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 Woman 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 and devotion to the welfare of others and translated that into a commitment to prevention, preparedness, intervention and recovery.

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.

Cyndi’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 experience it, we will freeze in terror because we have no clear goal on how to respond. The difference is in the TRAINING!