

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 89 NO. 46

WOODSIDE, L.I.C., N.Y. FRIDAY, NOVEMBER 18, 2022

FREE

HELPING LGA COLLEGE STUDENTS THIS HOLIDAY SEASON

In this season of giving, please consider making a monetary contribution, or donating non-perishable food, toiletries, cleaning supplies, and other essential items to LaGuardia CARES (College Access for Retention and Economic Success), a LaGuardia Community College/CUNY initiative that serves LaGuardia students and community members in need.

Ninety-nine percent of LaGuardia students receive some form of financial aid, including COVID-related aid. Fifty-four percent of students receiving aid and living independently earn less than \$25,000 per year. Half of LaGuardia students attend part-time, often because they need to work to support their families. Nearly one in four LaGuardia students receive support from LaGuardia CARES—approx. 4,000 students each year.

LaGuardia CARES runs the college's pantry (pictured at right), where students can receive perishable and non-perishable groceries for a week's worth of three balanced meals per day for them and their immediate family members. The pantry also supplies students with toiletries, cleaning supplies, winter clothes, gently used clothing, baby care supplies, and other essentials.

"Since September, we have seen a significant increase in need for the pantry, where we are currently serving about 40 students per day," said Rhonda Mouton, director of LaGuardia CARES. "This drive will help us gear up for the upcoming holidays and school breaks when need for the pantry is highest, especially for our numerous student-parents. Because when school is out, people get hungry."

Needed items include:

- **Cleaning supplies, e.g., laundry detergent, household cleaners**
- **Feminine hygiene products**
- **Gently used clothing of all sizes**
- **Non-perishable food**
- **Toiletries, e.g., body wash, shampoo & conditioner, dental floss, mouth wash, soap**
- **Winter coats**

To make a donation:

- Drop off items at the LaGuardia CARES office at LaGuardia Community College's C-Building, located at 29-10 Thomson Ave., C-107, Long Island City, NY 11101 (building entrance is on Thomson Ave. near the intersection with Skillman Ave.)

- Contact LaGuardia CARES at (718) 482-5129 or lguardiacare@lagcc.cuny.edu to request a pick-up of donations, for help with sizable donations, or with vendor inquiries



ANNUAL
Tree Lighting

Meet at Sunnyside Reformed Church
at 7pm
on Friday,
December 9th
and join in our carol procession
to Queen of Angels Church
all are welcome!

Join us for our
Community Thanksgiving Dinner
Saturday, November 19th at 6pm
all attendees must show proof of Covid vaccination

Join us in celebrating the birth of Jesus, our Lord

Christmas Eve
CANDLELIGHT SERVICE
DECEMBER 24TH
9PM

Christmas Day
SUNDAY SERVICE
DECEMBER 25TH
11AM

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HOW STAN OVERCAME THE VICIOUS CYCLE OF WORRY

by Stan Popovich

Do you ever get stuck in the vicious cycle of worry and fear in your life? As a published author of a managing fear book, I struggled with fear and anxiety for over 20 years. Here is a brief summary of what I did to overcome the cycle of fear and anxiety in my life.

1. **I got advice from the professionals:** The first thing I did was to talk to various counselors since they know how to conquer fear and anxiety. Whenever I talked to the counselors, I would bring a notebook and take notes so I would not forget the advice that was given to me.

2. **I became an expert on dealing with fear and anxiety:** I did everything possible to learn as much as I could in removing my fears and anxieties in my life. I talked to professionals, read books, joined support groups, and learned from my experiences.

3. **I surrounded myself with helpful people:** I made it a habit of surrounding myself with supportive people who understood what I was going through. This really helped me out when I was really struggling with my anxieties and stresses.

4. **I learned how to manage my fearful thoughts:** The key in getting the edge off of your anxieties is by managing your fearful thinking. Whenever I would get a negative and fearful thought, I would challenge that thought with positive statements and realistic thinking. I also made it a habit to focus on the facts of my current situation and not on my negative thinking.

5. **I was persistent:** There were times I felt like giving up because my fears and anxieties were so powerful and I didn't know what to do. I worried about what would happen and that just made my fears that much stronger. During those times, I would consult with a professional and I made it a point to learn from my experiences so that I would be better able to handle these situations in the future.

6. **I did not make excuses:** With a lot of practice, I became very good at reducing my fears and anxieties. I realized that the answers to my problems were out there, however it was up to me to find those techniques that would get my life back on track. Making excuses would not improve my situation.

7. **I realized that you can't predict the future:** I realized that there are always factors and circumstances that I cannot predict or anticipate that could make a difference in my stressful and fearful situations. A person may be 99% correct in predicting the future, but all it takes is that 1% to make a difference. The key is to focus on the present.

8. **I made the choice to get better:** You have to make the effort to find the answers to overcome your situation. It will not always be easy, but you can overcome the cycle of fear and worry with hard work and a willingness to learn from your everyday experiences. It is important not to give up.

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QUEENS TOGETHER
 New York City Council
 Julie Won
 Council Member District 26

**THANKSGIVING
 TURKEY GIVEAWAY**

NOVEMBER 19TH

Due to limited supply, this giveaway is only for residents at Ravenswood Houses and Queensbridge Houses. Turkeys are first come, first served.

Ravenswood Houses
 Parking lot 11 behind 23-03 36 Avenue
 Only for Ravenswood Houses residents
 12-3pm

Queensbridge Houses
 Basketball court behind 10-25 41 Avenue
 Only for Queensbridge Houses residents
 1-3pm

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“POMONOK DREAMS”: A FILM WITH PROMISE FOR THE FUTURE

by Dr. Sharon M. Cadiz

The Long Island City Branch of the Queens Public Library hosted a screening of the celebrated 2015 documentary film “Pomonok Dreams.” This New York story about the Flushing, Queens community of Pomonok Houses spanning the years from the 50’s to the 70’s, is an account of an era when the vision of public housing included safe, affordable homes for families. The film brilliantly captures the dynamic way that a stable foundation created a thriving sense of community that nurtured “hundreds of thousands of New Yorkers” who have contributed to the city then and now. It should come as no surprise that the children in these families learned a great deal from their parents, and the life that they lived, about the importance of citizenship; responsibility; civic pride, and the simple but profound ways that playing together and having safe places to play forged a lasting sense of community. It also fostered an appreciation for having such a place to live. Enduring relationships and memories were formed and are captured in this hour-long film. All of these things seem like forgotten aspects of life as news headlines report daily crime and violence and a general decline in civic engagement. For all of these reasons, it has been my great hope to share the film and introduce folks to “Pomonok Dreams” as a beacon of light in a dismal landscape of shrinking belief and diminishing hopes for a bright future in our struggling communities.

While enjoying one of the summer outdoor concerts, I spoke to George Stamatiades, of the Dutch Kills Civic Association and the Central Astoria Local Development Coalition, about doing something meaningful as I approached my second year in retirement. He recommended that I visit Ms. Tienya Smith, manager at the Long Island City Branch Library on 21st Street, and that began the process of hatching the idea for a showing of the film. We reviewed the details and I contacted my friend Alan Stark, who is a co-creator of the film along with the film’s director Terry Katz. He was pleased about my interest in showing the film and even said that the two of them would join us for the screening. When the day finally arrived, it turned out to be a wonderful gathering of individuals representing a cross-section of different neighborhoods and the spectrum of those living in the community with varied experience and knowledge. The conversation was personal, rich in shared memories, uplifting and inspirational for generating a hopeful view of possibilities for the future; even in light of the mounting concerns about overdevelopment, displacement and gentrification that, in some ways, uses an emphasis on crime; violence and a declining quality of life to make a case for replacing the current community with something new and improved.

I was delighted to welcome community leader and activist Richard Vagge from Jackson Heights who was accompanied by Gabrielle Mohinani; another Queens resident with experience that comes from living here and abroad having taught English in Hong Kong. Deidra Pillot and Lillian Dougherty, both active community partners and residents of the Ravenswood, Long Island City area, were among the first to arrive. Eric Mathews, Director of Grounds and Horticulture at the Socrates Sculpture Park, who is the visionary leader of the Astoria-based AHYES and Minor Miracles youth enrichment programs, was present. Also, in attendance was Ebberlee Ramdwar; a mother who has raised her three children in the community and has used her skills as a gardener to help beautify and cultivate many local greenspaces. Alan Stark and Terry Katz arrived and exchanged views on the past and current issues facing communities. Another very welcomed guest included Claudia Coger; a local leader from the Astoria area who has been a champion of her community and an inspiration to generations of children and families. She had much to share including information about the NYC Kids RISE Save for College Program. It seemed that we had an ideal group to brainstorm and strategize ways to direct energy toward positive, creative solutions for moving communities forward.

I opened the event by asking the group “What comes to mind when you hear public housing?” It was noted that most people think of public housing as crime ridden and occupied by unsavory types of residents; however, it was stated that although this is the popular view in the minds of many, it is not the reality. Participants shared their personal knowledge that refuted this popular stereotype saying that the vast majority of residents are law abiding, working class people. It was my intention to set the stage for the viewing experience followed by a thoughtful follow-up discussion that could help us get at what turned the Pomonok dream into a nightmare. I shared two recent news clippings that reported on crime concerns, “infrastructure deficiencies” and maintenance problems at Pomonok Houses, showing a big difference from what was captured in the documentary film. I invited the group to consider four points: 1. We cannot launch [a positive future] from negative headlines. 2. We can imagine better. 3. We have the power to create the future. 4. We just need a positive vision to launch a positive future. The goal was to take the example of “Pomonok Dreams” and the durable and enduring value-driven, civic-minded themes of safety, affordability and community care to begin to envision vibrant places to live.

The film opens with vintage footage capturing the post-World War II conditions of returning veterans and overcrowded tenements that prompted a housing crisis. It showed how grateful the Pomonok families were to get apartments. One woman cited that her family lived in a Quonset hut, which is an arched metal prefabricated building, for five years before arriving at Pomonok Houses. Those featured in the film commented on various neighborhoods and living conditions that they came from, and all appreciated the benefits of this move which included elevators, effective garbage disposal, windows, a modern kitchen and well maintained buildings and grounds that included playgrounds, in addition to tree-lined, lush green spaces for children to play. Some thought of it as the country. After viewing the film, the group discussed the highlights of the era captured in the film which included treasured friendships; mutual respect among residents; as well as uniformed maintenance workers who took pride in keeping the buildings and grounds in order. There was pride and even a sense of ownership and belonging that contributed to the respect for each other and the place where they lived. Social responsibility and inspiring community leadership contributed to the formation of a safety net that held it all together.

When we began to analyze the elements that created the qualities of this era of Pomonok Houses, we identified trust, mutual respect, communication, resourcefulness, shared responsibility, common goals and community people who set an example based on their commitment and dedication to their neighbors, families and friends. The external factors that supported its functioning as a community were in the rules of conduct that preserved everyone’s right to decency and a high quality of maintenance and caretaking, making the residents feel privileged and responsible to do their part to sustain it. A unified sense of responsibility on many levels appeared to be the foundation that created a harmonious, high functioning community. We looked at the opportunities that remain present today to reimagine the same qualities in public housing. Some of the things that were mentioned included inspiring, committed community leaders; grassroots resident organizations; reinvestment in the infrastructure and improved maintenance work standards, supervision, oversight and quality control over contractors that often get the job because of low bids, not high quality work.

Taking this stroll down memory lane was more than nostalgic, it was a revelation to sit with

COMMUNITY DISTRICT
EDUCATION COUNCIL 30

Virtual Zoning Committee Meeting

Monday
November 21, 2022
10:00 – 11:00 AM

Updates and Discussion of Zoning of LIC Elementary Schools

Public comment will be accepted at the end of the meeting.

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After registering, you will receive a confirmation email containing information about joining the webinar.



this esteemed group of community-minded individuals and imagine a positive vision for the future of public housing. Just like 1952, we are in a housing crisis. Just like then, people need safe, affordable housing and communities of care. These things are timeless and universal, but we have gotten off course and some would have us believe that lotteries and poorly administered systems are the answer to our current housing crisis. Changing how we look at our housing crisis in 2022 requires action and leadership like I had in the room on that night for the screening. Those individuals, and many more who represent positive community values, are needed to participate in a large-scale process of thinking of ways to move forward based on the fact that we have been successful before and can likely be successful again because the failures of public housing place a shared burden on all of us. Problems don’t stay contained, they spread, so it behooves us to find meaningful and responsible solutions, not benign neglect or quick fixes. Clearly, it will take direct action such as holding elected officials accountable; sharing a positive vision and engaging more and more members of local communities to affect change in the political and public will. A big part of this reimagining involves nurturing the young with values and examples of support, information, communication and a hopeful vision of their future in their community. We know that it will take more than low voter turnout that suggests disillusionment and defeat. We will do it with unified support that fosters the values and virtues of freedom, liberty, justice and well-being for all. The story of “Pomonok Dreams” is like Shangri-la in “Lost Horizon” except that it was the lived reality of an ideal that created a path of harmony and well-being for a community and their children. I hope that we will continue to look to the examples that lead us toward a brighter future allowing us to realize that we have many individuals, community leaders and organizations that can help us. If you would like to check out “Pomonok Dreams,” you can do so by accessing it on YouTube. In the meantime, “Keep dreaming...”

SUNNYSIDE REFORMED CHURCH

Join us for weekly services on Sundays at 11am



Community Thanksgiving Dinner

We are grateful to be able to celebrate with you all once again on

Saturday, November 19th at 6pm

All attendees must show proof of Covid vaccination



48-03 SKILLMAN AVE

<http://sunnysidenyc.roachurches.org/>

Volunteers NEEDED to help with Thanksgiving Dinner Nov. 19th throughout the day beginning at 3PM. Respond via email to: sunnychurch@verizon.net

ST. JACOBUS FOOD WALK



Come take a walk to learn how food is grown and shared in the St. Jacobus community!

◆ Saturday, November 19th ◆
Meet at 12pm
St. Jacobus Church
72nd St and Woodside Ave
◆ Done by 1:30pm ◆

Visit our community garden, mutual aid group and local food vendors - and help us create a community poem to celebrate our neighbors!

FREE!
Cash recommended to buy snacks
To RSVP:



City of New York Property for Lease



- Vacant lots
- Other commercial property

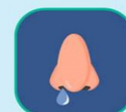
Online bids will be accepted from: December 8 through December 15, 2022

Visit nyc.gov/auctions to place a bid and for all auction information

What is RSV?

Respiratory syncytial virus, or RSV, is a common respiratory virus that often causes mild, cold-like symptoms but may result in severe illness in some people.

Symptoms of RSV often include:



- Runny nose
- Sneezing
- Cough
- Shortness of breath
- Wheezing
- Fever
- Decrease in appetite

RSV infection can cause pneumonia, especially in the very young, the very old or those who have weakened immune systems.



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 SUNNYSIDE SHINES PRESENTS

THE ANNUAL *Holiday Lighting Ceremony*

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BETWEEN 42ND & 43RD STREET

SUNNYSIDE

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Some artists spots left!
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If new, submit image of work. Indoors, fee \$75. Non-profit.

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10. Snacks
11. Baby cereal
12. Baby formula
13. Diapers (all Sizes)
14. Pancake mix
15. Jams
16. Toilet paper
17. Shampoo
18. Bar soap / Bath wash
19. Granola & Power bars
20. Kids Fruit & veggie pouches
21. Gift Cards are welcomed for the families too

ALL ITEMS WILL BE COLLECTED AT MOSAIC COMMUNITY CENTER, 46-01 43RD AVENUE, SUNNYSIDE

**Monday, November 21 and Tuesday November 22, 3pm-6pm
Wednesday, November 23, 8am-6pm**

WINTER COAT DRIVE
At MosaicCommunity Center
Donate your gently used or new coat this winter to someone in need.



NEW YORK STATE SENATE

Thanksgiving Day Celebration

What qualities do you have that you are thankful for?

Please submit your essay, poetry or artwork for inclusion in our Thanksgiving Day Showcase. All entries must be sent electronically. Deadline date for entries is 11/18/2022.

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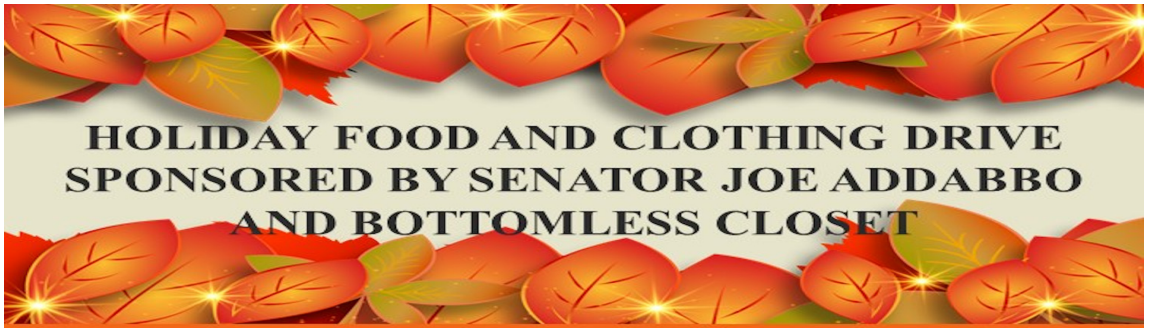




VOLUNTEER WRITERS WANTED TO COVER LOCAL STORIES

Looking for coverage of community events and community outreach stories

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**HOLIDAY FOOD AND CLOTHING DRIVE
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Monday, October 3 through Friday, November 18
Drop off locations:
159-53 102nd Street, Howard Beach
OR
66-85 73rd Place, Middle Village

To benefit our local food pantries and Salvation Army

<p>We are in need of: Canned vegetables and fruit, Cereals, Crackers and snacks, Pasta and rice, Soups, stews and chili, Cooking oil, Dried herbs and spices, And more!</p>	<p>We are accepting: New or gently used coats, hats, glove, scarves, boots, pants, sweaters and sweatshirts, and more.</p> <p>As well as women's professional clothing for Bottomless Closet</p>
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