

West 104th Street

BLOCK ASSOCIATION NEWSLETTER

January 2017

SPOTLIGHT

Non-Profit Head Focuses on Vulnerable New Yorkers

Aiding women and teens to rebuild

Since 2006, block resident Ana Luiza Oliveira has run the New York Women's Foundation, which is dedicated to helping women who are struggling improve their skills and gain control of their lives. Oliveira, who has a long career in non-profit work, has followed her path on the Upper West Side since 1981, when she came to the U.S. from Sao Paulo, Brazil, to pursue her MA degree in Medical Anthropology at the New School.



It was one of the very few institutions that offered exactly the training she needed. That pursuit required a year of internship in a related field. She found her spot at the Lincoln Hospital Detox Clinic in the South Bronx. This served mainly Latino and Puerto Rican patients, many of whom were suffering from what was soon called AIDS. Oliveira was devoted to causes that helped women and volunteered to help both women and caregivers and was soon offered a position at the hospital.

In 1990 she went to work with the Osborne Association, where she helped to treat drug users who had been arrested but were steered into treatment rather than incarcerated. Oliveira headed a day treatment pilot program that addressed the whole person physically, spiritually and mentally. She worked with the association for 6 years, always with a special focus on women and teens who needed help.

In 1996 she moved over to the Gay Men's Health Crisis (GMHC). She helped women coping with the impact of AIDS in their families who needed child care, lunch programs, legal services, to build parenting skills, and support. In 1998 she was named Executive Director and oversaw a reorganization and rebuilding of the organization, as the epidemic evolved with the advent of effective medications and treatments.

Then in 2006 she was tapped by the New York Women's

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Letter from the President

As we embark on 2017, it's hard to believe that another year has passed. As always, the block association will continue its mission: promoting safety and the general welfare as well as preserving and improving the quality of life on our block and in our community. Thanks to generous members like you, we can achieve our goals.

Last year we made some welcome strides, experiencing a 7% increase in contributions that we have put to good use. We continued our beautification efforts this fall with a Planting Day, which added daffodils to our tree well that should return year after year to ensure a glorious spring. As usual, we had summer tree well plantings that were maintained through the hot summer months. We fertilized and pruned the trees on the block and replaced



The block association sponsored recent tree pruning.

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SAVE-THE-DATE:

Members' Meeting February 22, 7:30 to 9:00pm

Please come to our annual members' meeting on February 22, 2017, at 7:30pm. The meeting will be held at the Marseilles' Community Room, 230 West 103rd St. at the corner of Broadway.

Contribute to a wide-ranging discussion of key issues facing our neighborhood. There will be a presentation by Kate Wood, president of Landmark West!, on our neighborhood's new historic district status. She will be joined by architectural historian and LM! volunteer Nina Harkrader. Meet the board members and have an opportunity to relay any concerns and suggest improvements for our block. Residents who have contributed to the block association will be able to vote for the 2017 West 104th Street Block Association Board of Directors. We are looking forward to seeing you there!

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Contributors to the January Issue:

Barbara Boynton, Mary Koval, Nancy Lian,
Hanna Rubin, Larry Stern, Kate Wood, Steve Zirinsky



Where on our block? The first person to send Mary Koval (mtkoyal@aol.com) the correct location of this architectural detail will win one of the West 104th Street Block Association's new totes!

W 104 ST BLOCK ASSN FINANCIAL REPORT

December 2016

| | |
|-----------------|-------------|
| Opening Balance | \$21,932.47 |
|-----------------|-------------|

Income

| | |
|----------|----------|
| Dues | 55.00 |
| Interest | .16 |
| Total | +2433.16 |

Expenses

| | |
|---------------|-----------|
| Guard service | 2772.32 |
| Tips | 500.00 |
| Newsletters | 250.00 |
| Total | -3,522.32 |

| | |
|---------------------------|------------|
| Closing Balance (3/31/16) | +18,465.32 |
|---------------------------|------------|

West 104th Street Block Association Board

| | | |
|---------------------------|---------|--------------|
| President Mary Koval | 895 WEA | 212.866.3556 |
| VP Gary Waskow | 320 RSD | 212.932.9082 |
| Treasurer Barbara Boynton | 905 WEA | 212.864.1011 |
| Secretary Larry Stern | 315 RSD | 212.794.2288 |

Members

| | | |
|-----------------------|-----------|--------------|
| Barbara Bryan | 315 RSD | 212.864.5663 |
| Mary Jo Gennaro | 315 RSD | |
| Alex Grannis | 895 WEA | 212.316.1644 |
| Jeff Howitt | 315 RSD | 212.866.5569 |
| Nancy Lian | 320 RSD | 212.316.6112 |
| Joyce Mann | 309 W 104 | 212.721.6341 |
| Martin Mann | 309 W 104 | 212.721.6341 |
| Lynn Max | 315 RSD | 212.666.3129 |
| Hanna Rubin | 315 RSD | 212.865.4579 |
| Steven Zirinsky | 315 RSD | 212.866.6732 |
| Emeritus Sid Herzfeld | 895 WEA | 212.749.0085 |



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PRESIDENTS LETTER, continued from page 1

a diseased tree with a young Bloodgood Planetree. The pruning is both a safety and a beautification measure. We also began the process of refurbishing the tree guards with new paint, which will be completed in the spring.

The block association maintained its **security** efforts by employing a block security guard six days per week during the evening hours to ensure your safety. Our block guard, Osbourne Thomas, stepped in to handle several incidents in 2016 and has received recognition from two building co-op boards for his efforts.

In 2016, we increased our **communication** with you by sending “Neighborhood Update” emails informing you of issues and activities in our area. The block association has representatives attending our Community Board 7 meetings, the West Side Federation of Neighborhood and Block Associations, and the 24th Precinct Community Council meetings to relay your concerns. We continued our newsletter highlighting our residents, local news, and our historic neighborhood. We maintained the website which provides you with up-to-the minute news and calendar events.

To improve your **quality of life** in our neighborhood, we have partnered with two neighboring organizations, the West 102/103rd Streets Block Association and Bloomingdale Aging in Place, to bring you the TriBloomindale activities of bird watching, home professional networking, ice skating, and more.

Finally, we have negotiated a substantial discount with the West 101st parking garage for our residents who pay the recommended dues in full.

The block association plans to continue all these initiatives and more, but we are facing a **special challenge**. Our security company has increased its rates due to mandated increases in New York State minimum wage, and the cost of our block security guard has risen 19%. The cost of producing the newsletter has also gone up.

Attention: Parking Garage Customers!

To continue to receive your discount in 2017 at the West 101st Street Parking Garage, you must pay the recommended block association dues in full by February 1. For residents of the block, the dues are \$160, for off-block residents \$80. You may pay by check or use the PayPal feature on our website at www.bloomingdale.org.

If you pay by check, please make it payable to the West 104th Street Block Association, and indicate you are a parking garage customer, and the number of cars. Send the check to Barbara Boynton, Treasurer, 905 West End Ave., Apt. 71 NY, NY 10025. You may also drop off your check with the following board members: Mary Koval, 895 West End Ave. Apt. 6D; Jeff Howitt, 315 RSD Apt. 8C; Joyce Mann, 309 W. 104th St., Apt. 3A; Gary Waskow, 320 RSD, Apt. 8G.

Please help us keep West 104th Street and our neighboring buildings on Riverside Drive and West End Ave. safe and beautiful. Our suggested annual **\$160 dues** are an investment in all that makes our block special. Ours is a true West Side enclave—a community of caring residents. Help us keep it that way.

If you can give more than \$160, we welcome and thank you for the extra support. But please know that we are grateful for any contribution you make.

Thank you for your generosity as we roll into 2017 and best wishes for the year ahead.

Mary Koval, President of the West 104th Street Block Association

SPOTLIGHT

SPOTLIGHT, continued from page 1

Foundation, which will turn 30 this year. She oversees a staff of 27, and an annual budget that has grown to \$12 million. The foundation funds 90 small organizations, often community-based, for up to 6 years. Two examples of their success:

- **Perscholas** in the South Bronx teaches computer skills. The ratio was 80% men, 20% women. Through the support of the Women's Foundation, the ratio has increased to 50% men and 50% women.

- In Brooklyn, a small group of immigrant women were baking bread from their homelands and wanted to expand. The Women's Foundation helped, and they are now the **Hot Bread Kitchen**, based at 115th St. and Park Ave. They distribute their bread at Citerella, Whole Foods, and outdoor food markets, as well as promoting and encouraging a cooperative of food entrepreneurs

to market as a group.

The NY Women's Foundation also supports social services helping those involved in aiding victims of domestic violence, educational training for new jobs, and health and safety issues. Oliveira has spent her life supporting women and young adults to find ways to succeed. Her goal has always been to provide a pipeline to success and she has accomplished that goal many times.

Oliveira moved to 320 Riverside in 2003 and has enjoyed the building, the strong sense of community generated by the block association and newsletter, residents' involvement in the annual Yard Sale and the flowers in our tree beds. She appreciates the existence of Bloomingdale Aging in Place, which enhances the quality of life in this area.

By Nancy Lian

COMMONLY REQUESTED COMPOUNDING IDEAS

- Boric Acid Suppositories
- Hydrocortisone Suppositories
- Ibuprofen Suppositories 100mg / 200mg
- Progesterone Suppositories
- Hyaluronic Suppositories for vaginal dryness
- Hormone Creams for men and women
- Pain Creams
- Nipple Ointment for breastfeeding
- Hydroquinone 6% Fading Cream
- T3 - T4 Thyroid Hormone Capsules
- Nitroglycerin .2% Ointment for Anal Fissure
- Nifedipine 2% Ointment
- Diltiazem 2% Ointment

***Topical Creams (in Lipoderm Base) for nausea, vomiting, pain, fever for adults and children
We can formulate or reduce dosages on commercially available tablets or capsules.
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Daffodil Bulbs Planted

If winter comes, can spring be far behind?



In November, block residents and block association board members came together to plant daffodil bulbs in every tree well to ensure glorious spring blooms. The group planted a total of 350 bulbs. The block association obtained 50 bulbs free of charge through the New York City Parks Department's Daffodil Project. The project was founded in 2001 as a living memorial to the victims of 9/11 and it has continued yearly. The remaining 300 bulbs were purchased at a cost of \$185. The bulbs are naturalized, which means they will bloom year after year!

We would like to thank our planting crew who worked tirelessly to clear the beds of the annual plants, fertilize the soil, plant the bulbs and water the wells. They included Barbara Boynton (photographer), Barbara Bryan, Kay Cynamon, Teresa Elwert, Mike Fara, Mary Jo Gennero, Alex Grannis, Rita Houlihan, Mary Koval, Lynn Max, Stephanie Pinto, Larry Stern, and Gary Waskow.

Here is a selection of photos from that day; go to the block association website, www.bloomingdale.org, to see more photos of the volunteers in action.

We have formed a block association Planting Committee, led by Larry Stern and Lynn Max. If you are interested in joining, please email mtkoval@aol.com.

TriBloomington Activities

Three community groups come together to offer members a richer activity menu

By Caitlin Hawke and Mary Koval

Bloomington is the historical name for our neighborhood. The “tri” in TriBloomington comes from the joint effort of three community organizations based in the neighborhood—the W. 102/103rd Block Association, the W. 104th Street Block Association and Bloomington Aging in Place—to offer activities led by neighbors for their members. It is a great way to forge new bonds within our community. For details on exploring TriBloomington activities, see below. Here are some current offerings:

TriBloomington Networking in the Neighborhood headed by Harriet Hoffman meets every first Friday of the month. Hoffman founded this group for sole proprietors knowing how crucial a resource peers have been to the success of her businesses. Now with about 30 members who run the gamut from web designers and artists to accountants and consultants, NITN has an impressive range of local sole proprietorships and talent represented. In the monthly meetings, members help each other grow their business contacts and discuss practices that they’ve used successfully such as the use of social media to increase business.

TriBloomington Brisk Walking is a year-round group that heads out early Sunday mornings led by walker and neighbor Teresa Elwert. The members vary each week, but there are about 10 walkers on any given Sunday who head out for an hour at a clip of 3.7 mph. The group is open to neighbors of all ages willing to walk at this pace.

Ice skating and birdwatching are also offered as seasonal tri-organizational outings. Four spring birdwatching sessions in Central Park were incredibly well-attended and appreciated, thanks to the passion and knowledge of neighbor Miriam Rakowski. Migration seasons provide the best opportunities to see a variety of birds.

For winter-lovers yearning to hit the ice, neighbor and skater Miriam Duhan leads a weekly outing on Wednesday mornings to Lasker Rink in the northeast corner of Central Park. The group often connects with travelers staying at the youth hostel on Amsterdam and W. 103rd Street as a way for the visitors to experience the beauty of Central Park with locals.

If you’ve got an idea or want more information about the current groups, send an email to Mary Koval at mtkoyal@aol.com.

COMMUNITY CORNER

Community Board 7 January Meeting:

Midblock Traffic Light and Broadway Mall Renovation

The Transportation Committee of CB7 resolved to take steps to install a mid-block traffic signal and crosswalk to allow pedestrians a safe crossing of 106th Street between Columbus and Amsterdam. This

stretch of 106th Street is long and hilly and is used by the elderly from the Red Oak Senior Housing and the Jewish Home Lifecare. The Transportation Committee unanimously passed this resolution. The Broadway Mall extends nearly 5 miles along Broadway from 60th Street to 168th Street. The malls are islands that run up the middle of Broadway above the subway and are under the jurisdiction of the Parks Department. Two in our area will be renovated between 102nd and 104th Streets. The renovation will include new plantings, trees, benches and an art plaza. The cost of the renovation will be \$1.3 million and the resolution was unanimously passed.

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24th Precinct Community Council: Graffiti Incidents

Recent graffiti incidents in our neighborhood were discussed at the 24th Precinct Community Council on Wednesday, December 21. Captain William Burke, the newly appointed Commander of the 24th Precinct, stated that the graffiti was not considered a hate crime. Officer Paige Hilbig of the graffiti squad explained the graffiti had no specific meaning except to those who wrote it.

On our block, the graffiti was placed on a Tuesday, the block security guard's day off. We have asked the block guard to report any graffiti on sidewalks, on the brownstones, etc. immediately so that we may contact the police. Graffiti around 104 and Broadway that included swastikas was done by an individual known to the police who has mental issues, Captain Burke stated. The person is currently hospitalized in a psychiatric facility.

The precinct will update the block association on the progress of its investigation and whether videos from the building cameras revealed any information. If you see graffiti being placed or see the result of a graffiti incident, call 911 and report it.

**If you are not receiving our “Neighborhood Update” email blasts, please send your name, address, and email address to mtkoyal@aol.com. We do not share this information and you will be updated on all issues in our neighborhood. **



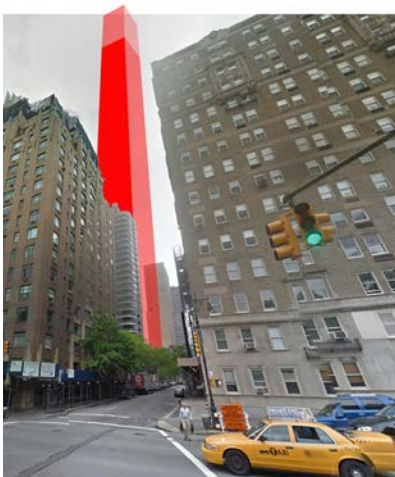
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Preserving the Upper West Side's Character

Landmark West! president Kate Wood on our neighborhood's historic preservation and development challenges.



A LOOMING THREAT...

Rendering of a proposed 80-100 story tower on West 66th Street at the edge of Central Park. This site is being assembled by Extell, developer of the Ariel Towers at West 100th Street and Broadway as well as skyscrapers changing the skyline of Central Park South. Because of outdated zoning laws, buildings like these can be built with no public review or scrutiny of impact on neighbors, historic resources, infrastructure, and public space.



A WELCOME VICTORY

A luxury condominium developer set its sights on the landmarked former First Church of Christ, Scientist, at West 96th Street and Central Park West. The company lobbied city agencies including the Landmarks Preservation Commission and the Board of Standards & Appeals for necessary waivers. However, the conversion of this historic building, designed by Carrère & Hastings (architects of the Frick and the main branch of the New York Public Library) into 39 apartments would have destroyed significant architectural features. Strong, informed pushback from neighbors and LW! convinced the City to withhold approval.

The Upper West Side—its landmarks and community character, indeed its quality of life—is endangered.

What? You may well ask, especially since the New York City Landmarks Preservation Commission recently extended historic district protection to more than 800 buildings between Broadway and Riverside Drive, from 70th Street all the way up to 108th Street (including, of course, West 104th Street). Landmark West!—a 30-plus-year veteran of preservation campaigns that resulted in many of the Upper West Side's over 3,500 designated landmarks—worked closely with the West End Preservation Society to achieve this richly deserved recognition of these blocks' special beauty.

And none too soon. In 2016, the City Planning Commission and the New York City Council voted (against the recommendation of community boards and civic organizations from all five boroughs) to increase zoning height limits citywide. Developers find ever-more creative ways to extract maximum dollar value from every site (witness the super-tall tower phenomenon, now creeping into residential neighborhoods like the Upper West Side). Meanwhile, real-estate interests wield unprecedented influence over our city's planning process, posing a real threat to landmark protection, contextual zoning, and meaningful public review.

In today's troubled political times, activism at the local level is more important than ever. The West 104th Street Block Association and its members deserve huge thanks for all of your work to make this corner of the Upper West Side one of the most beautiful and livable places on earth. Engaged citizens like you are the hope for the future.

Our other hope: children, who are tomorrow's neighborhood stewards. Giving kids the knowledge and skills they need to appreciate and make informed choices about their environment is a top priority for LW!. P.S. 145 (The Bloomingdale School on West 105th Street) is one of our partners in a program we call Keeping the Past for the Future (going strong at 20 years). The program reaches about 2,000 students each school year with lessons, walking tours and hands-on projects that advance learning about architecture, neighborhood history, and civic engagement.

On that positive note, see you in the trenches!



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The Lower-Stress Brokersm



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We fully support Fair Housing, both in the spirit and the letter of the law.

BLOOMINGDALE AGING IN PLACE (BaiP) Bloominplace.org

BAiP is an intergenerational volunteer network of neighbors working to help older residents to continue living at home safely and comfortably. BAiP sponsors social and cultural activities, provides educational tools, and a helping hand for those in need through its **Neighbor-to-Neighbor (N2N)** program.

The latter takes the form of providing help going places, running errands, light shopping, accompaniment at home or outdoors, and information. If you want to contact N2N for this kind of assistance, or to talk about volunteering, e-mail: N2N@bloominplace.org, or call: 212.842.8831 to leave a message with your contact information. Either way, a BAiP member will respond promptly.

COMPUTER CONSULTANT/PC DOCTOR

Computers repaired, maintained, viruses removed, junk mail controlled. Advice to repair or buy. I do Windows! Contact Greg Williams, block resident at 212.749.2398, 917.771.2929, or prosolutions@stny.rr.com,

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Former Bronx HS of Science teacher SAT, SHSAT, GRE, LSAT logic games
Henry 212-666-0396

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YOUR NEIGHBORHOOD SERVICE PUBLICIZED FREE!

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 Hanna Rubin 315 RSD or send to 104thstreetba@gmail.com

For our records: Your name and mailing address

For publication: Your name, contact method (phone or email address), description of your service.

The block association board meets once a month.

We enjoy having residents attend the meetings.

Please let us know if you would like to attend one and we will send you an invitation.

104thstreetba@gmail.com

Call for Safe Escort Home With Block Guard

If you're ever coming home at night and you'd like to have an escort, please don't hesitate to call Osbourne Thomas, our security guard. He has a special phone for these times, and he will come to meet you either on West End Avenue or Riverside Drive and walk with you to your home.

Security Guard Phone Number:

347-723-1517

2017 1st Quarter Dues:

Please allocate my contribution to:

Amount of check: _____

___ Security ___ Beautification ___ Social ___ Newsletter ___ Board Decision (Suggested amt: \$40/quarter or \$160/year)

Name _____

Address _____ Apt. No. _____

E-mail Address _____ Phone _____

(For internal use only. The Block Assn. will not sell, exchange, or lend your e-mail address to any outside parties.)

Suggestions for the block: _____

Make checks payable to West 104th Street Block Association Inc.

Please send to our treasurer: Barbara Boynton: 905 WEA, #71, NY, NY 10025 or leave with one of the following:

M. Koval: 895 WEA, 6D

G. Waskow: 320 RSD, Apt. 8G

M. Mann: 309 W. 104, Apt 3A

J. Howitt: 315 RSD, Apt. 8C