



Central Northside Neighborhood Council

1310 Arch Street

Pittsburgh, PA 15212

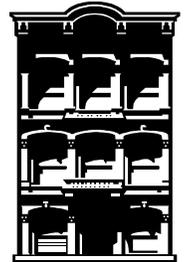
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Newsletter
For

FEBRUARY
2008



Central Northside Neighborhood Council

Mission: The Central Northside Neighborhood Council is dedicated to sustaining a diverse community, enhancing the lives for all residents and ensuring a sense of community cohesiveness by developing affordable housing, advocating for our neighbor's needs, promoting quality of life and providing a public forum..

CNNC General Membership meeting

Monday, February 11, 2008 at 7pm at 1310 Arch Street

Agenda

CRIME & BLIGHTED PROPERTIES: A new study of crime in 90 Pittsburgh neighborhood correlates blight with crime; let's do something about it...

CNNC—NEW FUNDING FOR NEW INITIATIVES: From mapping to participatory neighborhood strategic planning for a vision of where to go from here and how to get there. You can make a difference.

UPDATES FROM COMMITTEES: Federal Hill home construction and marketing; 2008-2010 CNNC strategic plan committees — Litter/Beautification, Membership/Outreach, Land Trust and Safety.

A Note from CNNC's Executive Director

NEIGHBORHOOD'S FUTURE IS YOUR PLAN

It's been over 100 days since I've started with CNNC as the new Executive Director. Already I've become very fond of those of you I've met and am equally excited about our plans to plan, which I want to share with you.

Although there's a Yiddish saying that "Man plans and G-d laughs", it's clear that the tremendous new developments along the Federal North corridor are the result of decades of planning, being pro-active with relentless follow through, and divine blessing.

With the first 23 of the 58 new Federal Hill homes being built in the spring, construction about to start for the new Carnegie Library Allegheny Branch just below on Federal Street and CNNC applying for financing of 34 new apartment homes to be scattered on nearby empty properties plus a developer selected by

INTRODUCING...

Dear Central Northsiders:

I am writing this letter on this, my second full day as Community Outreach Organizer for the CNNC. Growing up in suburban Pittsburgh, I never ventured far into the Northside; indeed Three Rivers Stadium served as the farthest boundary in my journeys to this area. My first significant experience on this side of the expressway occurred last year when I served as an adult educator in Perry Hilltop. Everyday, I would drive up Federal St. (an adventure in the snow!) *Continued on pg. 4*

the URA to redevelop the entire Garden Theatre block, our neighborhood will be dramatically improving over the next several years. *Continued on pg. 4*

SAVE THE DATE!

Mark your calendars for these upcoming Allegheny Heart Institute Fundraisers:

Prescription for a Healthy Heart

April 29, 2008

11:00am to 2:00pm

Magovern Conference Center Exhibit Area

Get ready for the James A. Magovern, M.D., Memorial Hearts in the Park Walk and a heart-healthy lifestyle with this one-day event that will focus on preventive heart care, a healthy diet and fitness regimens including relaxation therapies, such as massage. The importance of blood pressure, blood sugar and cholesterol management with medications will also be featured. This event is free to the public.

James A. Magovern, M.D., Memorial Hearts in the Park Walk

Saturday, May 3 2008, 9am

Rain or shine, Allegheny Commons Park

This fun walk through Allegheny Commons Park, the "heart" of Pittsburgh's historic Northside is open to everyone. Your registration fee of \$20 will support both the Allegheny Heart Institute and the restoration of Allegheny Commons Park.

What is this thing called race? How valid are your beliefs about the human species?

Do you know the 10 things EVERYONE should know about race?

PLEASE JOIN US for a FREE, three-session community conversation and screening of this provocative PBS documentary that questions the very idea of race as biology.

Race: The Power of an Illusion

2 WEDNESDAY NIGHTS LEFT:

Feb. 27, 7 PM – "The Story We Tell"

March 26, 7 PM – "The House We Live In"

Come to one, two or all three nights! Coffee and dessert will be served after each showing. Appropriate for children age 10 and up. Childcare available for children under age 10.

WHERE: Community House Church, central Northside 120 Parkhurst Street, 15212 (corner of Sandusky and Parkhurst, across from Allegheny General Hospital emergency room entrance)

Sponsored by Community House Presbyterian Church

Special thanks to First National Bank and the Race and Reconciliation Dialogue Group, St. Paul Cathedral

Information: www.communityhousepittsburgh, or Darlene at drush68877@aol.com

Volunteer Opportunities

are available for you right now at the Reformed Presbyterian Home. We are an Assisted Living and Skilled Nursing facility located on Perysville Avenue on the Northside..

We are looking for volunteers who would like to help brighten the day for our residents. **Be a week-end or evening volunteer.**

There are many ways that you can help:

- Bible Study Leader
- Walking Club Leader
- Friendly visits/conversation partner
- Assisting with weekly bingo games
- Helping with craft activities
- Playing board games or puzzles
- sharing a talent such as piano playing or singing

For more information call

Sandy Pagone, Volunteer Coordinator

412.321.4139 ext.2402

EAST OF LIBERTY: A STORY OF GOOD INTENTIONS TO BE SCREENED AT ALLEGHENY UNITARIAN UNIVERSALIST CHURCH

Local filmmaker, Chris Ivey, will be screening the first chapter of EAST OF LIBERTY: A STORY OF GOOD INTENTIONS at 7 p.m. Saturday, February 23, 2008 at Allegheny Unitarian Universalist Church. The first in a three-part series, *East of Liberty* gives voice to residents business owners in regard to East Liberty's recent development.

"The goal of the 'East of Liberty' series," said Ivey, "is to create a historical document that captures the essence of change in the community and to bring to front all taboos – from gentrification fears to neighborhood violence – which most redevelopment schemes push to the background." He said that this series should create dialogue for the community to discuss how to bring about better understanding among us, creating communities that are more whole.

Tickets for this event will be available at the door for \$5; there will be a filmed question-and-answer session to follow.

A pre-screening wine and cheese reception will be held with Chris Ivey at 5:30 p.m. at the church to serve as a fund-raiser for the third installment of the film. Tickets are \$50 and are available by calling 412.901.8026. Reservations are limited; cash and check are accepted.

East of Liberty is funded in part by The Sprout Fund, The Multi-Cultural Arts Initiative, The Pittsburgh Foundation, Anonymous donors, and by the artist himself. Executive Producer is Chris Ivey. Associate producer: Megan Fitzgerald.

For more information about the event, contact Jennifer Russell at 412.901.8026 or jenniferalanerussell@gmail.com.

Allegheny Commons Evaluation

The Allegheny Commons Initiative seeks the comments and opinions of park users concerning the improvements made in the East Common pilot project. The 4-acre area of the park between East Ohio Street, Cedar Avenue and the Hampton Battery demonstrates many of the features called for in the *Master Plan for Allegheny Commons*. Benches, trash cans, drinking fountains, railings, paths treatment, signs and lighting are just some of the features that are being tested for replication in the rest of the park's promenade.

A grant from the Community Design Center of Pittsburgh will permit a landscape architect to be hired to oversee the evaluation of the pilot project. Feedback from preservationists, maintenance crew, and other park stakeholders is sought.

Alida Baker, Project Director for the Allegheny Commons Initiative, will attend the March membership meeting to invite your ideas, comments and suggestions concerning the East Common demonstration project.



It's All About You

Ten months of surveying and assessing our community through interviews and focus groups including 68 households has resulted in clear mandate from you, our neighbors. These results reflect every areas of the Central Northside, homeowners and renters, long term residents and newcomers, as well as diversity in race, age, gender, and life styles.

TOP NEIGHBORHOOD CONCERNS:

Safety...	26%	(drugs, guns, traffic, lighting)
Cleanliness...	23%	(vacant buildings & lots, litter)
Community Relations...	17%	(trust, respect, racial divides)
Business & Housing tied...	10%	(affordable housing, stores, restaurants)

Now the work begins on CNNC's 2008-2010 Strategic Plan. Four new committees are convening to devise plans for addressing needs and resolving problems. **YOU CAN STILL JOIN ONE THAT INTERESTS YOU!**

Safety:

Take pro-active measures to ensure safety through programs, education, Northside community wide engagement, youth mentoring and job opportunities. Work in conjunction with our Safe Streets Crime Watch.

Beautification

Educate & facilitate better litter management. Develop partnerships with city, non-profits, businesses & institution in maintaining a litter free neighborhood. Increase resident participation in litter management. **Other areas:** public art, trees, green spaces, etc.

Community Engagement

Build bridges of trusting relationships. Help neighbors discover how they can be an asset right where they live by using their skills and interest to benefit our community.

Community Land Use Plan

Plan to renovate and rebuild both vacant and abandoned properties, ensure affordable housing, minimize the effects of speculations.



WATCH for small block meetings near YOU to learn more and to contribute your input on the CNNC strategic plan. Watch also for additional information from each of these working committees. If YOU are interested in working with other dedicated neighbors in one of these areas please contact Michael Barber or Aaron Churchill at 412-231-7742



Yes it is “Heart Month” so Know the Basics

By Diane C. McClune BSN, MBA, Regional Director of Marketing for the American Heart Association

The first step to a healthy heart is learning the simple things you can do every day. By getting involved in fun physical activities and enjoying nutritious meals, you can help reduce your risk of heart disease. But don't do it for the "numbers," do it for you!

Keep Your Numbers in Check: During a heart check up, your doctor takes a careful look at your "numbers," including your cholesterol and triglyceride levels, your blood pressure and more. Knowing your numbers is an important part of keeping your heart healthy. It can help you and your doctor know your risks and mark the progress you're making toward a healthier you.

Get Physical: One of the best ways to reduce your risk of cardiovascular disease is to start getting regular, moderate exercise, at least 30 minutes a day, most days of the week. Of course, if it's been a while since you've been physically active, the hardest part is just getting started, but taking simple steps and doing it with a friend can make the journey easier. Investigate indoor and outdoor activities to provide variety and opportunity regardless of the weather. The important thing is to just Start!

Diet & Nutrition, Make Good Food Choices: Healthy food habits can help you reduce three risk factors for heart attack and stroke, high blood cholesterol, high blood pressure, and excess body weight.

Set the stage for success by:

Eating a balanced diet by following diet and lifestyle recommendations from the American Heart Association

Eating foods low in [saturated fat](#), [trans fat](#) and [cholesterol](#).

Drink delicious, unsweetened 100% fruit juice instead of soda.

Enjoying a large glass of ice water, hot tea or another calorie-free beverage. Garnish with a twist of lemon or lime

Dividing the extra portions of recipes into containers to eat throughout the rest of the week.

Eating with other people. You'll eat less than if you eat alone.

Knowing your snack "triggers" and planning ahead. Fight the urge for high calorie/high-saturated-fat and trans fat foods, by grabbing pre-cut carrots, celery and other raw vegetables when you're on the run.

Northside STRIDE is a community based walking program that promotes physical activity and overall wellness. The walking program is an initiative of the Northside Health Improvement Partnership. For more information about Northside STRIDE, please contact Stephani Greenleaf at 412.330.2535.

YOUR PLAN cont'd: We all know that there is much more to do to rebuild this proud and diverse community--both physically and spiritually. I want to talk about what will happen next and what you can do now about it. When Central Northsiders get involved, state their different points of view and figure out how to move forward together, the outcomes are amazing.

Before we take on the next phase of rebuilding, CNNC is proposing to include you in defining the vision and strategy—from strategies to support families better to revitalizing the most blighted areas; from reviving North Avenue and Brighton Road to awakening a sleeping Columbus School for an alternative use; from fueling entrepreneurs and sustainable career paths to making sure that people also can have opportunities to live here at levels below the healthy, rising market.

So as we assemble the funding along with a group of residents and other stake holders to form a Neighborhood Plan Steering Committee, we are asking you to volunteer and participate. We will be preparing over the next 5-6 months for the start of a 6-month participatory process where your knowledge, voice and energy are the key ingredients.

Last but not least, a warmest welcome Aaron Churchill!

Michael Barber
mbarber@centralnorthside.com

INTRODUCING...cont'd: without giving much thought to the people and places that composed your community. Although I have met several members of your community during the last couple days, I still feel like a visitor. But over time, I'm sure this will change, and I hope that we can treat each other as good neighbors.

I look forward to meeting each and every one of you. I look forward to understanding your interests and concerns. I look forward to *working together* to initiate and implement innovative solutions that deal with the challenges of a diverse, urban community. I look forward to making this a community that embraces all its citizens, without regard to age, faith, gender, race, or socio-economic status. I look forward to making this community great, the envy of all Pittsburgh.

Feel free to drop a line or stop by the office. Finally, as an Asian-American, I will probably stand out in the crowd, so as I'm around the neighborhood, I hope you'll stop simply to chat.

Aaron Churchill
achurchill@centralnorthside.com

Northside Old Timers Present

Valentine Adult Skating Party

Bring your sweetheart out to roll with DeeJay

"Lil Ricky.

Sunday February 17, 5:30—8:30 p.m.

Nevile Island Roller Dome

1 Sterret Street,

Nevile Island

\$10.00

Do it for love!

For Ticket info:

412-805-5473 Fred Bulls

412-583-8127 English Burton

412-628-2936 Fred Fortson

412-519-7691 James Prude

All proceeds will sponsor activities for our Northside children!

Beautification Committee Report

The Beautification Committee held its first meeting February 5. We focused our energy towards identifying what problems in the neighborhood we would most like to address. What arose was a broad range of issues, including but not limited to; sidewalk maintenance, street signage, facade maintenance, greenscaping, the condition of railway underpasses, maintenance of vacant lots, integration of our community with plans to revitalize Allegheny Commons and of course, strategies to alleviate litter in the neighborhood. Progress on any of these items will require the active engagement of many different stakeholders, so much of our work will involve developing positive working relationships with existing organizations, government departments, land owners and local businesses. Current members of the committee are Tracy Mortimore, Arch St., John Canning, Jacksonia St., John Augustine, W. North Ave., Dave Holliday, Foster Sq., Chantal Blake, Buena Vista and John Engle of Monterey St., and Latonya Crider. If anyone would like to become involved in this project, please contact Tracy Mortimore at 412.323.1447. We are especially in need of community participants living



Young Men and Women's African Heritage Association, Inc.

Fridays in February to celebrate Black History

Feb. 1 Movie for all ages: **Akeela and the Bee**

Feb. 8 Family Game Night and Potluck Dinn

Feb. 15 Movie: **The Women of Brewster Place**

Feb. 22 The Great African-American Quiz Contest

Feb. 29 Great flick: **The Great Debaters**

1205 Boyle Street on the North Side, 6:00 to 8:00 p.m.

Call Nadiyah 412 322 4008 with questions.

THANKS & MARCH NEWSLETTER DEADLINE

Thanks to all contributors of articles and to Allegheny General Hospital for sponsoring the printing of the CNNC Newsletter.

Feb. Newsletter Deadline: March 4, 2008 The Editor

2008 CNNC Membership Registration Form

Dues Run From January 2008-December 2008

Name: _____

Address: _____

Phone (day): _____ Phone (eve): _____

Email: _____

YES! I want to be involved.

Enclosed is ___ \$5 ___ \$3 (seniors) for my dues for 2008.

If your organization/business would like to be a member, dues are _____ \$25

Enclosed is an additional tax-deductible donation of

I am interested in participating in the following committees of CNNC:

_____ **Youth**

_____ **Business District Development**

(Working on the Brighton Road and Federal Street business district revitalization)

_____ **Membership**

(Working on outreach to the community, events, and various other programming)

_____ **Housing**

(Working to eliminate blighted housing, provide affordable housing options)

_____ **Public Safety**

(Working with Safe Streets)

I have the following skills, talents or interests that I would like to put to use for our neighborhood: _____

Send this form or drop it off at the CNNC office with your dues (Check or Cash) Make check payable to CNNC:

CNNC Membership

1310 Arch Street

Pittsburgh, PA 15212

Date: _____

Amount Paid: _____

Check _____ Cash _____