



NEIGHBORHOOD COUNCIL OF WESTCHESTER/PLAYA

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NCWP INVITES STAKEHOLDERS TO ITS GENERAL MEMBERSHIP MEETING

The Neighborhood Council of Westchester/Playa invites you to its Spring 2009 General Meeting on Tuesday, April 7, at 6:30 p.m. The meeting will be held at the Westchester Seniors Center, located at 8740 Lincoln Boulevard in Westchester.

This is an opportunity for all stakeholders, including residents, business owners and employees and others who are active in the parameters of the Westchester,

Playa del Rey and Playa Vista communities to join us in an open forum discussion. Attendees will also have the opportunity to meet their representatives on the Neighborhood Council. April's meeting will focus on Community Improvement Projects for our area.

For more information, call (213) 473-7023 or email at inquiries@ncwpdr.org.

NCWP PRESIDENT HONORED WITH PIONEER WOMAN AWARD

March is recognized as National Women's History Month. In the spirit of this observance, the Los Angeles City Council, in conjunction with the Los Angeles City Commission on the Status of Women recognizes fifteen women who have made outstanding contributions to the strength, vitality, and enrichment of Los Angeles during the annual Pioneer Women Awards event. NCWP President, Cyndi Hench, was chosen as one of the awardees of the Pioneer Woman Award.

Awardees are chosen by their respective Council Districts. This is an intergenerational award and the Commission encourages each Council District to consider awardees in the community from high school through retirement age.

The event features a Pioneer Women Awards Breakfast Reception and recognition of the awardees in Council Chambers.

The Pioneer Women Awards were created in 1988 to recognize the accomplishments of women in the City of Los Angeles. Women are chosen on such criteria as having made significant contributions toward improving the community within their Council District and/or the City in the areas of education, business, sports, arts, science, community, health or City government and having made significant contributions toward improving the status of women in the City of Los Angeles.

Cyndi Anderson Hench has volunteered her time to promote public safety throughout the entire community of Council District Eleven. Born and raised in the South Bay Community of Hawthorne, the Westchester resident has taken her passion for service and her devotion to the welfare of others and translated that into a commitment to prevention, preparedness, intervention and recovery.

Her genuineness and depth of character provided the foundation for her mentoring of numerous block captains for the Neighborhood Watch program. As an active and avid LAPD Volunteer, she serves as the Assistant Co-Chair for the Community Police Advisory Board.

Cyndi has coordinated the LAFD Community Emergency Response Team ("CERT") Training; the Fire Safety and Preparedness Forum in Brentwood; the Earthquake Preparedness Forum in Westchester; Women's Self Defense classes; LAFD Disaster Awareness Courses; Burglary Prevention Classes; Emergency Kit Preparedness Fairs; and served as the Volunteer Coordinator for The Great Southern California ShakeOut.

Her sense of responsibility led to a natural position as chairperson of the Public Safety Committee for the Neighborhood Council of Westchester/Playa Del Rey; her attention to detail and accountability led her to her next position as Council Treasurer; and her leadership, ultimately, led her to her current position as the Neighborhood Council President.

Whatever the project or endeavor, Cyndi brings to it, the power and purpose of the individual; her belief that the community is the servant of the individual, with each individual a source of progress for their community. Her major contribution to Council District Eleven has been the contribution of herself: her infectious spirit of enthusiasm; her willingness to submerge her own ego for the sake of a well-done project; and, in the words of American historian James Truslow Adams, "a sense of unlimited energy face to face with unlimited resources" – all in answering the call to public service.

PUBLIC SAFETY COMMITTEE'S SELF DEFENSE CLASS EMPOWERS WOMEN

The Public Safety committee of the Neighborhood Council organized a Self Defense course for women. The course, which is currently in session, is taught by Nelson Nio, of SHIELD Women's Self-Defense System. Nelson has been trained in various martial arts, self-defense and street fighting over the past 28 years. He founded SHIELD Women's Self-Defense System, and has been specializing in teaching self-defense & personal safety exclusively for women for the past 5 years. He is a dedicated, compassionate and effective teacher.

Based on a mixture of martial arts principles, self-defense and street fighting experiences, SHIELD is a practical close-range fighting system specifically developed for women to combat sexual assault. The training focuses on the body mechanics, balance and speed. It emphasizes on close-range fighting to be efficient to fight in tight quarters using lower body strength to generate power. We practice executing simple, reflexive movements that create the most damaging impact on the perpetrator. It covers verbal and physical self-defense as well as personal safety for women. Students gain a heightened awareness of their own strength, and what the body can do to inflict pain on others. This is a safe space for women to learn practical and effective full-contact self-defense.

The course is four-two and a half hour sessions. We have six women in the class so there is a lot of real hands-on training. The training is physical as well as mental.

My first revelation was how different this self defense instruction is compared to what I think would have come naturally if attacked. The training teaches you to turn the tables and become the aggressor. While getting away from the attacker is best, I would have never known that it is better to keep the attacker close to me rather than farther away when being attacked. We are only in week one, and we have learned what to do when being choked, how to defend ourselves if grabbed from behind, and what to do if pushed and pinned on the ground.

Nelson's list of clients is a most impressive list, including Police departments, numerous Southern California cities, several university sororities, and churches and now our Neighborhood Council.

SHIELD has a website for more information: www.shieldselfdefense.com.

This course is fun, simple and totally empowering.

From his website: The logic is simple – to get used to something, we first need to experience it. We can't learn how to swim without going in the water. The difference between having FEAR and having TERROR is in knowing what to do. When we know what to do, fear can be our ally. If we don't know what to do, or have never experienced it, we will freeze in terror because we have no clear goal on how to respond. The difference is in the TRAINING!

STANDING MEETING SCHEDULE

Airport Relations: 4th Thursday at 6 p.m.
LAX Soundproofing Office, 8939 S.
Sepulveda Blvd.

Board Meeting: 1st Tuesday at 6:30 p.m.
Westchester Community Room, 7166
Manchester Blvd.

Budget & Finance: As Needed at 5:30 p.m.
Westchester Community Room, 7166
Manchester Blvd.

Bylaws: As Needed
Visit www.ncwpdr.org for location

Education: 4th Tuesday at 6:30 p.m.
Westchester Community Room, 7166
Manchester Blvd.

Elections: As Needed
Westchester Community Room, 7166
Manchester Blvd.

Governmental Affairs/City Services: 3rd
Tuesday at 6:30 p.m.
8740 La Tijera Blvd.

Outreach: As Needed
Playa Vista Library, 6400 Playa Vista Dr.

Planning and Land Use: 2nd Tuesday at
6:30 p.m.

Playa Vista Library, 6400 Playa Vista Dr.
Public Safety: 4th Monday at 6:30 p.m.
8740 La Tijera Blvd.

Lincoln Streetscape: As Needed
Visit www.ncwpdr.org for location

Sepulveda Streetscape: 2nd Wednesday at
6:30 p.m.

Westchester Community Room, 7166
Manchester Blvd.

PLUC UPDATE

The role of the Planning and Land Use Committee is to advise the NCWP board and stakeholders about relevant planning, infrastructure, land use and/or development projects within and immediately surrounding the NCWP district in order to analyze the impacts (if any) of these projects on the quality of life of residents, stakeholders and businesses in our community.

PLUC holds public meetings to consider presentations from governmental agencies, applicants and/or the public; after discussion and analysis, it makes recommendations to the full board of the NCWP, as well as moves to investigate/consider the issues. Goals and objectives of PLUC include the implementation of a transparent process of rendering decisions relative to planning and land use, measuring projects against local, city, state and federal guidelines and providing a forum for all stakeholders to educate themselves about developments and land use issues, thereby, enabling them to contribute their comments, support and/or concerns.

PLUC meeting are held on the second Tuesday of each month at 6 p.m. in the Playa Vista Library, located at 6400 Playa Vista Drive in Playa Vista. Comments and requests for information may be directed to Committee Chair Steve Donell at steve.donell@jalmar.com or by calling him at (310) 207-8481.



PLUC Committee
Chair, Steve Donell.