

# North Westdale News

P.O. Box 642522, Los Angeles, CA 90064

VOLUME 32, ISSUE 3

MARCH 2010

## Monthly Farmers Market Report

Here's a list of what some of the vendors are recommending for March.

JR Organics: Swiss chard (it'll be green, leafy and juicy), beets and celery.

Rancho Padre Organic Fruit: Oro blanco grapefruit (a sweet yellow grapefruit), tangelos, blood oranges and tangerines.

Gloria's Fruits & Vegetables: Gaviota and Chandler strawberries.

Tradewind Mushrooms: Shiitakes, Chanterelles, Oyster and Portobello mushrooms. Also recommended are Matiake ("hen of the woods") mushrooms, a robust, earthy mushroom.

Central Valley Farm: bitter melon leaves, yam leaves, sugar snap peas.

Pudwell Berry Farm is a new vendor at the market selling raspberries, blackberries and blueberries.



### Mar Vista Farmers Market

Every Sunday 9:00 AM to 2:00 PM  
Grand View at Venice Blvd.  
[marvistafarmersmarket.org](http://marvistafarmersmarket.org)

## Community Emergency Response Team (CERT)

**FREE** course taught by the L.A. Fire Department. Learn to protect yourself, family and neighbors in an emergency situation. Get trained to put out small fires, assess injuries, provide basic aid, conduct search and rescue, support police/fire department efforts and more. New course in our area starts March 11! To learn more about CERT, visit [www.cert-la.com](http://www.cert-la.com).



CHEVIOT HILLS REC CENTER  
2551 Motor Avenue  
Los Angeles, CA 90064  
Contact: Spencer Krull, (310) 279-3086

Thursdays, 6:30pm to 9:30pm  
March 11, 18, 25, April 1, 8 and 15

## Become a Block Captain!



Help to energize our neighborhood! It's easy and takes very little of your time. Interested? Then don't hesitate. For details contact Block Captain Leader Marty Rubin at:

(310) 479-2529 - Thank you!

## SAVE THE DATE!

Next Meeting:

**Monday,  
Mar 8**

7:00pm

St. Andrew's  
Lutheran Church  
on Federal &  
Clarkson

Upcoming  
Meetings  
(Second Monday  
of the Month):

Apr 12

May 10

Jun 14

Find out what's  
going on in the  
neighborhood.  
Hear what's  
happening with  
schools, airport  
issues, the Mar  
Vista Community  
Council,  
neighborhood  
events, crime  
and more.



## From The President's Desk:

Dear Neighbors,

I want dedicate this month's message to all the neighbors that have contacted me via phone or email over the past couple of months!

I have enjoyed many calls and emails from our neighbors to discuss items ranging from Santa Monica

Airport concerns to chocolate addicted squirrels! I welcome all the communication, so please, please continue to call and email me! In fact, I would love to see some new faces at our next meeting, at St. Andrew's Church at 7 pm on March 8th.

I would also like to reach out and encourage you to join our Yahoo Group: <http://groups.yahoo.com/group/NWNA/>. This is an important source of information, and at times, an arena for discussion and debate.

I would also like to announce that our Santa Monica Airport Committee will be meeting on March 23rd at 7 pm. The location is not yet determined, however we will post the meeting location on the

Yahoo Group.

If you would like to be a Block Captain and/or serve our neighborhood, please feel free to call me at 310-709-6431, email me at [bahaa@netpayservices.com](mailto:bahaa@netpayservices.com) and/or come to our next meeting! I hope to see you soon!

Your friend and neighbor, Your friend and neighbor,

*Bahaa*

Bahaa Mikhail  
President, NWNA

### MEETING AGENDA

1. Call to Order and Welcome
2. Reports: President, Vice-President  
Treasurer
3. Committee Reports: Block Captains,  
Richland, Outreach, Beautification, Safetly,  
Airport
4. New Business
5. Adjournment

## The School Report: News & Events at Richland Avenue Elementary



### DELICIOUS, FRESH ORGANIC PRODUCE IS BACK!

What a bargain!  
Sign up for  
Richland's Organic

Produce Program and have healthy fruits and vegetables conveniently delivered to our neighborhood for you to pick up. For just \$100 you will get 5 bushels (delivered every other week) of fresh, seasonal, good-for-you organic fruits and vegetables — that's just \$20 per bushel. A bushel is about the size of a small laundry basket and is enough to feed a family of four for a week or a single/couple for two weeks. See the flyer/order form to the right for more information.

### LAST KINDER ROUND UP MARCH 26

Parents of elementary school age children and soon-to-be school age children, come tour our neighborhood's lovely elementary school and meet teachers and fellow parents at the March 26 Kiner Round Up! Meet at 9am in the Library.

### SCHOOL SUPPORT PROGRAMS

Don't forget there are many everyday ways you can support our local school:

- Turn in receipts for Westside Pavilion purchases at the Customer Service Desk (2nd Floor) for the School Cents Program.
- Save Campbell's Soup labels,

General Mills Box Tops for Education and Capri Sun Juice Bags.

- Sign up your grocery store club cards (follow procedures on their websites), including Ralphs, Food4Less, Albertson's, E-scrip and Target Red Card.
- Office Depot's 5% Back to School program will give Richland credit for free school supplies with qualifying purchase. Designate Richland School ID #70010450 at check out.
- Volunteer for the Wonder of Reading program. Just one hour a week can make a huge difference for a child! Contact the school (310) 473-0467 for more info.



# Buy Organic Produce from Local Farmers -

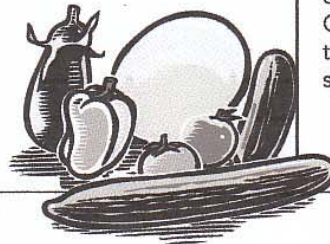
## Right Here at Richland!

We're teaming up with  
**South Central Farmer's Cooperative**

to deliver fresh, seasonal vegetables (and sometimes fruit) to Richland Avenue Elementary

Program participants will receive a box of produce every other week for **10 weeks beginning Wednesday, March 10**. Each box contains a bushel of produce — enough to feed a family of four for a week or a single/couple for two weeks.

What type of produce will I get?	When and where will my order be delivered?	How much does the program cost?
<p>It varies from week to week. Each box contains a variety of produce depending on what's in season and ready to eat when the farmers harvest. All produce is organic – free of chemicals and harmful pesticides.</p>	<p>Your fresh produce will be available for pickup after school in Room 1 between 2:30 p.m. and 3 p.m. and between 5 p.m. and 6 p.m. on the following dates:</p> <p>March 10 March 24 April 21 April 7 May 5</p>	<p>The program costs \$100 (each box costs \$20 and we are asking for a 5-box commitment). That means once you pay, you'll receive fresh produce every other week for 10 weeks. Central Farms has generously agreed to donate 25% of the proceeds to support Richland!</p>



Unclaimed boxes will be donated to Westside Food Bank.

**Tell your friends and neighbors - the program is open to everyone!**

If you have any questions about the program, please contact Debi Huang at [tdj2004@gmail.com](mailto:tdj2004@gmail.com) or (310) 963-2344.

### SIGN ME UP FOR FRESH PRODUCE!

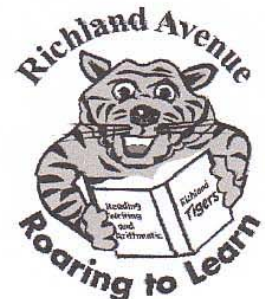
Payment can be made online via PayPal\* at [www.richlandbooster.com](http://www.richlandbooster.com), or dropped off at the school office (office hours are 7:30am-4:30pm or slip under the door after hours).

Name \_\_\_\_\_

Phone number \_\_\_\_\_ Email \_\_\_\_\_

Thank you very much for your support!

\*If using PayPal, click the "give" button on the donation page. Then click "add instructions for seller" and write "for CSA program."



## North Westdale Neighborhood Association

President	Bahaa Mikhail
Vice President	Bill Koontz
Secretary	Amy Levy
Webmaster	Andrew Parke
Newsletter Editor	Victoria Sanelli

If you have questions or would like to volunteer and get more involved with the neighborhood association, contact Bahaa Mikhail at 310-709-6431 or via email at [bahaa@netpayservices.com](mailto:bahaa@netpayservices.com).

Have a story idea or event that might be of interest to the neighborhood? Please email Victoria Sanelli at [bunigr1@gmail.com](mailto:bunigr1@gmail.com).

### Deadline for the next issue is Monday, March 29 for the April issue.

*The North Westdale Neighborhood Association (NWN) serves the community bounded by the 405 Freeway to the east, National Blvd to the south, Centinela Ave/Bundy Drive (Centinela north of Ocean Park and Bundy south of Ocean Park) to the west, and the Santa Monica Freeway to the north, representing approximately 1,000 homes. All residents, both home owners and renters, are members.*

*There is an annual voluntary donation of \$10 per household. NWN strives to improve our neighborhood with activities ranging from crime watch to neighborhood beautification to local school support.*

**We're on the web!**  
[www.northwestdale.com](http://www.northwestdale.com)

Join The North  
Westdale E-Mail  
List!

Go to:

<http://groups.yahoo.com/group/NWNA>

Click on the "Join This Group" button and follow the online instructions.



## Police Report

Senior Lead Officer  
Tom Wicks  
310-622-3973

Basic Car Coordinator  
Sergeant Pompano  
310-482-6334

### Crime Trends

The following are the crime statistics representing 12/01/09– 12/31/09:

Aggravated Assaults 0  
Burglary (Vehicle) 19  
Robbery 2  
Burglary (Res/Biz) 11  
Grand Theft Auto 6  
Homicide 0  
Sex 0

During this rating period  
Burglary (Residential/

Business) has continued to be a problem in 14A25 area. In the majority of incidents the victims continue to leave their home unsecured.

Whenever you leave home, lock and secure all doors/windows. Also lock all upper level patio doors as well as pet doors. Install window locks or pegs on all windows for extra security. Install sensor lights around your property, ample lighting helps deter burglary suspects. Keep shrubs and hedges trimmed. This will give intruders fewer places to hide. Join your local Neighborhood

Watch Program, it is still the best tool we have to combat crime. Contact your local police if you observe a crime in progress.

### **Safety Tip**

Telephone safety tips:

Do not let callers know you are home alone, or the times of day when your home is empty. Retrieve answering machine messages often. Never give out credit card numbers or personal information over an open line.



**MVCC Board Meetings**  
Second Tuesday of every month  
Mar Vista Rec Center, 11430 Woodbine  
NEXT MEETING: Mar. 9 at 7 PM & Apr. 13 at 7 PM

COMING SOON: Elections for MVCC Board of Directors

April 11, 2010 ~ ELECTION DAY!  
COME VOTE from 10 AM - 4 PM at Mar Vista Rec Center

For more information email [info@marvista.org](mailto:info@marvista.org)

Visit us EVERY SUNDAY @ the Mar Vista Farmers' Market  
9 AM – 2 PM at the corner of Venice & Grand View

NWNA is served by MVCC Zone 2 Director  
Bill Koontz, [billk@marvista.org](mailto:billk@marvista.org)

Sign up to receive email announcements at  
[www.MarVista.org](http://www.MarVista.org)

### **GREEN TIP OF THE MONTH**

Did you know the average person ends up with six disposable bags per trip to the grocery store? If you use your own reusable bags, you could save up to 312 bags per year from grocery shopping alone. Take a reusable bag next time you shop at the mall and save even more bags!

Reusable bags now come in all sorts of sizes and patterns, but you can get free bags, just by reusing bags you get from the store.