



The City of New York Manhattan Community Board 8

505 Park Avenue, Suite 620
New York, N.Y. 10022-1106
www.cb8m.com
Nicholas D. Viest, Chair

Phone: (212) 758-4340
Fax: (212) 758-4616
info@cb8m.com - E-Mail
Latha Thompson, District Manager

Community Bulletin Board – November 2013

PLEASE VISIT COMMUNITY BOARD 8'S WEBSITE AT www.cb8m.com

Street Activity Permit Office (SAPO) - You may now apply online for street fairs, block parties and festivals. Applicants can submit online applications at <https://nyceventpermits.nyc.gov>. **SAPO will no longer accept paper applications.** All applicants should be aware that the deadlines for applications submission remain unchanged as do the rules and regulations governing the SAPO permitting process. For more information, call 212-788-2403 or visit http://www.nyc.gov/html/cau/html/street_permitting/permit_and_events.shtml.

The 19th Precinct Community Council Please join us at the Community Council meeting which is being held **Monday, November 4th** at 7:00pm at the 19th Precinct, 153 East 67th Street (between Lexington and Third Avenues). Third Floor. Agenda: Detective Charles Kuhn of the NYPD Impersonation Squad. For more information, contact the 19th Precinct Community Affairs at 212-452-0613 or Helms19ca@aol.com. To be added to our email list please email us at: info_19th_pct@aol.com

New York-Presbyterian Hospital & Weill Cornell Medical College presents Health & Wellness Seminar Series. **November 5th** “*Is Gluten-Free for Me? How to Recognize Celiac Disease and Dietary Strategies to Overcome It*”, Georgia A. Giannaopoulos, R.D. & Alissa Lupu, R.D.; **November 12th** “*Hip Replacement: Demystifying the Approaches to Hip Replacement & Post Surgical Rehabilitation*”, Michael M. Alexiades, M.D. & Steven Murray, P.T. All seminars begin at 6:30pm and are held at the Uris Auditorium, Weill Cornell Medical College, 1300 York Avenue @ 69th St. For more information please call 212-821-0888. All seminars are FREE and open to the public.

Memorial Sloan-Kettering Cancer Center invites community residents to attend the following free events: Join us for a CancerSmart talk on *Your Genes and You: Hereditary Risk in Breast and Ovarian Cancers* on **Wednesday, November 13** from 6:00 – 7:30 PM at the Rockefeller Research Laboratories, 430 East 67th Street, Auditorium, between First and York Avenues. Please call 212-639-3074 or visit us at www.cancersmart.org to register for our programs and to sign up for our e-newsletter. In recognition of Lung Cancer Awareness Month, join Memorial Sloan-Kettering Cancer Center on **Friday, November 15** from 11:00 AM – 2:00 PM for the **Third Annual Lung Cancer Awareness Symposium: A Multidisciplinary Approach for Patient Care**. Memorial Sloan-Kettering clinicians and staff will present information on lung cancer treatment, lung cancer screening, tobacco cessation, integrative medicine therapy, support services, and much more. Event will be held at Memorial Sloan-Kettering's Rockefeller Outpatient Pavilion, 160 East 53rd Street, 11th Floor. Refreshments will be served.

The East 79 Street Neighborhood Association will meet on **Thursday, November 14, 6pm**, at **80 St Residence, 430 E. 80 St., (York-1st Aves) Auditorium**. Agenda includes 19 Precinct Report on neighborhood safety; Guest Speaker: To be announced. Free and open to the public. The next meeting will be held on Thursday, December 12.

Yorkville Chapter of AARP will hold their next monthly meeting on **Thursday, November 14, 2013**, at Immanuel Lutheran Church, 1296 Lexington Avenue between 87th and 88th Street, at 1PM. Meetings are held on the second Thursday of each month (except July and August) and includes speakers addressing health, community, safety, social, and economic issues relating to New Yorkers living in or near the upper east side of Manhattan. The November 14th meeting will feature State Representative Carolyn Maloney. All seniors are welcome to become members and get involved in Chapter projects. For more information, call: [917-573-3296](tel:917-573-3296).

Manhattan Borough President Scott M. Stringer & Visiting Nurse Service of NY are pleased to provide FREE FLU SHOTS, **Friday, November 15th**, 11:00AM-2:00PM, at the Municipal Building, 1 Centre Street, 19th Floor South, NY, NY 10007. RSVP is required to ensure adequate supply. RSVP to 212-669-4451 or RSVP@MANHATTANBP.ORG

92nd Street Greenmarket located on the east side of First Avenue between 92nd and 93rd. Open **Sundays until November 24th**, 9am-4pm with Compost Collection 9AM-1PM. The best in local produce, baked goods, seafood and more. Also bring your household batteries, Britta filters, corks, printer cartridges and old eye glasses for recycling. For what to compost and more market details: <http://thisweekatthemarket.wordpress.com>.

82nd Street Greenmarket located at 82nd Street between First and York Avenues is open on **Saturdays, year-round**, 9AM to 3PM with Compost and fabric/clothing/hats/shoes/belts collected 9AM-1PM. Premier local produce, baked goods, seafood, free-range poultry and eggs, grass-fed beef, cheese and more. Also bring household batteries, Britta filters, corks, printer cartridges and old eye glasses for recycling. For what to compost and more market details: <http://thisweekatthemarket.wordpress.com>

Gray Matters is an advisory and consulting group whose members have professional experience in finance, real estate, law, marketing, medicine, education, government and architecture. Their advice and skills are offered **free** to community-based not-for-profit organizations in the New York City area. We work with Executive and Board leadership of NY area-based nonprofit organizations of all sizes to help them address their strategic and operational problems and to plan for growth or restructuring. There is no set structure for our services. We work with your organization for as long as we mutually feel we can be of use, and with as many Gray Matters members as are needed to address your issues. We invite you to visit www.graymattersnyc.org to see who we are and learn more about the types of organizations we have helped and the kinds of services we have provided. Write us at info@graymattersnyc.org briefly describing your specific need or needs and indicate how and when we should contact you.

LawHelp/NY (www.LawHelp.org/NY) is an online tool for helping low-income New Yorkers solve their legal problems. The site provides free, user-friendly resources that supply critical legal information in fifteen areas of law (such as family, housing and immigration), and referral information to free legal aid programs. With a Spanish mirror site (www.ayudalegalny.org), LiveHelp (an online chat service in English and Spanish that helps visitors find legal information), and resources in 35 languages – LawHelp.org/NY is the first line of defense for vulnerable New Yorkers, especially immigrants, Hispanics and limited English proficient residents facing legal problems. LawHelp/NY has seen a dramatic upsurge in usage during the recession. In 2011, the site was visited 451,025 times. LawHelp/NY runs the Training and Information Statewide! (TIPS) program which conducts community outreach throughout the state.

CIVITAS and the Apartment Building Recycling Initiative: A City Program Tailor Made for the “Green” Apartment Dweller. Do you care about your environment and want to learn how to do a better job of recycling your trash? Would you like to see your neighbors improve their recycling effort? If the answer to these questions is yes, then you will want to know more about a program of the Department of Sanitation of the City of New York (DSNY) called the Apartment Building Recycling Initiative (ABRI). First the ABRI Outreach Coordinator will set up a 1 to 2 hour training session for interested residents in your building, the super and custodial staff. This is followed by a site visit to the building to evaluate existing recycling practices and to recommend changes. Education of all participants is a key element of the program. In addition to providing educational materials for all tenants, DSNY will conduct follow-up training at the building whenever 10 or more residents express a commitment to attend. CIVITAS is happy to help advise buildings on how to set the initiative in motion. Feel free to contact us and more information can also be found on the DSNY website, www.nyc.gov/wasteless/abri. ABRI is a win-win for everyone involved. It leads to more efficiently run buildings and a cleaner environment. If you have any questions, please feel free to contact CIVITAS at info@civitasnyc.org or call 212-996-0745. Access our website at www.civitasnyc.org.

Legal Information for Families Today (LIFT) Family Legal Center offers free workshops, legal information and social work services to parents and grandparents involved in child support, custody, and visitation cases. All services are offered in English and Spanish at 350 Broadway, Room 400. For more information, please call (646) 613-9633 or visit www.LIFTonline.org.

Need a babysitter? A tutor for your child? Someone to walk your dog during the day? If so, consider hiring a Hunter student. **Hunter Helpers** is a service that matches up Hunter College students with residents in the neighborhood who need a helping hand. For more information, visit their website - www.hunter.cuny.edu/babysitting

The Day Care Council of New York, Inc. is a not-for-profit organization that provides families with child care information in all five boroughs of New York City, particularly infant and young toddler care. They offer **free** information and guidance in choosing day care, family care, Head Start, after-school programs, nanny services, summer camps group family care and other child care concerns. For more information, please call Jon Pinkos at 212-206-7818 x114 or via email jpinkos@dccnyinc.org.

Crime Victim Services is a non-profit program, designed to aid and compensate innocent victims of crime who meet certain criteria. The program is free of charge. For more information, please call Teresa Navarro at 212-585-6142 or 6281.

Manhattan Community Board 8 strongly encourages you to contact us with your concerns or questions about issues affecting you and your neighbors. If you know of anyone who would like to receive our monthly mailing via standard mail or electronically, please encourage him or her to contact the board office at 212-758-4340 or info@cb8m.com.