.222.2303 Sid Herzfeld, Emeritus 895 WEA 212.749.0085 Jeff Howitt 315 RSD 212.866.5569 Mary Koval 895 WEA 212.866.3556 Nancy Lian 320 RSD 212.316.6112 Martin Mann 309 W 104 212.721.6341 Lvnn Max 315 RSD 212,666,3129 Phyllis Sperling 315 RSD 212.595.8981 Steven Zirinsky 315 RSD 212.866.6732

#### The Pains and Pleasures of Ping Pong (!?!)

I did not expect to sweat. But, here I was bathed in wetness and breathing more rapidly than I wanted my partner to notice. Who needs jogging when you can get a full body workout whilst swatting a tiny ball with a wooden paddle?

As the activity coordinator for BAiP (Bloomingdale Aging in Place) I have encouraged folks to organize and lead on-going weekly or monthly groups that engage neighborhood seniors and others. We have 2 book clubs, walking and photography groups and are about to announce tai chi and yoga. I, having 'parented' each of these (to some extent), feel the need to populate the group, at least until it establishes itself. So, I joined a few of them and after a meeting or two found myself hooked. I did not think that this would happen with Ping Pong.

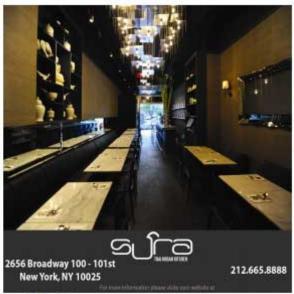
Yesterday's workout with David Reich, BAiP's president, did more than wring me dry. Having eschewed tennis because of bad hips (I was never good at it anyway) and giving up jogging (same reason), could this be a sport that I might learn, enjoy and be good at in my late sixty's and beyond? Yes, maybe. Hopefully, David will continue to coach me, indulgently smiling at my balls, strikes, and fouls. Oh, yeah, that's baseball. Baseball! Anyone want to start a club?

By Phyllis Sperling



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# Selected Calendar of Fall Events

9/1 - 9/23 Exhibition: Edouard Vuillard: A Painter and His Muses, 1890-1940 From the vanguard 1890s to the urbane domesticity of the late portraits. The Jewish Museum 1109 5th Ave at 92<sup>nd</sup> St. \$12.00 www.thejewishmuseum.org

9/9 Delphinium Trio. An eclectic program for violin, horn, and piano. Symphony Space, 94th and Bway. 5:30PM Free. www.symphonyspace.org

9/11 Brahms & Friends. by New York Chamber Music Festival, Symphony Space, 94th and Broadway. 8:00PM Free. www.symphonyspace.org

9/12, 9/19, 9/26,10/3 Mommy and Me Music Class with. Loretta Daley music teacher of young children. Hippo Playground Parkhouse 91st St.. 11:00-11:45AM. \$15.00 per class (Siblings \$25.00). For info www.riversideparkfund.org 9/14 Duo Bellarosa-Vergini (Italy) Saxophone/Piano.

Sonatas by Decruck, Albright, Creston, and Ravel, Symphony Space - 94th/Bway. 5:30PM Free. www.symphonyspace.org 9/14, 9/21, 9/28 Human Chess. Be your favorite game piece as you navigate the chess board from inside - all levels welcome. Soldiers' & Sailors' Monument Plaza at W. 89th St.

9/12, 9/14 Venezia. The early-music group, Le Poeme Harmonique, performs by candlelight, presenting the ensemble's approach to opera, using historical gesture, vocal ornament, and an imaginative sequence of songs to depict life in 17th-century Venice. Miller Theater 116th & Broadway. 8:00PM \$40-45.00. www.millertheater.com

(cont'd on p7)



#### James Perez

3:30-5:30PM. Free. www.riversideparkfund.org

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# Block Bulletin Board

Marsha Dale Abrams's moving autobiographical poetry has been turned into a song cycle called *My Story* by neighborhood composers Peter Homans, Nailah Nombeko, and Ishmael Wallace. It will be premiered on Sunday September 9 at 1:30 pm at St Mary's Episcopal Church, 521 West 126<sup>th</sup> Street. All are warmly welcome to both the concert and the following reception, though a donation of \$10 for adults is suggested. For more information, including directions and handicapped accessibility, please call 212.222.2101.

Soprano Abigail Dyer (of 103<sup>rd</sup> Street) will be joined by pianist Ishmael Wallace and the St Mary's Gospel Choir in the program of music by neighborhood composers called *Rivers of Life*. The concert is presented by *What a Neighborhood!*, founded in 2003 by brother and sister Ishmael and Vita Wallace, of 113<sup>th</sup> Street. It celebrates Morningside Heights, West

Harlem, and the Bloomingdale area primarily through the music of living local composers, developing grassroots support for their work and drawing neighbors together.

The Richard Russo Quartet performs each Friday through October at The Capital Grille, an upscale restaurant in lower Manhattan just a 35-minute subway ride from our block. Ask for a table on the mezzanine, and please be sure to tell the hostess that you came to hear the Richard Russo Quartet. There's no cover, no minimum, no music charge. 3 sets at 6:30, 7:50, 9:10 pm. 120 Broadway (entrance is on the corner of Pine and Nassau) 212.374.1811

Edith Grosssman, translator, and Mario Vargas Llosa, Nobel Laureate and author, participate in a public conversation of the author's latest novel, The *Dream of the Celt*. Americas Society, 680 Park Ave., Nov. 12 at 7 pm. Tickets \$25. Call 212.249.8950 for more information.

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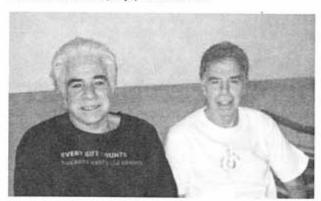
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For the last 40+ years Michael and/or Perry Greenberg have lived on the Upper West Side but they go back to their Brooklyn roots several times a week to play paddleboard.



The "boys" of 309 W. 104 (for 32 of those years) grew up in Coney Island with their parents and two younger brothers. The four siblings, who are very close today, fought all the time as kids. Their parents would leave them early on a Sunday for Manhattan where they could find respite from their sons and go to a museum or a restaurant or a foreign movie. Once they came home to find the boys had created havoc in the entire apartment and left it in a total shambles. Eventually, the boys found an outlet for their energy in the outdoors. Michael and Perry swam, played basketball, and handball. But many Brooklynites started bringing tennis racquets and then paddles to the courts in order to give their hands a rest.

The Greenbergs started playing paddleball when they were 14 years old and have continued with a few minor breaks to today in their 60's. The break for Michael came when he briefly lived in Vermont and Boston where paddleball is not a way of life as it is in Brooklyn. Paddleball is a 15-point game that takes about 20 minutes to play. All you need is a handball court size area with, of course, a wall. Today most games are doubles. Michael knows several men in their 90's who are still playing. Handball has been popular in NYC for over 100 years. Because of the limited amount of space, inner city kids had to play games in small spaces. Basketball is one game that became popular with city kids in the 30's. Over 10,000 handball courts were built as public works in the 5 boroughs. In the early 60's paddleball came along and crude balsa devices looking like overgrown ping pong paddles were introduced. By 1965, Marcraft realized the growing popularity of paddleball and came out with a professional looking and designed paddle. At \$8 in 1965 it was considered a luxury for the average 15-year-old living in the projects. but it soon became an irresistible necessity for any

serious player. In the late 90's a newly engineered paddle could cost \$45. The average graphite paddle is between \$80-100 today and balls cost between \$4 and \$5. Paddleball, according to Perry, has not caught on with the younger generation. One reason is that kids like to play sports at recess and lunch and paddles are expensive and more lethal than hands. It's much easier to crack a skull with a paddle than with an open hand.

Most of the best players are at an age when their athleticism is on a decline. Doubles is the principal form of competition since less ground needs to be covered and it's just more fun as a team sport. Some years ago when Michael and Perry were in their late 50's two youngsters in their 20's challenged them to a match. The brothers suggested they split up with teams consisting of one brother and one of the 20 year olds. The younger men refused saying that they would stay a team since they played squash, tennis, and racquetball. They told the brothers, "Don't worry we'll more than hold our own." The final score after a 15-minute game was 15-0. The Greenbergs were the victors.

Cash tournaments are played today and even though at one time the brothers hadn't lost a game for a year and a half, they say they are now too old for tournament competition and if they tried they would be "killed". There are few indoor courts in the city so paddleball has become a warm weather outdoor sport. A waning interest in the sport is causing its demise but there are still many diehards. According to Perry, the demographics of the game have changed. In the early days it was played mostly by Jews and Italian kids. With new equipment that enhanced speed and power, it began to catch on with Hispanics. Ironically, there are few brothers or father/son teams playing. Perry is close to a cadre of Hispanic players who feted him on his 55th birthday, "one of the best days of my life".

Perry sums it all up when he says, "So even though it might be a dying sport, because few youngsters have taken it up, I know it will outlast me and you couldn't ask for more than that."

By Martin Mann



Rick Wohlfarth rick@wohlfarth.com Office 212.666.1600, x10 Cell 917.882.0815 Maine 207.729.9332 Fax 212.662.5865

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# HEARING LOSS – DO YOU HAVE IT OR KNOW SOMEONE WHO DOES?

#### THEN READ THIS!

Did you know that of all disabilities in the U.S. hearing loss is the most prevalent one? It is estimated that more than 38 million or 17% of the US population have a hearing loss. And the number is growing! One in every 3 people over the age of 65 has a hearing loss and only a very small portion seek help. That means they're not wearing hearing aids and are either ignorant of or don't use the many devices available to help with hearing as well as alerting (e.g. ringing doorbell, vibrating alarm etc). And as for those in the age group of 45-64, 14% have some type of hearing loss - especially those who have been exposed to loud music and noise.

On May 23, in honor of Better Hearing Month, "The Better Hearing Forum: Technology When Hearing Aids Aren't Enough" took place at the Mid Manhattan Library (40th and Fifth Ave.). The Forum was co-sponsored by the Mid Manhattan Branch of the New York Public Library, the Center for Hearing and Communication



(CHC), and the Hearing Loss Association of America (HLAA) - Manhattan Chapter. HLAA is the largest organization in the country serving and advocating for those with hearing loss.

Richard Einhorn, block resident, was joined by Ruth Bernstein, M.A. of HLAA - Manhattan Chapter and Jane Auriemmo, Au.D., CCC-A, audiologist of CHC, in a most stimulating and informative presentation.

If you have been reading our newsletter you know that Richard Einhorn is an internationally recognized composer who was recently featured in New York Times articles about hearing loss and audio looping. He spoke of his traumatic experience of sudden hearing loss about 2 years ago. His extensive experience with music and producing records and his "obsession with sound all my life" contributed to his expertise and interest in the many devices available to assist those with hearing loss. So he has become a significant spokesperson for HLAA, and impassioned advocate for the importance of installing hearing loops, (hearing loop logo pictured at the beginning of this article) in many mostly public settings (theater, senior centers, houses of worship - to name a few). These can make a highly dramatic difference in the ability to hear for so many who have hearing loss. The closest example of looping is our local subway station agent's booth where you can find on the window the little blue symbol of an ear with a slash through it, , indicating the booth is looped. With that, the agent can now be understood by many people with hearing loss. Richard commented on recent research by Johns Hopkins staff showing that hearing loss decreases brain stimulation since sound goes from the ear to the brain. This appears to result in (not cause) depression and dementia. "Hiding your hearing loss is so 20th century" said Richard and pleaded that people take their hearing loss seriously.

Dr. Auriemmo explained the medical basis of hearing loss, and that these days there are many choices in hearing aids and that the individual's needs, e.g. lifestyle, activities, must be taken into account. Questions to ask the audiologist if you're thinking about purchasing hearing aids were suggested. She also spoke of assistive listening and alerting devices as necessary supplements to the hearing aids.

Ruth Bernstein, who has been dealing with a progressive hearing loss for much of her adult life, walked us through a typical day in her life while demonstrating a variety of devices that assist her in her daily activities, including a vibrating alarm clock, flasher alerting system for the phone, door bell and fire alarm. For noisy restaurants, lectures, and guided tours she demonstrated a very effective device known as a personal FM transmitter and receiver. She also gave tips on how to deal with hearing loss: encourage people to look directly at you, find quiet places to talk at parties and carry a small note book and pencil to use when it is vital to understand information such as transportation schedules. For better acoustics when dining out sit, if possible, with your back to a wall.

Plenty of opportunity was given for audience questions and each speaker was available to answer personal questions. The consensus of the audience of about 80 people was that this was a very informative and worthwhile evening. More information can be found at:

Hearing Loss Association of America/ National Office http://www.hearingloss.org/ 7910 Woodmont Ave., #1200 Bethesda, MD 20814 phone: 301.657.2248

HLAA Manhattan – Email: hlaanyc@aol.com Phone: 212-769-HEAR (4327)

Center for Hearing and Communication (CHC) http://.chchearing.org/ 50 Broadway, New York, NY 10004, Phone (917) 305-7766 by Barbara Bryan

# Selected Calendar of Fall Events (cont'd from p3)

9/15 Very Young Composers' works performed by musicians from the NY Philharmonic and the Metropolitan Opera. Symphony Space, 94<sup>th</sup> & Bway. 2 PM Free. www.symphonyspace.org

9/15 Elimara Darvarova (Violin) & Shoko Inoue (Piano) play works by Beethoven, Brahms, Schumann, and Franck. Symphony Space, 94<sup>th</sup> & Bway. 5:00PM Free. www.symphonyspace.org

9/19 Book Talk with Local Author Cy Adler. A discussion of the second edition of his book, Walking the Hudson: From Battery to Bear Mountain. Bloomingdale Library – 150 W100<sup>th</sup> St. 5:45-6:45PM. Free. www.nypl.org

9/22, 9/29, 10/6 Kayaking on the Hudson. Join the Downtown Boathouse for 20 min. instructional paddles and explore the Hudson River. Wear bathing suit or shorts and a t-shirt and know how to swim. 72<sup>nd</sup> St and Hudson River 10:00AM – 5:00PM. Free. www.reviersideparkfund.org

9/9,9/16,9/23,9/30 The Great Organ: It's Sunday. Organ concert. St. John the Divine, 1407 Amsterdam Ave. 5:00PM. Free. www.stiohndivine.org

10/1 "Patricia Neal: An Unquiet Life" by Stephen Michael Shearer. The author shares his comprehensive biographical portrait of the Oscar winning actress who lived her life with determination and bravado. NY Public Library for the Performing Arts, 40 Lincoln Center Plaza 6:00PM Free.

10/6 Christian McBride and Inside Straight (Jazz). Christian McBride is one of the most recorded musicians of his generation. His quintet, Inside Straight, brings what NPR calls "straight-ahead, hard-swinging jazz." Miller Theater – 116<sup>th</sup> & Broadway. 8:00PM \$25-\$30.00. www.millertheater.com

10/6 Pre-College Faculty Recital by Pianists Ernest Barretta & Yoheved Kaplinsky. Julliard School of Music – Paul Hall 165 W. 65<sup>th</sup> St. 6:00PM Free.www.julliard.edu

10/7 St. Francis Day, Blessing of the Animals. The annual festival service, Blessing of the Animals and afternoon Fair. St. John the Divine 1047 Amsterdam Ave. 4:00PM. Free. www.stjohndivine.org

10/9,10/16,10/23/10/30 Toe-Tappin Tuesdays – Dixieland Jazz with the Gotham Jazzman. Join The Gotham Jazzmen at NYC Public Library for the Performing Arts. Please enter by 111 Amsterdam Avenue. Doors open at 11:45 a.m. just for the show. Plaza entrance opens at 12:00 p.m. Free.

10/10 My Son, The Waiter, A Jewish Tragedy. Brad Zimmerman weaves a tale of one man's struggle to make it as an actor in NY. Part theatre, part standup, his send-ups on his childhood, family, career and misbegotten love life are as moving as they are hilarious. Leonard Nimoy Thalia at Symphony Space – 94<sup>th</sup> & Bway. 7:30PM \$25.00. www.symphonyspace.org

10/14 L'Amore della Musica. This woodwind quintet performs the last movement of Schubert's Death and the Maiden, renditions of Mozart's The Magic Flute Overture, Bernstein's Candide Overture, and Gounod's Petite Symphonie. NYC Public Library for the Performing Arts, 40 Lincoln Center 2:30PM Free.

10/18 Fred Lerdahl's music is all about variation; building colorful, complex, soundscapes from small melodic ideas. The program features his string quartets performed by the Daedalus Quartet. Miller Theater – 116<sup>th</sup> & Braodway. 8:00PM Tickets required – no price at the date of this publication. Check website: www.millertheater.com

10/20 New York Festival of Song: Mr. Gershwin Goes To Washington. Just in time for election fever, Mr. Gershwin gathers George and Ira's best satirical songs about politics—including "Of Thee I Sing," Love is Sweeping the Country, "Union Square," and "Strike Up the Band"-into a headline narrative about the trials and tribulations of presidential hopeful John P. Wintergreen. Featuring Anne-Carolyn Bird as Mary Turner, Lauren Worsham as Diana Devereaux, Marc Kudisch as John P. Wintergreen, David Garrison in seven comical roles. Steven Blier and Joseph Thalken at the piano. Directed by Laurence Maslon. Goodman House 129 W. 67th St. 8:00PM. \$40.00 www.kaufman-center.org

Ongoing

10/21-12/16 Family Art Programs The Jewish Museum 1109 5<sup>th</sup> Ave at 92<sup>nd</sup> St. Every third Sunday General Admission Tickets sold at the Museum on the day of visitation. \$12.00 www.thejewishmuseum.org

NYC Public Library for the Performing Arts offers many classes and programs. usually free. 40 Lincoln Center Plaza. Closed Sunday. Check website for programs: www.nypl.org

Bloomingdale Library offers classes and activities for children and adults. 150 W 100<sup>th</sup> St. Closed Sunday. Check website for classes: www.nypl.org

Café Columbia: Monthly Lectures. Columbia professors discuss the Arts, Science, Social Science, and Humanities. Picnic Market and Café 2665 Broadway (101<sup>st</sup> and 102<sup>nd</sup> St) 6:00PM-7:00PM. Website for topics: www.picnicmarket.com





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## NEIGHBORHOOD SERVICES

# BLOOMINGDALE AGING IN PLACE – (BaiP) Bloominplace.org

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, accompany-ment, 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.

#### 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. To view call 212.663.2534 and leave message after 7<sup>th</sup> ring.

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Neighborhood Seamstress available to do alterations for low, low prices. I have had my own business for three years. I also make bags and clothing. Kindly call me at 646.961.6509 or email me at amydylan@verizon.net.

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Name	
Address	Apt. No
E-mail Address (For internal use only. The Block Association will not see	Phoneell, exchange, or lend your e-mail address to any outside parties)
Suggestions for the block:	
	ation Inc.
Make checks payable to West 104 <sup>th</sup> Street Block Associated Mail to our treasurer:  Barbara Boynton: 905 WEA, #71, NY, NY 10025	