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FlexOps to Launch in Summer

Model Program Will Improve Customer Service

NYCHA RESIDENTS AT 12 DEVELOPMENTS will soon see cleaner public spaces when they leave for work and be able to schedule routine repairs for the early evening after they get home from work. Beginning this summer, NYCHA will offer Flexible Operations (FlexOps): Expanded Service Hours, a four-month trial program extending hours for completing routine repairs, cleaning common areas, and scheduling meetings with property management. FlexOps creates a new, staggered shift schedule for frontline staff, including caretakers, maintenance workers, and property managers.

As part of NextGeneration NYCHA, the Authority's 10-year strategic plan, FlexOps will improve residents' quality of life by creating multiple work shifts, allowing caretakers to work from 6 a.m. until 7 p.m. and maintenance workers from 8 a.m. through 8 p.m. on weekdays. Property management offices will be open until 8 p.m. one day a week for appointments and administrative duties.

NYCHA's current single shift, an 8:00 a.m. to 4:30 p.m. workday, dates back nearly 50 years. A recent survey of more than 1,400 public housing residents, including 58 resident leaders, found that 94 percent supported extending NYCHA's (CONTINUED ON PAGE 11)



NextGeneration NYCHA: Celebrating a Year of Progress

YEAR AGO, NYCHA released NextGeneration NYCHA, our 10-year strategic plan to preserve and protect the City's public housing for today and the next generation of New Yorkers. It's been a year of action and progress, as the Authority works toward realizing our four goals: generating funds to effectively run the Authority; improving property management and customer service; repairing and rebuilding our existing buildings and developing new

housing; and connecting residents to the best social services available.

It has not been an easy year—NYCHA has faced tough choices and made significant changes in the way we do business. Thanks to the dedication of our employees and the partnership of our residents, we have made substantial progress. Here are just some of our achievements over the course of the past year:

(CONTINUED ON PAGE 12)

LETTER FROM THE CHAIR

CHANGE IS COMING

OVER THE PAST two years, I've met with hundreds of residents at developments across the City. Many of you shared with me the frustration of wanting to raise your children in a safe, clean, and affordable place that you are proud to call home, yet you have the nagging sense that no matter what is said, NYCHA will never change. I've heard you.

We've made some notable progress at NYCHA — but it's not enough. If you, our residents, don't see the changes when you walk out the door, when you need repairs or need to speak with management, then the changes simply do not exist.

This summer, we will launch a transformative trial program, Flexible Operations: Expanded Service Hours (FlexOps), at 12 developments. NYCHA property management will start serving residents at those developments before 8 a.m. and after 4:30 p.m. Property management offices will stay open until 8 p.m. one day a week for appointments. We will have multiple shifts to better tackle property upkeep, repairs, and other critical issues, while supporting greater flexibility for our staff to work at different times. Working families will now be able to schedule an appointment for a routine repair after work, instead of having to take time off to handle it.



FlexOps is just one component of NextGeneration NYCHA, our 10-year strategic plan to change the way we do business. This month marks the one-year anniversary of the plan's release. Take a look at our NextGeneration NYCHA retrospective in this issue for some of the highlights from the past year. There are many other stories in this issue of the Journal that also speak to how we are working to fulfill our NextGeneration NYCHA vision. They illustrate the people, partnerships, and initiatives that are making a real positive impact on the lives of thousands of families.

In the year ahead, we will continue to put our focus and energy into the implementation of NextGeneration NYCHA, building safer, cleaner, and more connected communities in partnership with you. Considering the challenges we face, I cannot promise that change will happen overnight—but change will happen. Thank you for your support as we take NYCHA in a different and better direction.

Shola Olatove Chair and CEO

Join the NYCHA Board

N SEPTEMBER 2016, Mayor de Blasio will appoint three residents as members of the NYCHA Board. The board members will represent the more than 400,000 people who call NYCHA home when it comes to voting on contracts, resolutions, policies, rules and regulations, and other administrative matters. This is not a full-time position, but you should be able to devote a minimum of 15-20 hours each month, for which you will receive a monthly stipend per hours of service up to \$1,500. The application process starts June 1, 2016. All applications must be submitted online or postmarked by June 30, 2016.

TO QUALIFY, YOU MUST BE:

- At least 18 years old
- A NYCHA resident in good standing
- Cleared for service by the New York City Department of Investigation, the New York City Conflicts of Interest Board and/or NYCHA's Office of the Inspector General

HERE IS HOW TO APPLY:

- Online at http://on.nyc.gov/nycha-board
- Download the application at http://on.nyc.gov/nycha-board
- Get an application at any Property Management Office or Borough Management Office
- Or call **311** for an application Applications can be mailed to:

NYCHA Resident Board Member P.O. Box 3422 New York, NY 10008-3422

The NYCHA

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www.nyc.gov/nycha

NYCHA BOARD MEETINGS

YCHA'S BOARD MEETINGS, open to the public, take place on Wednesdays at 10 am in the NYCHA 12th floor conference room at 250 Broadway. People who wish to speak during the public comment period must pre-register at least 45 minutes before the meeting is scheduled to begin and can only comment about items on that meeting's agenda. Each speaker's time is limited to three minutes. The public comment period concludes either when all speakers are finished or after the 30 minutes allotted by law for public comment, whichever comes first.

Copies of the calendar for the upcoming board meeting are available on NYCHA's website or can be picked up at the Office of the Corporate Secretary, 250 Broadway, 12th floor after 3 pm on the Monday before the meeting. Copies of the dispositions of prior meetings are available on NYCHA's website or can be picked up from the Office of the Corporate Secretary no earlier than 3 pm on the Thursday after the board meeting. Any person requiring reasonable accommodation in order to participate in the meeting should contact the Office of the Corporate Secretary at 212.306.6088 no later than five business days prior to the meeting. For additional information regarding the calendar of meetings, dispositions, dates and times, please call 212.306.6088.

UPCOMING MEETINGS:

May 25, 2016 June 29, 2016 July 27, 2016

September 28, 2016 October 26, 2016 November 23, 2016 December 21, 2016

* Note: There will be no board meeting in August. The November and December board meetings are scheduled for the second-to-last Wednesday.

New Board Member Brings Expertise in Economic Development and Housing Policy

NNENNA LYNCH, who has a strong track record in urban policy and economic development, was appointed by Mayor Bill de Blasio to the NYCHA Board at the end of April.

"We're pleased to have Nnenna on our team as we move forward with implementing our NextGeneration NYCHA plan," said NYCHA Chair and CEO Shola Olatove.

"Her commitment to neighborhoods and New York will help us as we work to create safe, clean, and connected communities for our residents."

Ms. Lynch is Director of Development at The Georgetown Company, a real estate development and management company. Prior to that, she served as Senior Policy Advisor to former Mayor Michael Bloomberg for six years. Ms. Lynch helped develop and implement economic development policies and projects such as the redevelopment



of Atlantic Yards, which has resulted in the creation of thousands of new jobs with the opening of the state-of-the-art Barclays Center as well as the construction of new housing and commercial space.

Before serving in government, Ms. Lynch was a partner at Urban Green Builders, LLC, a real estate develop-

ment company focused on transportation-based, mixed-use affordable and workforce housing projects, and worked as a financial analyst at Goldman Sachs.

At NYCHA's April Board Meeting, Chair Olatoye thanked outgoing NYCHA Board Member Richard D. Baron for his service. His expert counsel in matters relating to affordable housing development was a great asset for the Authority, as one of the main goals of NextGeneration NYCHA is expanding and preserving public and affordable housing.

NYCHA's New Sustainability Plan Focuses on Improving Resident Comfort and Climate Change

N APRIL, NYCHA published its firstever Sustainability Agenda, a 10-year roadmap for creating healthy and comfortable housing for residents that will withstand the challenge of climate change.

"A safe, clean, and healthy home is the right of every individual regardless of zip code," said NYCHA Chair and CEO Shola Olatoye. "As we work to curb the impacts of climate change across our communities, NYCHA's Sustainability Agenda furthers our commitment to improving quality of life for residents and preserving public housing for this and the next generation."

NYCHA residents and the infrastructure of its developments face serious health and safety risks from the environmental impacts of climate change. The goal of the Sustainability Agenda is to stem the effects of climate change, while also creating healthy and comfortable homes for residents through 17 targeted strategies. These innovative solutions will yield health, environmental, and economic benefits, improving quality of life for residents and ensuring the housing authority remains a critical source of affordable housing for years to come.

Working hand-in-hand with community partners, NYCHA has committed to the following goals by 2025:

- Work to achieve City's goal of reducing greenhouse gases 80% by 2050.
- Integrate resiliency and climate change adaptation into capital planning.
- Incorporate sustainability into daily management and operations.
- Systemically eliminate the root causes of mold by fixing leaks in roofs, facades, pipes and modernizing ventilation systems.

 Ensure consistent heat and hot water (prevent unplanned outages and overheating).

Here are some of the Sustainability Agenda strategies:

- Attract investment for capital improvements.
- Raise revenues through collaborative energy projects to develop commercial-scale solar and a campus-scale microgrid at Red Hook Houses East and West.
- 3. Create healthy indoor environments with a comprehensive mold response plan.
- 4. Efficiently provide comfortable, reliable heat and hot water, including through smart building technology and enhanced training and professional development of heating operations staff.
- 5. **Improve water management** by working with DEP to meter all developments by 2018 and installing water-efficient fixtures.
- 6. Adopt comprehensive waste management plan, which includes promoting recycling across NYCHA.
- Eliminate roof, façade, and plumbing leaks by seeking funds for roofs, exterior repairs, and interior plumbing upgrades.
- Support resident- and communityled sustainability by launching an "ideas marketplace" for residentand community-led sustainability initiatives.
- 9. Connect residents to green jobs by enhancing job-training programs to better prepare residents for work in energy and creating resident-owned business opportunities.

MyNYCHA en Español

NOW AVAILABLE

IN Spanish: the free MyNYCHA app that enables residents to use their smartphones or tablets to create and schedule repair requests. Residents can also use MyNYCHA to subscribe to alerts about development outages, view apartment inspection appointments, and sign up to receive the Journal by email. Since it was released, the MyNYCHA app has



been downloaded more than 23,000 times and has been used to create over 90,000 work orders. Download the free app from Apple's App Store or Google Play today! MyNYCHA is also available online as a regular webpage, in English and Spanish, here: on.nyc.gov/mynycha.



Green City Force's work with NYCHA's urban gardeners and farmers is one of the Sustainability Agenda's strategies.

If You Need a Repair, You've Got to Be There

TOP PRIORITY FOR
NYCHA's hardworking
maintenance workers and
skilled tradespersons is making
residents' repairs as quickly
as possible and keeping their
apartments in good condition.

Unfortunately, these goals are challenged when you aren't home for your scheduled repair appointments. It's costly, too. NYCHA loses \$4.4 million a year in lost staff time when residents aren't home and workers can't make repairs, leaving less money to invest in the Authority's buildings. Plus, the longer a problem goes unattended, the more expensive it becomes to fix and the more likely it may create even more damage, including damage in neighboring apartments.

For these reasons, NYCHA is reminding residents to be at home for your scheduled repair appointments. Repairs can be scheduled by calling the Customer Contact Center at **718-707-7771** or through MyNYCHA on a computer or mobile device. Visit on.nyc. gov/mynycha for more details about MyNYCHA. You'll receive a reminder phone call about your upcoming appointment. If you know you can't keep your appointment, you can reschedule it in advance. An adult over the age of 18 must be present in the apartment for any repairs to be

By working together, NYCHA staff and residents can make developments safer and healthier for everyone.

Connecting to a Better Future

Public Library Literacy Program for Young Adults Pays Participants to Learn



YOUNG PEOPLE BETWEEN the ages of 16 to 24 can get paid to improve their reading, writing, and math skills at an innovative New York Public Library program called "Literacy Connection." This eight-week program, offered in partnership with Phipps Neighborhoods, is designed to help those who read at 4th-8th grade reading levels obtain the skills needed to enter high school equivalency programs. The program is open to those who are not in school or employed. Participants who complete a service-learning project, work readiness and career exploration workshops, computer skills building, peer social support groups, and group activities and trips will receive a stipend for their participation.

The program is offered at three separate Bronx locations beginning in July. Enrollment opens in June. Call **718-933-6098/579-4208** or email **litconyalp@gmail.com** to get more information from a Literacy Connection staff member.

Mott Haven Library

321 East 140th Street at Alexander Avenue Classes:

Monday-Thursday 11am-4pm and Friday 11am-2pm

Bronx Library Center

310 East Kingsbridge Road at Briggs Avenue Classes: Monday-Thursday 12pm-5pm and

Friday 12pm-3pm

West Farms Library

2085 Honeywell Avenue at 180th Street Classes: Monday-Thursday 11am-4pm and Friday 11am-2 pm



Pay It Off

June 1-15, 2016

Pay off NYC child support debt. Twice as fast.



For two weeks, pay \$1,000 or more toward child support debt owed to the NYC Department of Social Services and we will match that payment

Call 929-252-5200 for details or visit our Customer Service Walk-In Center

151 West Broadway, 4th floor New York, NY 10013



Office of Child Support Enforcement Gardeners' Delight

HUNDREDS OF RESIDENT

gardeners came to celebrate the 14th Annual "NYCHA Grows with Its Gardeners, Gardening and Urban Farming Conference" on April 15 at the Johnson Community Center in East Harlem. The event, made possible this year by support from Unilever's Growing Roots NYC program, was established in 2002 to educate resident gardeners on the importance and benefits of gardening. Currently, NYCHA has over 3,500 resident gardeners who tend to 700 gardens throughout the five boroughs.

Thanks to the participation of over 25 community-based organizations, including Battery Park Conservancy, New York Urban Soil Institute, and Green Thumb/ City of NY Parks & Recreation, residents spent the day attending hands-on workshops like Square Foot Gardening, Urban Battery Farm Training Opportunity and The Power of Herbs. They also received seeds and bulbs to beautify their communities and new gardening tools.

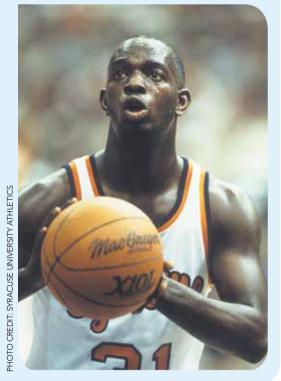
Unilever offered a cooking class called How to Create Simple and Delicious Meals Using Herbs and Vegetables Fresh from Your Garden. "We've committed to a three-year partnership with the City of New York, NYCHA, Green City Force and SCAN Cooking School to create an ecosystem around healthy fresh food — a farm-to-table model — improving access to fresh vegetables and education on how to cook with them," explains Tracy Shepard-Rashkin, a member of Unilever's Growing Roots NYC program.

Keynote speaker Onika
Abraham, Director of Farm School
NYC, an organization devoted to
teaching courses in sustainable
urban agriculture, commended
NYCHA for its strong commitment
to maintaining acres of green
space throughout New York City.
She summed up the sentiment
of the day best in her address:
"Serving our communities serves
our planet. When we serve the
land—the land serves us."



NYCHA Remembers Former Seth Low Houses Resident Dwayne "Pearl" Washington

BASKETBALL GREAT DWAYNE "PEARL" WASHINGTON, who arew up in Seth Low Houses in Brooklyn, died on April 20, 2016, after a battle with cancer; he was 52 years old. Washington was loved and revered by many—on basketball courts in Brooklyn and by sports fans who visited the Carrier Dome stadium in Syracuse, New York. He was a star basketball player at Boys and Girls High School, and was one of the most highly recruited high school basketball players in the country in the early 1980s. He attended Syracuse University and became a legend of Syracuse Orange basketball. After college, Washington played in the NBA with the New Jersey Nets and the Miami Heat. NYCHA sends condolences to his family, friends, neighbors, and fans.



West Nile Virus Mosquito Treatment

The New York City Housing Authority will be treating all of the catch basins located on Housing Authority developments to reduce the mosquito population in an effort to minimize the transmission of the West Nile Virus. These treatments will take place between June and September of 2016. One or more of the following pesticides will be used:

Vectolex CG, EPA Reg. No. 73049-20, Toxicity Category – "Caution" Summit B.t.i. Briquets, EPA Reg. No. 6218-47, Toxicity Category – "Caution" Altosid XR, EPA Reg. No. 2724-421, Toxicity Category – "Caution"

Contact names and numbers for this application are; NYC Housing Authority:

Debbie Wolf, Associate Staff Analyst, 718.707.5709 available from 9 am – 5 pm
Denise Torres, Technical Resource Advisor, 718.707.8032 available from 8 am – 4 pm
NYS Dept. of Environmental Conservation, Region 2, Bureau of Pesticide Management –
718.482.4994

National Pesticide Telecommunications Network - 1-800-858-PEST

Inquiries concerning symptoms of pesticide poisoning should be directed to the Poison Control Center

1-800.222.1222



New Health Benefits for IDNYC Cardholders

F YOU ARE one of the more than 830,000 New Yorkers who has an IDNYC card, you have access to museums, health clubs, and now health care



benefits too. Thanks to a new partnership between NYC Health + Hospitals and the Department of Health and Mental Hygiene (DOHMH), IDNYC cardholders can link their IDNYC number to health care services during the patient registration process at NYC Health + Hospitals.

The IDNYC card will also serve as a membership card for ActionHealthNYC, a new health care access program for immigrant New Yorkers who currently do not have access to or qualify for health insurance. With ActionHealthNYC, immigrants and their families may receive health care services at designated NYC Health + Hospitals locations. The initial NYC Health + Hospitals rollout has started at NYC Health + Hospitals/Coney Island, with plans to expand citywide throughout 2016 and 2017.

Also starting this summer, parents and guardians will be able to use an online portal to access and print immunization records needed for Department of Education enrollment and verification, college admissions, and camp enrollment. The online portal will be available in the summer of 2016 for parents who have obtained an IDNYC to access school records in time for fall enrollment.

In the second year of the program, IDNYC remains free and continues to serve more City residents than any other municipal ID across the country. IDNYC serves as valid identification, and cardholders are eligible for myriad benefits, including cultural institution discounts and memberships, fitness center and pharmacy discounts, exclusive entertainment offers, and more. All City residents age 14 and above are eligible to get a municipal ID card, and enrollment is free for anyone who applies in 2016.

For more information on IDNYC eligibility criteria, benefits, enrollment centers across the five boroughs and more, visit **nyc.gov/idnyc** or call **311**.

Apply Now for the NYCHA-CUNY Resident Scholarship!

HE APPLICATION PERIOD is open for the 2016 NYCHA-CUNY Resident Scholarships. NYCHA will award ten \$1,000 scholarships for the 2016-2017 school year in September 2016. To qualify, you must be an authorized NYCHA resident; be a sophomore, junior, or senior student enrolled in a CUNY associate or baccalaureate degree program; have at least a 3.0 GPA; and submit a 500-word autobiographical essay.

NYCHA also awards the \$1,000 Regina A. Figueroa Memorial Scholarship each year to a resident with documented disabilities who meets the CUNY Scholarship eligibility requirements. The application for both scholarships is due by June 25; visit http://tinyurl.com/nychascholarships to apply.

Since 2005, more than 100 students have received the scholarships, which are funded by local City Councilmembers. Past recipients speak highly of this opportunity and the support it provides to further their education and realize their dreams.

"I love that NYCHA has opportunities like this scholarship for students, so we can continue to excel," explained Joseph Kemp, a Queensbridge North Houses resident and student at the John Jay College of Criminal Justice.

Hunter College graduate and Gowanus Houses resident David Liao added, "As a NYCHA resident and CUNY student, you not only come from a unique background and have an amazing story to share with others. You also really have a chance to change the way other people see not just CUNY but NYCHA too."



"To Whom Much Is Given, Much Is Required"

NYCHA Board Member Beatrice Byrd Works to Make Life Better for All NYCHA Residents

YCHA RESIDENT BOARD Member Beatrice Byrd remembers moving into Red Hook West Houses in 1962 like it was yesterday: "I thought it was the most beautiful place I'd ever seen. There was grass everywhere, there were parks to take my children to; we could put a blanket down with the kids and sit on the grass. There was even

a swimming pool where my son learned how to dive from the diving board. There were so many great things here. I could only see the beauty in Red Hook (West) Houses and I still see that beauty today."

While raising her family, Ms. Byrd started working as a school aide earning just \$50 per week. Her love for learning motivated her to acquire certifications and degrees from Hunter College, NYU, Columbia University, Cornell University

and City College. For 37 years, Ms. Byrd influenced thousands of students in Brooklyn as a New York City educator and administrator.

'To whom much is given, much is required' is Ms. Byrd's motto. "I believe if I am able to enjoy a measure of success, then I must use that success to make life better for NYCHA residents," she said. In addition to serving as a Resident Board Member since 2013, Ms. Byrd led the Red Hook West Tenant Association as president and was a mem-

ber of Community Board 6 for 15 years. A former president of the Brooklyn chapter of the NAACP, she is vocal in her pursuit of racial harmony throughout Brooklyn, focusing on community partnerships as the vehicle to promote unity. She is also a Director of the Joseph P. Addabbo Family Health Center, ensuring accessible, affordable health care options for her neighbors, and a member of Red Hook West's committee for the Mayor's Action Plan.







City School of the Arts is a new arts-based 6th–8th grade charter school opening this fall in Lower Manhattan. The school is public, free and close to the 2/3, 4/5 and J trains.

We're now enrolling for next year's 6th grade class.

Learn more and apply now at www.cityschoolofthearts.org

High Fashion Crowd Loves Ritta's Treats

HYRITTA CONLEY, a 2015 Food Business Pathways (FBP) graduate and owner of Ritta's Treats, received her first corporate catering order from Kate Spade & Company, an international fashion brand, to provide sweets for their International Women's Day event with 150 attendees. She prepared brownies, cupcakes and her signature Lemon Drop Cookies, and all were a huge hit. A second order quickly followed for another Kate Spade & Company event happening in late May.

Conley says of her recent success, "Kate Spade & Company is my first corporate client. Without FBP it wouldn't have been possible."

FBP has been a game changer for Conley. The education component was

key. "I was a stay-at-home mom, with my husband being the sole provider for the family, and I wanted to contribute any way I could to help make ends meet, so I began baking and selling out of my apartment," Conley explains. "When I have orders, I book kitchen time with Hot Bread Kitchen, one of the program's partners, and do all of my food prep and baking on-site."

FBP participants receive a comprehensive package of services that enable them to start their own food businesses. "Our goal is to prepare them to become go-getters, running a legal and profitable food business with a reach that extends beyond their immediate circle of friends and family," says Jeanique Riche, Assistant Director of Resident Business Development in NYCHA's Office of Resident



Economic Empowerment & Sustainability.

Conley plans to continue using the professional support services. "My business coach is working with me to develop a marketing plan and a website to reach more customers," she says.

To date, 80 people have graduated from the FBP program, and 67 have formed businesses as of February 2016;

another 25 are slated to graduate in May of 2016. If you are interested in starting your own food business, check out an upcoming Food Business Pathways informational session. For more information, go to http://opportunitynycha.org/food or call 718-289-8100.

You can find Ritta's Treats on Facebook, or email her to place an order at **Rittastreats@gmail.com**.

Residents who are accepted into the FBP program receive FREE:

- 10-week intensive business course tailored for NYCHApreneurs with a passion for the food business;
- Food handler's license;
- Business incorporation;
- Group and one-on-one business coaching; and
- An opportunity to compete for the chance to receive five months of free kitchen incubator space.

Food Business Pathways Info Sessions

Wednesday, May 25, 6:00pm-8:00pm Hot Bread Kitchen at La Marqueta

1590 Park Avenue (at E. 115th St.) New York, NY 10029 Directions: 6 train to 116th St.

Thursday, June 2, 6:00pm-8:00pm, REES Offices

787 Atlantic Avenue, 2nd Fl. (bet. Clermont Ave. & Vanderbilt Ave.) Brooklyn, NY 11238 Directions: C train to Clinton-Washington Ave. (use the Clinton Ave. exit)





FBP Grad Opens Restaurant

Lancelot Brown, Breukelen Houses resident and graduate of the Food Business Pathways' first class, opened the Jamaica Grill Jerk Center in April. "It was awesome! It enabled me to reflect on what I've gone through and to see that I'm able to fulfill my dream," he explains. "Without the resources I received through the Food Business Pathways program, I would not have had the opportunity to excel at this pace and achieve what I've achieved. The program has helped me develop my business plan, formalize my business, and find a location. And I'm still connected to my classmates and the NYCHA REES staff involved in the program." Mr. Brown's success story was recently highlighted through a variety of local media, including NY1, News 12 Brooklyn, and the Brooklyn Paper.

You have the right to use the restroom, locker room, or other single-sex facility consistent with your gender identity or gender expression.

Individuals cannot be asked to show identification, medical documentation, or any other form of proof or verification of gender.

Any person who abuses this policy in order to assault, harass, intimidate, or otherwise interfere with an individual's rights under this policy will be prosecuted to the full extent of the law.



This policy does not provide a right to a member of the public to use a facility that is reserved for the exclusive use of employees.

Contact: nychadeo@nycha.nyc.gov or call 212-306-4468 and ask for NYCHA EEO Officer For more info, go to http://on.nyc.gov/ssf-facts



NYCHA IMPLEMENTS CITY'S SINGLE-SEX FACILITY ACCESS POLICY New policy protects rights of transgender

and gender non-conforming persons

INCE 2002, it has been illegal in New York City to discriminate on the basis of gender identity and gender expression in the workplace, public spaces, and in housing. This past March, Mayor de Blasio issued an executive order requiring that all City employees and all members of the public using City services must be allowed to use single-sex facilities in City-owned or operated buildings that correspond to their gender identity or

expression.

Gender identity is an individual's deeply held sense of one's gender as male or female, which may be the same or different from one's sex assigned at birth. A transgender person is someone whose gender identity is not typically associated with the sex that the individual was assigned at birth. Gender expression refers to the external representations of gender, such as the name or pronouns an individual chooses to use, as well as clothing, hair style, voice, and behavior. Our society identifies these various external representations as masculine or feminine. It's important to recognize that the definitions of what is masculine and

feminine can fluctuate over time and vary by culture.

NYCHA has agreed to adhere in spirit to the City's Single-Sex Facility Access Policy. It will be implemented at all NYCHA work locations and at NYCHA-owned or operated facilities. This includes NYCHA community centers, bathrooms, locker rooms, waiting areas, or lounges that have separately designated spaces on the basis of sex or gender. Posters informing NYCHA employees and public members about their rights consistent with the Mayoral Executive Order will be conspicuously posted at NYCHA work locations and facilities by June 7, 2016.

If you feel you have been discriminated against based on your gender or if you would like additional information about single-sex facility access at NYCHA, contact NYCHA's Department of Equal Opportunity at deo@nycha.nyc.gov or 212-306-4468. To view the City's policy, visit the NYC Commission on Human Rights website at http://www.nyc.gov/html/cchr/downloads/pdf/SingleSexFacilities_Factsheet-FINAL.pdf.

Harlem Pie Man Debuts in Whole Foods

Exciting news about NYCHApreneurs Aliya and Clinton Shabazz, founders of The Harlem Pie Man, first featured in our January 2015 issue: After an introduction facilitated by REES Zone Partner Hot Bread Kitchen, a year of meetings with local and regional corporate teams, various tastings, and a final tweak to recipes to incorporate organic sweeteners, the husband and wife team were invited to "demo" their pies in the Upper West Side Whole Foods on May 1. No surprise to anyone who has tasted their delicious products, they sold out in no time! For more information, visit www.theharlempieman.com.



Free and Fabulous Summer Fun

ALLING KIDS OF all ages! There are a ton of fun and free activities all across New York City this summer. Check some of these out – now you have no reason to say that you're bored!

- Visit www.randallsisland.org to learn about nature tours, festivals, and educational programs; track & field and tennis programs; and Sunday night outdoor movies on Randall's Island.
- The CityParks Foundation offers free tennis, golf, and track & field events, all equipment included. For details, call **718-760-6999** or email Sports@CityParksFoundation.org.
 - The NYC Department of Parks & **Recreation** provides free summer swimming lessons for children 18 months old to adults. Children ages 6-18 can join free **swim teams**. Visit www.nycgovparks.org for the registration lottery.

- The Parks Department's **Urban Park** Rangers program offers hiking, orienteering, canoeing, birding, astronomy, and fishing. Some activities require online sign-up or entering a lottery (visit www.nycgovparks.org for details).
- The NYJTL's Community Tennis Program offers free programs in all five boroughs for children ages 5 to 18. All skill levels are welcome and loaner rackets are available. Visit www.nyitl. org for a list of locations and schedule. Registration is ongoing and must be done in person with your child present. Call 347-417-8177 or email tc@nyjtl.org for more info.
- The Central Park Conservancy (at Belvedere Castle, in the middle of Central Park at 79th Street) has free bird-watching kits that parents or guardians can borrow for their children for a few hours. Recreational kits (with balls, bats, Frisbees, and jump ropes) can be borrowed at Central Park's **North Meadow Recreation Center** (mid-park at 97th Street). Catch-and-

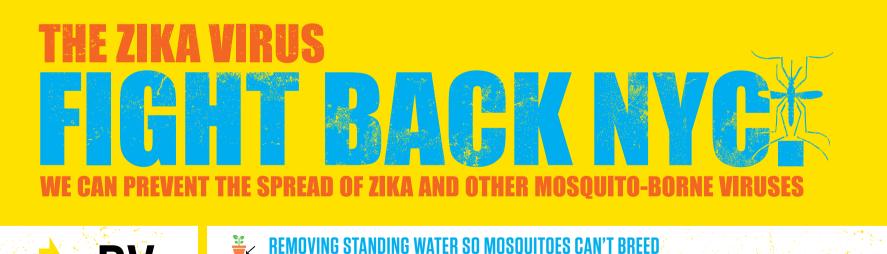
release fishing with loaner fishing poles is available at the Harlem Meer in the northeast corner of Central Park.

- Several volunteer-run organizations offer free **kayaking** – no registration required:
 - Manhattan: The Downtown **Boathouse** at Pier 26 (www.downtownboathouse.org) and 56th Street and 72nd Street at the Hudson River (www. manhattancommunityboathouse.org).
 - Brooklyn: Brooklyn Bridge Boathouse (www.bbpboathouse.org).
 - Queens: Long Island City Boathouse (www.licboathouse.org).
 - Staten Island: Kavak Staten Island (www.kayakstatenisland.org).
- Big Apple Games, sponsored by the Public Schools Athletic League, provides free wrestling, volleyball, basketball, softball, floor hockey, team handball, gymnastics, ultimate Frisbee, arts and crafts, and swimming lessons for high

school students. Arts and crafts, game room fun, and sports are also available for fourth to eighth graders. Visit www.psal.org for a list of locations and the schedule. Kids can just show up at the location of their choice. Call 718-707-4208 for more information.

• Free admission days: Bronx Zoo (Wednesdays); Staten Island Zoo (Wednesdays after 2pm); New York Aquarium (Fridays after 4pm); Brooklyn Botanic Garden (all day Tuesdays and Saturdays from 10am to noon).











APPLYING INSECT REPELLENT & COVERING EXPOSED SKIN TO AVOID BITES



USING WINDOW SCREENS TO KEEP MOSOUITOES OUT



Call 311 to report standing water or visit **nyc.gov/health** for more information.



NYCHA Digital Van Schedule

OPERATING THROUGHOUT THE City Monday through Friday, 10am to 4pm, the NYCHA Digital Vans provide NYCHA residents and other members of the community with free internet and a mobile hot spot. Each van has an instructor onsite and is equipped with eight laptops, wireless internet (Wi-Fi), and printers. For more information about the NYCHA Digital Vans, email digitalvan@nycha.nyc.gov.

SCHEDULES ARE SUBJECT to change or cancellation.



MITCHEL HOUSES

(also serving Mott Haven and Mill Brook Houses) 200 Alexander Avenue at 137th Street

Mondays

5/23/16 6/6/16 6/27/16

MELROSE HOUSES

(also serving Jackson Houses and Morrisania Air Rights) Morris Avenue between 153rd and 156th Streets, near Classic Center Monday 6/20/16

CASTLE HILL HOUSES

625 Castle Hill Avenue Mondays 6/3/16 6/20/16

FOREST HOUSES

(also serving McKinley Houses) Between 980 and 1000 Trinity Avenue

Tuesdays

5/24/16 6/7/16 6/28/16

MORRIS HOUSES

(also serving Butler and Webster Houses) 3673 Third Avenue, near boiler room rear entrance

Tuesdays 5/31/16

6/21/16

PATTERSON HOUSES

143rd Street between 3rd Avenue and Morris Avenue

Wednesdays

5/25/16 6/8/16

EDENWALD HOUSES

1145 East 229th Street,

in front of Management Office **Thursdays** 6/2/16 6/23/16

BROOKLYN

BUSHWICK HOUSES

372 Bushwick Avenue, at the baseball field

Fridays 6/3/16 6/24/16

KINGSBOROUGH HOUSES

3rd Walk between 1880 Pacific Street and Bergen Street

Tuesdays Fridays 5/31/16 5/27/16 6/21/16 6/10/16

MARCY HOUSES

Park Avenue between Marcy and Nostrand Avenues

Thursdays 6/2/16

6/23/16

OCEAN HILL APARTMENTS

24 Mother Gaston Blvd (parking lot at Building #1) **Tuesdays** Fridays 5/13/16 5/24/16 6/7/16 6/24/16

STUYVESANT GARDENS SENIOR

150 Malcolm X Boulevard between Gates Ave. & Monroe St.

Mondays

CENTER

6/28/16

5/23/16 6/6/16 6/27/16

6/10/16

TOMPKINS HOUSES

Myrtle Avenue between Throop and Tompkins **Avenues Fridays** 5/27/16

WYCKOFF GARDENS

572 Warren Street between 3rd and 4th Avenues

Wednesdays

6/1/16 6/22/16

MANHATTAN

EAST RIVER HOUSES

(also serving Wilson Houses and Metro North Consolidation) 425 East 105th Street

Wednesdays

6/1/16 6/22/16

WASHINGTON/ **LEXINGTON HOUSES**

1773 3rd Avenue **Thursdays** 5/26/16 6/9/16 6/30/16

JEFFERSON HOUSES

(for residents' annual recertification) 300 East 115th Street May 17 & 19; June 13-17

LINCOLN HOUSES

(for residents' annual recertification) Near 60 East 135th Street May 16, 18, 20; June 14 & 16

QUEENS

ASTORIA HOUSES

4-20 Astoria Boulevard, at maintenance parking lot **Thursdays**

Wednesdays 5/25/16 6/8/16 6/29/16

5/26/16 6/9/16

RAVENSWOOD HOUSES

(for residents' annual recertification) 21-10 35th Avenue May 16-20; June 13, 15, & 17

(CONTINUED FROM PAGE 1)

FLEXOPS TO LAUNCH IN SUMMER

service hours beyond the traditional 8:00 a.m. to 4:30 p.m. hours.

"If we genuinely want to create cleaner, safer, and more connected communities, we must challenge ourselves to think differently about what it means to serve residents. It's clear the last generation's model is no longer working for this or future generations," said NYCHA Chair & CEO Shola Olatoye about the trial program. "FlexOps is transformational change real change our residents will be able to see and feel. Our staff deserves a modern work schedule and our residents deserve the type of services any other New Yorker should expect."

FLEXOPS MODEL DEVELOPMENTS Bronx

• Forest Consolidation (Forest Houses,

McKinley Houses, & Eagle Avenue -East 163rd Street)

- Marble Hill Houses
- Mott Haven Houses
- Murphy Consolidated (Murphy Houses & 1010 East 178th Street)
- Pelham Parkway Houses Brooklyn
- Glenwood Houses
- Wyckoff Gardens Consolidated (Wyckoff Gardens, Atlantic Terminal Site 4B, & 572 Warren Street) Manhattan
- Chelsea-Elliot Houses (including Chelsea Addition)
- Dyckman Houses
- Isaacs Consolidation (Isaacs Houses, Holmes Towers, & Robbins Plaza) Queens
- Hammel Consolidated (Hammel Houses & Carleton Manor) • Ravenswood Houses

Batter Up!

Harlem RBI is offering two free, co-ed baseball programs this summer. REAL Kids is a free summer day camp program for children in kindergarten through fifth grade who need help with academic, social, and emotional skills. The program runs July 5 through August 11, Monday through Thursday 9 am to 5 pm, and Friday 10 am to 3 pm. Space is limited and priority is given to residents of East Harlem and the South Bronx. Harlem RBI's Rookies program is a free, co-ed Tee-Ball league for kindergarteners and first graders, where kids learn baseball basics and teamwork and play intramural games for 90 minutes on Saturdays. The program runs from



July 9 through August 13. Space is limited and priority is given to East Harlem residents. For more information, visit www.harlemrbi.org or call 212-722-1608.

NextGeneration NYCHA: Celebrating a Year of Progress

(CONTINUED FROM PAGE 1)

- Safety and security improvements: Completed a \$4.8 million lighting project at Polo Grounds Towers; installed 184 temporary light towers at 15 highcrime developments; installed CCTV, lighting, doors, and layered access at 15 high-crime developments; and launched the Public Safety Advisory Committee, which brings together residents, staff, and partner organizations to develop public safety plans.
- Began an \$87 million roof replacement project at Queensbridge North and South. NYCHA will replace roofs on 26 residential buildings at Queensbridge, which will help curb the presence of leaks and mold.
- Engaged residents in the planning process at the first two NextGen Neighborhoods sites, Wyckoff Gardens and Holmes Towers, holding more than 36 meetings to date. We also launched Stakeholder Committees at each development to make sure that residents and members of the community continue to have their voices heard regarding the development process.
- Launched the Fund for Public Housing, a non-profit organization that will raise funds to connect NYCHA residents to partners and opportunities.
- Rolled out recycling at 133 developments, impacting more than 1,200 buildings that serve about 215,000 residents.
- Boosted our transformation to a digital organization by creating several new tools to improve customer service, including releasing the MYNYCHA app, which allows residents to place work orders from the convenience of their phones; an online tool for Section 8 annual income recertification; and adding a third Digital Van.
- Issued requests for proposals for 100 percent affordable new housing at Ingersoll, Mill Brook, and Van Dyke Houses and selected developers for the projects, which will include senior housing and a variety of community services and amenities.
- Modernized our design standards for interior spaces, roofs, grounds, playgrounds, windows, and lighting to focus on efficiency, accessibility, safety, and visual appeal.











CELEBRATING the ONE-YEAR ANNIVERSARY of NEXTGENERATION NYCHA



I am NextGeneration NYCHA



"All New Yorkers deserve access to great neighborhood services, especially healthcare. Providing the same high quality care to everyone in Williamsburg, including NYCHA residents, is not only good for my practice but the right thing to do."

—Dr. James Kim, optometrist and new retail tenant at Williamsburg Houses, Brooklyn

I am NextGeneration NYCHA



"Effectively tackling safety and quality of life issues begins with strong collaboration with NYCHA residents. Our new Public Safety Advisory Committee, which includes residents plus NYCHA and NYPD leadership, will help create a strong framework for safety initiatives that best serves both residents and the larger community."

-Gerald Nelson, Vice President for Public Safety, NYCHA

I am NextGeneration NYCHA



"As a community leader, I want to empower residents to work in partnership with NYCHA to express our concerns for the community and improve our quality of life."

-Darold Burgess, Vice President, Tenant Association

Resident of Ingersoll Houses for more than 50 years

I am NextGeneration NYCHA



"It's rewarding to see people get on the right path by connecting them to the services they need to be productive members of their community. Most people really do want to contribute if they can get the right tools and assistance."

> -Denise Guess, Community Coordinator, NYCHA Resident Engagement

Easy Steps for Safer Drinking Water

N MARCH, NYCHA, in partnership with NYC's Departments of Environmental Protection (DEP) and Health and Mental Hygiene (DOHMH), tested NYCHA's water for lead and found it to be safe throughout all five boroughs.

While we are confident in the safety of NYCHA's drinking water, there are a few simple precautions you can take to further reduce your potential lead exposure. Here are some tips from NYC DEP:

Run Your Tap Until It's Cold

Run your tap for at least 30 seconds, until the water is noticeably colder, before using it for drinking, cooking or making baby formula any time the water in a faucet has stood for several hours.

Use Cold Tap Water for Drinking, Cooking and Making Baby Formula

Because lead can dissolve more easily in hot tap water, use cold tap water for drinking, cooking, or making baby formula.

Do Not Boil Water to Remove Lead

Boiling water will not remove lead and can actually concentrate it. Running the tap is the best way to flush lead from water in pipes.

Clean Your Faucet Screens

Sometimes lead and sediment can build up on the individual screens at your faucets. To clean them, periodically take off the faucet strainers from all taps and run the water for 3 to 5 minutes.

Test for Lead

If you still think that your household plumbing could contain lead after following these steps, request a free water test kit by calling

311 or visiting
www.nyc.gov/html/dep/
html/drinking_water/
lead test kit.shtml.

For more information about reducing your exposure to lead, please visit the DEP's website (www.nyc.gov/dep).



Citi Bike is a fun and affordable mode of transportation! Join for only \$5/month (with annual commitment), and get access to thousands of bikes around Manhattan, Brooklyn and Queens.

Membresía anual sólo \$5 al mes para residentes de NYCHA.

NYCHA 居民若成為 Citi Bike 年度會員, 月費只需 \$5.

VISIT

citibikenyc.com/nycha

OR CALL

1-855-BIKE-311

New Resident Association Training Series Launches with Section 3 Conference

NYCHA'S OFFICES OF Resident Economic Empowerment & Sustainability (REES) and Resident Engagement welcomed 150 Resident Association members to a Section 3 and Economic Opportunity Programs Conference on March 30 at the Brooklyn Law School.

"In connection with NextGeneration NYCHA, Community Programs & Development is creating new strategies for engaging and supporting NYCHA's resident leadership," said Sideya Sherman, Vice President of Strategy and Partnership, Community Programs & Development. "The Section 3 and Economic Opportunity training was the first in a series of discussions that will address crucial topics in an effort to increase resident connections to important services and opportunities. We'll have future sessions in the upcoming year."

Attendees—who represented 70 resident associations—were welcomed to the conference by Melanie Hart, Executive Vice President for Community Programs & Development. The all-day event featured four sessions: "HUD Section 3 Workshop," with HUD representative Rafiq Munir; "Entrepreneurship Development Opportunities," a panel with NYCHA staff, representatives from NYCHA's small business development partners, and Shyritta Conley of Ritta's Treats, a Food Business Pathway graduate success story; "Building a Career in the Construction Industry," with NYCHA staff and construction partners, including Nontraditional Employment for Women; and "Working with REES and Upcoming Opportunities," with Shanna Castillo, Director of REES.

Cynthia Hill, Secretary of the Resident Association for Shelton Houses, said she didn't know anything about Section 3 and REES opportunities before the conference. "I learned a lot. I come from not knowing anything to a new outlook on NYCHA. I will make it my business to go back and educate my senior residents about these programs. As long as they keep feeding me info, I will make sure that my residents get it."

In addition to the sessions, there was also a NYCHA partner marketplace with information tables and representatives available to speak with attendees about opportunities for residents. Partners in attendance were St. Nicks Alliance, Bedford Stuyvesant Restoration Corporation, Ocean Bay Community Development Corporation, Workforce Development Center at New York City College of Technology, NYC Department of Sanitation, GrowNYC, Brooklyn Educational Opportunity Center, WEACT, Brooklyn Workforce Innovations, NYC Business Solutions Center, Start Small Think Big, and Brooklyn Navy Yard Employment Center.



NYCHA's Executive Vice President for Community Programs and Development, Melanie Hart, greeted attendees of an informative conference on economic opportunities for public housing residents.

The Grandparent Resource Center Supports Seniors Raising Young Children

THE CITY ESTIMATES that over 100,000 seniors have stepped in to raise their grandchildren or other young kin in the absence of the children's birth parents. Since 1994, the Grandparent Resource Center (GRC), operated by the City's Department for the Aging, has provided a "one-stop shop" of support services for those seeking assistance. The first program of its kind in the nation, it has served as the model for similar initiatives across the country.

Thanks to the Mayor's Action Plan for Neighborhood Safety (MAP), the GRC has been expanded to reach more NYCHA residents. GRC community advocates are now located at all 15 MAP sites (see below) to provide assistance, such as information, training, and referrals to community services and support groups. The GRC also offers a free, 18-week workshop developed by Cornell University's Cooperative Extension. Graduates of the workshop, known as PASTA ("parenting a second time around"), receive a \$50 stipend and the opportunity to network with other caregivers in their community.

Last year, the GRC served more than 700 NYCHA residents. Marquerite Roper, a Red Hook Houses resident, was one of them. She has been raising her 21-year-old grandson since he was 3 years old and her 17-year-old grandson

since his birth. "The GRC is very helpful when you need something," she said. "We tell the GRC community advocates our problems and they try to assist us. Just the other day, my grandson needed some help with a job application, and they could provide that. And it's good to talk to someone now and then when you need advice."

To find out more about the services available through the GRC, or to ask a question about being a caregiver, call 311 to get connected to the GRC's hotline, available Monday through Friday during regular business hours.

NYCHA Developments Participating in the Grandparent **Resource Center Program:**

- Boulevard Houses (Brooklyn)
- Brownsville Houses (Brooklyn)
- Bushwick Houses (Brooklyn)
- Butler Houses (Bronx)
- Castle Hill Houses (Bronx)
- Ingersoll Houses (Brooklyn)
- Patterson Houses (Bronx)
- Polo Grounds Towers (Manhattan) • Queensbridge Houses (Queens)
- Red Hook Houses (Brooklyn)
- Stapleton Houses (Staten Island)
- St. Nicholas Houses (Manhattan)
- Tompkins Houses (Brooklyn)
- Van Dyke Houses (Brooklyn)

• Wagner Houses (Manhattan)

NYC'S PRE-K FOR ALL



IT'S NOT TOO LATE for your child to attend a high-quality, full-day, Pre-K program in September 2016. The round 2 application process began in the first week of May and includes new locations throughout the five boroughs. Locations include district elementary schools and Department of Education-approved charter schools, Pre-K centers, and New York City Early Education Centers. The City's Pre-K program runs five days per week; parents may choose between a full-day program (6 hours and 20 minutes), a 5-hour per day program, or a half-day program (approximately 2.5 hours).

THE ROUND 2 APPLICATION PROCESS IS FOR:

- Families of children born in 2012.
- Families who have already applied to Pre-K but did not get their first choice: There may be new schools participating in the program that will interest you.
- Families who have accepted their Pre-K offer but aren't happy with their placement: If you don't like the school your child has been accepted to, you can reapply. You will not be forfeiting your spot until you accept another program placement.
- Families who have not yet applied to Pre-K.

Pre-K For All gives children a jump-start on math, reading and social skills, all before the first day of kindergarten. Children also learn how to interact with others, share with peers, wait their turn, listen and follow instructions. Early childhood education has been proven to enhance performance throughout a child's learning career.

As long as space remains, Pre-K registration will stay open. For more information on which locations still have openings near you, visit https://maps.nyc.gov/upk/ to use the NYC Pre-K Finder interactive map. You can also connect via phone with a Pre-K adviser from this page.

FREE 15-week job training program for women First Step Program

Computer Training - Microsoft Word, Excel, PowerPoint, Outlook Internet Research □ Resume Writing □ Interviewing Skills Self-Esteem Building

Case Management Support 2 Month Administrative Internship

Job Placement Assistance

GED <u>not</u> required □ New class starting soon! FREE Continental Breakfast & Metrocards Provided

For more information, please call (212) 776-2074









Uncommon | Schools

Change History.

ENROLL YOUR CHILD TODAY!

100% of uncommon NYC High school GRADUATES WERE ACCEPTED TO A 4 YEAR COLLEGE.

APPLY ONLINE AT UncommonSchools.org/enrollNYC CALL WITH QUESTIONS: 718-363-5024







HELP YOUR COMMUNITY WHILE EARNING GOOD PAY AND BENEFITS!

School Crossing Guards help children safely cross busy intersections on their way to and from school. School Crossing Guards control traffic flow around schools in the morning, at lunch time and at the end of the school day.

Take advantage of these excellent Civilian PART TIME JOBS with the NYPD!

- GOOD PAY \$11.79/HOUR TO START, \$13.83/HOUR AFTER 3 YEARS
- HEALTH BENEFITS-HEALTH INSURANCE WITH 20+ HOURS WORKED PER WEEK
- WORK CLOSE TO HOME
- SUMMER WORK ALSO AVAILABLE

There are no formal education or experience requirements for this job, but all candidates must be able to understand and be understood in English.

Prospective candidates must pass a qualifying medical examination, which includes drug screening and a character/background investigation, prior to appointment. You must also complete six (6) days of training at the Police Academy once appointed.

If you are interested in applying for a School Crossing Guard position please visit:

http://nypdcivilianjobs.com/schoolcrossingguard/

and provide your information and you will be contacted by an NYPD representative.

The New York City Police Department is an Equal Opportunity Employer

A Delicious Meal to Honor That Special Someone

(I'm Talking About You, Mom)



E ALL KNOW that every day should be Mother's Day. Here are two simple recipes that make it easy to celebrate the person who made it all possible any day of the week, even when you have a busy schedule. It's from Omena El, a Whitman Houses resident and graduate of the Food Business Pathways program. Her company, Love Bliss Wellness LLC, can be reached at 347.927.7886 or loveblisswellness@gmail.com. Enjoy!

Panko Fried Chicken Breast (serves five)

Ingredients:

- 5 chicken breasts
- (organic, if possible)
- 2.5 cups panko bread crumbs
- 3 cups all-purpose flour or spelt flour
- 2 tbsp. salt-free poultry seasoning 1.5 tbsp. sea salt
- (Himalayan, if available)
- 2.5 tbsp. black pepper
- 2.5 tbsp. Old Bay seasoning (garlic & herb flavor)

- 2 tbsp. celery seed
- 2 tbsp. parsley
- (organic and free range, if possible)
- 1/2 cup orange muscat champagne vinegar as a marinade
- (available at Trader Joe's)
- 2 cups grape seed or avocado oil

Directions:

Beat the eggs in a mixing bowl and combine with the orange muscat champagne vinegar (or marinade substitute). Combine all the dry ingredients in another mixing bowl. Dip both sides of the chicken breasts in the bowl with the egg and marinade. Then coat the chicken with the dry ingredients. Heat a 12" skillet with the grape seed or avocado oil on medium-high on the stovetop. Fry 1-2 chicken breasts at a time on both sides until they are crispy and golden brown.

Love Bliss Wellness' Signature Goddess Salad

(serves five)

Ingredients:

- 1 carton of mixed salad greens (organic, if possible)
- 1 carton of baby spinach
- (organic, if possible) 2 tbsp. edible lavender buds
- 1/2 tbsp. Italian seasoning
- 1/2 tbsp. ground turmeric
- 1/2 tsp. ground black peppercorn
- 1/2 tbsp. sea salt (Himalayan, if possible)
- 1 whole avocado sliced
- 1 cup sliced cherry tomato halves
- 1 cup sliced cucumbers
- 1/4 cup chopped dehydrated strawberries
- 3 tbsp. coconut or olive oil
- 2 tbsp. raw honey
- 1/3 tsp. apple cider vinegar

Directions:

Add the greens to a large mixing bowl. Then add the lavender buds, Italian seasoning, turmeric, black pepper, and salt. Next add the avocado, tomatoes, cucumbers, dehydrated strawberries, and all of the wet ingredients. Cover the bowl and shake up and down briskly. Scrape any seasonings off the bowl cover and mix into the salad.