The Tenderloin neighborhood, which is home to more than 30,000 people living within 40 city blocks, has no grocery store and very limited sources for residents to buy affordable fresh produce. “This is a big public health challenge for this community,” said Steve Woo, TNDC Community Organizer. One of the Community Organizing Department’s top priorities has been to generate new ways to bring healthy, affordable food to this neighborhood.

Beginning last spring, the Department of Real Estate has allowed TNDC to use a plot of land at McAllister and Larkin Streets to create a Tenderloin People’s Garden. This community garden has enabled Tenderloin residents to grow their own food and give it away for free for the benefit of their community.

Over 175 pounds of food has been harvested since May. “We’re really proud of such a big yield for a 25’x25’ garden plot,” said Steve. Produce includes broccoli, cauliflower, collard greens, kale, cabbage, red and green tomatoes, and even plants volunteers have contributed that reflect their own tastes and cultures, including bok choy, mint leaves, and Chinese melon.

A core group of TNDC Tenant Leaders work closely with Nhu Han Cheung, TNDC’s Community Outreach Coordinator and lead coordinator of the garden, to organize garden volunteer opportunities. TNDC Tenant Leaders are a group of dedicated TNDC resident volunteers who receive trainings on public speaking, community organizing, safety and health issues to help empower them to make a difference in their community. They meet every other week to discuss leadership opportunities in the community and about the free fresh produce.

Leaders are a group of dedicated TNDC resident volunteers who receive trainings on public speaking, community organizing, safety and health issues to help empower them to make a difference in their community.

The Tenderloin People’s Garden after the July harvest. (Garden con’t on page 6)
Exemplary
The NeighborWorks® Network welcomes TNDC as an “Exemplary” addition.

TNDC has joined NeighborWorks®, and let me tell you what that means and why it's important.

NeighborWorks® is a national organization with 240 affiliates working in 4,000 communities across the country. Chartered by Congress, it provides its members financial resources, training opportunities and other tools to strengthen organizations and neighborhoods.

Because it can be the conduit for significant financial support, membership is a highly-sought-after prize. TNDC applied a year ago and was one of only four organizations in the western United States to be conditionally selected. The “condition” was an organizational assessment conducted by three NeighborWorks® staff who spent three days on-site testing every aspect of TNDC’s operations.

Their conclusion: TNDC ranked as an “exemplary” organization, the highest rating available. In each of the eight areas they assessed, TNDC “exceeded” their performance standards.

In their final report, they cited “extraordinary housing development and property management capacity,” “exceptional financial management,” “consistent positive feedback from its partners,” “a variety of opportunities for input and insight from the Board, community, partners, stakeholders and customers,” and “strong leadership, a diverse and committed staff and Board of Directors, and dedicated and professional management and staff.”

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Did I mention financial resources? No wonder it’s so sought-after: TNDC can expect to receive $100,000 or more annually in unrestricted operating support, and will be eligible to compete for grants up to $400,000, or more in capital grants.

So not only is it a welcome affirmation of the quality and effort of TNDC’s staff and Board over the years, and validation of the support its donors, stakeholders and community have offered so generously. It will also be a source of long-term financial stability. Add to that the access to hundreds of other professionals facing similar challenges, providing a rich opportunity for our staff to learn, and to teach. We couldn’t be more pleased and grateful, or excited to access to hundreds of other professionals facing similar challenges, providing a rich opportunity.

Our deepest gratitude goes to David for forging new paths in business and in what he refers to as “superiorly-managed, non-profits that have a high impact in the Bay Area.” He is quick to add, “The work that TNDC does is pretty compelling for me. You are helping lift families out of poverty into a better life.” TNDC takes a holistic approach beyond the bricks and mortar, by providing social programs that teach the skills necessary for a self-sufficient life.”

Last year, TNDC established its first ever Executive Advisory Board (EAB). The group consists of business executives and other individuals who have a passion for TNDC’s work and are willing to act as ambassadors to increase awareness of TNDC’s work as well as assist TNDC with its fundraising efforts. “Pragmatic, thoughtful and driven, David Breach is the person you turn to launch any successful new endeavor. He was an obvious choice to help lead this group’s efforts,” remarked TNDC Board member John Rogers. Since joining the EAB, David has worked with TNDC staff to begin developing outreach activities and has continued to act as a strong advocate within his company by encouraging the Kirkland & Ellis Foundation to become involved with TNDC and our unique approach to community building. “The Foundation is equally as thoughtful and daring in terms of their philanthropic dollars are invested,” says David, “and only selectees that are managed prudently, efficiently run, and who deliver on mission. TNDC does just that.”

Our deepest gratitude goes to David for forging new paths for TNDC, and expanding our impact in five San Francisco neighborhoods.
“I don’t understand English,” she explained to Siu in Cantonese. “I can’t read Chinese either, so I never joined in activities. I felt inferior and always stayed in my room. I felt so unhappy!”

Nian Ying Fan came to the Tenderloin from China, where she was a farm worker. When Siu was looking for volunteers for the Tenderloin People’s Garden, she knew Nian Ying Fan would be perfect for the job. “They wanted to find an experienced volunteer for the farm, because TND has a farm in Tenderloin, and they need more volunteers working together. Now I feel that I contribute to the community. I am enjoying retired life now!”

In an effort to involve more children in the garden, a Garden Art Day was held in June. 90 children from three local neighborhood youth programs came to the garden to decorate the surrounding fences with colorful painted murals and to create a Tenderloin People’s Garden sign.

11-year-old Vivian Cheung, Siu’s daughter, and 12-year-old Annie Xiao, whose dad volunteers at the garden, both attended the event. Not only did they paint and decorate, they also learned about gardening and some healthy wisdom from “Mama Siu.”

“We learned that, just like us, vegetables are not grown up in one day,” they said. “We need to work hard and care about the garden and need to wait, and we and the plants will grow up together. We learned to be patient and work hard and we will have a good harvest.”

Vivian and Annie said they painted a banner for the Tenderloin People’s Garden to pay back TNDC and Mama Siu. “We really appreciate it. Thank you for educating us and giving us the opportunity have this great experience.”

“Not only was this a fun activity for kids and a way to make the garden beautiful, but it was also a creative method to deal with security issues,” said Steve. “The garden has experienced vandalism and attempted break-ins this summer, and having children’s decorations around the perimeter was a creative initiative to discourage this activity. So far it has worked, we have had no break-ins since.”

If you are interested in seeing the Tenderloin People’s Garden, visit the corner of Larkin and McAllister next to Soluna Café, an active community supporter of the garden whose owners donated the garden’s compost bin. To help volunteer, contact TNDC at (415) 358-3967.

“Cooking with a microwave doesn’t have to be just reheating,” said Siu. She has created a recipe book with tips for eating healthy with limited kitchen space. Recipes range from how to cook scrambled eggs in a microwave to delicious meals like Easy Salmon Acqua Pazza, Quick and Easy Stuffed Peppers, and Southwest Chicken Casserole. This recipe book is available in both English and Chinese.

In addition to microwave tips, the workshop series also provides information on healthy eating, including the importance of fiber, incorporating colorful produce for its range of vitamins and minerals, and how to choose foods that make you feel energized. “It’s very important that residents know how to eat better so they can feel better and live a happier life,” Siu explained.

The garden must be supervised and staffed at all times it is open. “We rely heavily on volunteers to support the work of TNDC’s Community Organizers, including efforts like the Tenderloin People’s Garden.

For the past six months, these workshops have taught residents useful tips for eating healthy using a microwave, including how to prepare well-balanced meals and cook vegetables without damaging their nutritional content. Workshop leaders use healthy garden produce from the Tenderloin People’s Garden pop-up store.

If you are interested in seeing the Tenderloin People’s Garden pop-up store, visit the corner of Larkin and McAllister next to Soluna Café. To cast your vote, visit www.HousingFinance.com. If you are not a subscriber, sign up for the free monthly e-newsletter to be eligible. Thank you!
The College Tour has helped me to learn not to just stay where I am comfortable. I’ve learned that I can go outside my comfort zone and become a person I didn’t even know I could be.

Maria Castelheda
TASP Participant, Age 16

Maria is an only child, and it has always been a dream of hers to go to college. “Neither of my parents graduated from high school. I want to be the first in my family to go to college so I can make my parents proud because they want to see me work hard and do well with the opportunities I have.”

The College Tour has enabled Maria to visit Boston, New York, Chicago, and Miami, experiences she said she never could have had otherwise. “The college tour has helped me to learn not to just stay where I am comfortable. I’ve learned that I can go outside my comfort zone and become a person I didn’t even know I could be. Being exposed to new cultures and different places has helped me see that there are a lot of possibilities out there for me.”

“This is the most important goal of the college tour program,” said Laura. “In order to make the best choices for their own lives, they need to have as much information as possible, and as many options as possible.”

Maria’s favorite college she visited was Wellesley College in Boston. She loved it because it had a good vibe, she felt comfortable, and she likes that it is an all-girls school. “I can see myself there,” she said. Maria plans to apply there next year, as well as to other schools closer to home. Eight TASP participants will be applying for college this year, to become freshmen in 2011. Of those, seven have been on the College Tour and participated in the college workshop series.

Jamilla Cato, a high school student who has been coming to TASP since she was 5, will also be applying to college next year. This was her first year on the College Tour, as well as her very first time on an airplane. “I’ve always wanted to go to college,” she said. “I have a role model named Flo who used to be a TASP participant and Youth Worker. I want to follow in her footsteps. She went to college so I have always wanted to go too.”

Flo attended St. Augustine’s College in North Carolina and the school is the first on a list of schools Jamilla plans to apply to.

“College is important because then you can do a lot of things in life that wouldn’t be possible without that knowledge,” Jamilla said. “It can get you a good job and make it possible to have dreams and do what you really want to do.”

Jamilla’s dream is to get a degree in Child Development, and she enthusiastically explained she plans to run her own daycare center or teach preschool.

The College Tour workshops taught me that I can believe in myself and go straight for what you want and not turn back if you are scared or it seems hard. Having the opportunity to go to college will let you improve your mind, which will let you do good things for yourself and your community.”

22-year-old Sophie Ear is a senior at San Francisco State studying to receive a degree in Health Education. She wants to work in public health to strive to make health available to people who can’t afford it—“because I’m one of them,” she laughed.

Sophie came to America from Cambodia when she was 12, and she still struggles with the challenges of learning and being tested in English, which is not her native language. Sophie was involved in TASP for four years before she began attending college. She eventually transitioned to the position of a Youth Worker at the center. Her involvement with TASP began through Teen Homework Nights and the tutoring help she found there. Because of her language challenges, it was a big help to have someone working one-on-one with her to write essays and help her feel more comfortable about her abilities.

“The College Tour changed my opinion about whether I would be accepted to college. When I visited campuses, I saw people who faced the same challenges that I do and who had to work hard to overcome those obstacles, and I realized that I can do it too—that college can work out if I just work hard.”

With help from scholarships awarded to her from TNDC, Sophie’s hard work is propelling her toward a college degree.

“TASP has helped me 100% of the way. I live with only my mom, and she doesn’t speak English, so she couldn’t have helped me with the applications. But TASP was there for me.”

Sophie still relies on TASP staff to help her navigate the complicated college systems and financial aid requirements—and she knows, as all TASP participants do, that TASP staff are always only a phone call away.

An undeniable impact of the College Tour is the buzz it creates for the younger participants at TASP. “The more college is talked about, the more familiar and realistic becomes for our young people,” said Laura, who sees the impact of the college tour extending well beyond those students directly involved in the trip.

“I think the younger kids see us older kids as role models,” Maria said. “She has been coming to the center since she was in second grade and calls TASP her second family. It makes them want to work hard like we do, so they can be able to go on the college tour too.”

“All the kids at TASP could be successful and go to college if they work hard,” Jamilla said. “The younger kids see us working hard to be successful and further our options. That will make them want to do it too.”

More than 25 TASP participants have transitioned to college since the inception of the Annual College Tour in 2000. TNDC looks forward to seeing the impact the next decade of TASP’s college preparedness activities will have for yet another group of inspiring teens, who will learn from the experiences they have to follow their dreams.

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TASP Participant, Age 16

Pictured on left.
Four campuses—University of Miami, Barry University, Florida Memorial University, and Florida International University—strategically chosen to illustrate the diverse range of college environments students can choose from when they consider the type of college that is right for them, ranging from public and private, co-ed and single sex, to technical and liberal arts schools.

While a main focus of the College Tour is exposing young people to the realities of college, it’s about so much more. “The mission of TASP is to support the safe, healthy development of young people overall,” said Laura. “So we look at the college tour program in a much broader sense. Its value is grounded in relationship building among participants and with staff, in traveling outside of the Bay Area, in expanding young people’s cultural awareness and appreciation, and in gaining new experiences generally. The power of such experiences cannot be overestimated.”

Cultural exposure and relationship building activities in Miami included a salsa lesson, a tour of Little Havana and learning about the Cuban migration, a ride on the Conch Train through Key West, a boat tour around Miami harbor, and an airboat ride through the Everglades where they experienced a Cuban migration, a ride on the Conch Train, and the Havana Memorial, on this page.

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Three assignments must be completed to be eligible to go on the College Tour. This year, these included an essay about the campus qualities most important to each individual participant, writing a college personal statement, and a research project on one Miami college and one Miami historical site with group oral presentations.

For Maria Castelheda, a Junior in high school who has participated in the last four college tours, her college tour experience writing her college personal statement has been very helpful.

“Even though there was a lot to do to prepare to go on the College Tours, the work was definitely worth it,” she said. “Laura has saved all the admission essays I have written in the workshops over the last four years. She will give them to me when I’m ready to apply to college. It will be like a big rough draft that will be very helpful for the final one I write when I am ready to apply. I’ve had all these years to practice.”

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Sophie Ear, Former TASP Participant & Current College Student, Age 22

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The garden must be supervised and staffed at all times it is open. “We rely heavily on volunteers to keep it open to the community can use it,” said Siu. The majority of volunteers are residents from TNDC’s buildings that are in the neighborhood, but the garden also sees community volunteers including federal and state employees from the nearby Civic Center.

Nian Ying Fan, a resident of TNDC's Alexander Buildings near the Civic Center, joined the garden also sees community volunteers working together. Now I feel that I contribute to the community. I am enjoying retired life now.”

In an effort to involve more children in the garden, a Garden Art Day was held in June. 91 children from three local neighborhood youth programs came to the garden to decorate the surrounding fences with colorful painted murals and to create a Tenderloin People’s Garden sign.

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For the past six months, these workshops have taught residents useful tips for eating healthy using a microwave, including how to prepare well-balanced meals and cook vegetables without damaging their nutritional content. Workshop leaders use healthy garden produce from the Tenderloin People’s Garden in the classes.

“The cooking with a microwave doesn't have to be just reheating,” said Siu. She has created a recipe book with tips for eating healthy with limited kitchen space. Recipes range from how to cook scrambled eggs in a microwave to delicious meals like Easy Salmon Acqua Pazza, Quick and Easy Stuffed Peppers, and Southwest Chicken Casserole. This recipe book is available in both English and Chinese.

In addition to microwave tips, the workshop series also provides information on healthy eating, including the importance of fiber, incorporating colorful produce for its range of vitamins and minerals, and how to choose foods that make you feel energized. “It's very important that residents know how to eat better so they can feel better and live a happier life,” Siu explained.

DONOR SPOTLIGHT: David Breach

David Breach is one of the founding partners of the corporate group for Kirkland & Ellis’ San Francisco office, and has been practicing transaction law for 16 years. He was first introduced to TNDC by Board member John Rogers, who invited him to attend TNDC’s Annual Birthday Dinner in 2007. There he heard a powerful testimonial from a family who became securely housed in TNDC’s newest building for families. “I heard the stories of those helped by TNDC, and was quickly won over by the mission.” He adds, “It’s pretty terrific work. Much of what each of us takes for granted on a daily basis—having a home—can be quite precious to others.”

A native of Toronto, Canada, David’s early life closely reflects the hard work and aspirations of many immigrant families who seek to forge a new path in an adopted country. Both his parents came from rural farming communities and although neither parent finished high school, they knew they wanted a different life for their three sons. David describes a “modest upbringing” in Detroit, after which he and his brothers were the first generation in their family

Microwave Workshops:
Healthy Eating with Limited Resources

With the volunteers of the Tenderloin People’s Garden hard at work to supply this community with nutritious, fresh food, TNDC Community Organizers know that residents have yet another challenge to face when making efforts to eat healthy.

Some TNDC residents live in Single Resident Occupancy buildings, where kitchens are shared and residents have only microwaves in their units with which to cook. “TNDC residents need to know how to cook healthy food even with limited resources,” said Siu Han Cheung, TNDC Community Outreach Coordinator. To address this issue for the residents of TNDC’s senior buildings, Siu and a team of TNDC volunteers have initiated a Microwave Cooking Workshop series.

For the past six months, these workshops have taught residents useful tips for eating healthy using a microwave, including how to prepare well-balanced meals and cook vegetables without damaging their nutritional content. Workshop leaders use healthy garden produce from the Tenderloin People’s Garden in the classes.

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In their final report, they cited “extraordinary housing development and property management capacity,” “exceptional financial management,” “consistent positive feedback from its partners,” “a variety of opportunities for input and insight from the Board, community, partners, stakeholders and customers,” and “strong leadership, a diverse and committed staff and Board of Directors, and dedicated and professional management and staff.”

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Did I mention financial resources? No wonder it’s so sought-after: TNDC can expect to receive $100,000 or more annually in unrestricted operating support, and will be eligible to compete for $500,000 or more in capital grants.

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Thank you for being part of this amazing, exceptional enterprise.

Warmly,

Executive Director Don Falk
TNDC Builds a “Tenderloin People’s Garden”

New Community Garden Brings Fresh Produce to the Neighborhood

The Tenderloin neighborhood, which is home to more than 30,000 people living within 40 city blocks, has no grocery store and very limited sources for residents to buy affordable fresh produce. “This is a big public health challenge for this community,” said Steve Woo, TNDC Community Organizer. One of the Community Organizing Department’s top priorities has been to generate new ways to bring healthy, affordable food to this neighborhood.

Beginning last spring, the Department of Real Estate has allowed TNDC to use a plot of land at McAllister and Larkin Streets to create a Tenderloin People’s Garden. This community garden has enabled Tenderloin residents to grow their own food and give it away for free for the benefit of their community.

Over 175 pounds of food has been harvested since May. “We’re really proud of such a big yield for a 25’x25’ garden plot,” said Steve. Produce includes broccoli, cauliflower, collard greens, kale, cabbage, red and green tomatoes, and even plants volunteers have contributed that reflect their own tastes and cultures, including bok choy, mint leaves, and Chinese melon.

Everything grown in the garden becomes communal property. The first Wednesday of every month, a group harvest takes place and neighbors know to come to the garden to share in the bounty. Fliers are distributed to residents in TNDC buildings to let them know about the free fresh produce.

A core group of TNDC Tenant Leaders work closely with Su Han Cheung, TNDC’s Community Outreach Coordinator and lead coordinator of the garden, to organize garden volunteer opportunities. TNDC Tenant Leaders are a group of dedicated TNDC resident volunteers who receive trainings on public speaking, community organizing, safety and health issues to help empower them to make a difference in their community. They meet every other week to discuss leadership opportunities in the community and

Rob Farms and Plans, Since 1981

MAKING COLLEGE A REALITY SINCE 2000

TNDC Celebrates a Decade of the Annual College Tour

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TNDC Builds a “Tenderloin People’s Garden”

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TNDC Joins the NeighborWorks® Network

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Microwave Workshops Encourage Healthy Eating

Page 3

Meet TNDC Resident Sharon Ray

Page 7

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October 12, 2010

For sponsorship or ticket information, visit www.tndc.org or contact Kate Creps at (415) 358-3944 or kcreps@tndc.org

Celebrate a Decade of the Annual College Tour

This year, TNDC’s Tenderloin After-School Program (TASP) looks back on a decade of the Annual College Tour. Beginning in 2000, TASP’s college preparedness activities for teens have cumulated each year in June with an Annual College Tour to an exciting cross-country destination, where participants have the chance to visit university campuses, learn about local culture, get a taste of independence, and see what life has to offer outside the streets of the Tenderloin.

“Because many Tenderloin teens are the first generation in their family to attend college, making them feel comfortable with the notion of college life makes it more likely they will attend and be successful,” said Laura Choe, TASP’s Program Coordinator.

This year, TASP took 14 participants to visit Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored Miami on the College Tour. They explored