

## CHERI BRYANT HAMILTON, DISTRICT 5 COUNCILWOMAN



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[Jacie.Rowe@louisvilleky.gov](mailto:Jacie.Rowe@louisvilleky.gov) with "REMOVE" in the subject or body. Thank you!

### Bluegrass Local Food Summit Held in Lexington, Plans underway for a West Louisville Summit Soon!

The Bluegrass Food Summit in Lexington on April 21st was hosted by [sustainlex.org](http://sustainlex.org), a sustainable communities network of state and local agencies committed in partnerships with non-profits and faith-based organizations to feed the local community. It was an all day summit where partners discussed ways to build food co-ops, support local famers, urban agriculture, fair trade grocery stores, buying local, and how to encourage neighbors to partner in developing local food economies. The summit's director and founder, Jim Embry, is a local foods activist who has consulted in the creation of hundreds of gardens in Kentucky and helped revitalize the urban food economy in Detroit, Michigan.

#### Purpose of Local Foods-From Jim Embry

Robust local food systems offer social, environmental and economic benefits. Increasingly, wholesale buyers are demanding locally grown food and growers are looking for new regional markets. In order to meet the demand for locally and regionally grown food and move significant quantities of this food into markets such as restaurants, mainstream grocery stores and institutions, local food systems need to be scaled up or expanded from farmer-direct sales of small quantities of product to wholesale transactions. By scaling up, local food systems have the potential to borrow some of the economic and logistical efficiencies of the industrial food system while retaining social and environmental priorities such as sustainable agricultural practices and profitability for small- and mid-scale family farms and businesses. The sustainable Communities network is a community based non profit organization that endeavors to educate, inspire, build, create, and empower sustainable cities.

#### District 5— Garden Fresh... Get Fit and Eat Right!

This Spring, you can tell that District 5 is turning green with flowers in yards, community clean ups and vegetables sprouting in school raised bed gardens at **Young, Portland and King** Elementary. There are community gardens in the **Russell** and **Shawnee** neighborhoods, and a new garden at **Ivy Court Park** will be planted soon with the support of Whole Foods Market and Metro Parks. A new garden club is meeting in the **Portland** neighborhood and raised beds are popping up like tulips in yards all across the district. The **Shawnee Christian Healthcare Clinic** has provided health screenings in anticipation of its official opening, and the **Fresh Stop/New Roots Farmer's Market** will open in June at the Shawnee Arts & Cultural Center in partnership with Redeemer Lutheran Church. There are year-round swimming classes at the Shawnee pool for \$3, and dance, Tai Chi and other fitness classes at the Shawnee Cultural Center. While toning, learn what to do with all the fresh produce at nutritional cooking classes through the Shawnee Neighborhood Association. The Food Desert and health status of West Louisville residents is all our concern, and efforts to address these issues such as the school, home and community gardens, walking and bicycling paths, better access to fresh fruits and vegetables, nutritional classes and access to health care will make a big difference. Many other exciting ideas and activities are being discussed and planned in District 5 and we welcome your ideas, involvement and input. Stay tuned for more info...



Councilwoman Hamilton addresses gardens and healthy choices available in her Louisville council district. Looking on is Josh Jennings.



First Lady Jane Beshear addresses the Food Summit

**YOU ARE WHAT YOU EAT!**

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### Spring Nutritional Classes- Eating Healthy to be Healthy!

**Kick-off Grill**

**Come Out Tuesday, May 3, 2011**

**4:00pm-7:00pm**

224 Amy Avenue French Plaza (Amy and Market Streets)

Register for Free Nutritional Classes

Enjoy Healthy Food Samples Grilled to Perfection!

Free classes to learn to cook anything you grow.  
Impress your family and neighbors with real food with powerful flavors. Bring your friends, learn different dishes together to break the monotony of fast food!

**All For Free**



For questions, please contact the Shawnee Neighborhood Association Office at 772-2258.

### "Garden of Life" Russell Area (26th and Jefferson St.)

LAMP's Community Garden, co-created last year with a group of enthusiastic community volunteers, has made the neighborhood come alive in a new way and they need help this year to keep the excitement going.

"We believe that the "Garden of Life" is the catalyst and template for other upcoming gardens. The transformation and magic that inspired and engaged children, young people, mothers, fathers, and grandparents to come out and participate in the workshops, cooking classes, sampling, street festival, and other events has catapulted and carried over to other neighboring communities."

LAMP's vision for the West Louisville Russell Neighborhood, at the 26th Street corridor of Jefferson Street is to be a "Healthy Food Zone," a place of access to fresh, affordable, life giving fruits and vegetables. We imagine a community that is thriving, a safe place where children are healthy and playing, laughter in the air, seniors walking, people riding bicycles, neighbors meeting and greeting each other, the green spaces vibrant, flowers blooming, dogs barking, and fresh produce in abundance with people buying at the marketplace.

Items are needed to get the new growing season started:

- volunteers
- seeds, plants and flowers
- compost
- mulch
- garden tools



If you would like to make a donation or volunteer at "Garden of Life", contact Pat Williamson, [502.458.8962](tel:502.458.8962) or [patwblessed@hotmail.com](mailto:patwblessed@hotmail.com)

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### Get Ready... Fresh Stop Farmer's Market Coming to Redeemer Lutheran Church and The Shawnee Arts & Cultural Center

#### What?

A Fresh Stop is a place where the community gathers to share in the healthy and delicious fresh foods grown by our own farmers. Each week community members have the opportunity to buy a box of local, fresh produce that they pick up at one of our four Fresh Stops. Food boxes, or shares, are offered in one size. Most all of our produce is chemical-free, and produced in/around Louisville or in Southern Indiana. The Fresh Stop Project is a project of New Roots, Inc., a nonprofit organization. Call **Karyn Moskowitz at 502-475-8979** for more information about New Roots.

#### Why?

Fresh Stop sites build communities around healthy food. When you pick up your food you can exchange recipes and information and connect with knowledgeable neighbors about cooking from scratch, nutrition, and more! You are also supporting local farmers when you buy from your community Fresh Stop. Joining a Fresh Stop is a great way to improve you and your family's health!

#### How Much?

Each share can feed 2-3 people produce for an entire week for about half of what you would pay at farmers markets or the grocery store for \$12 dollars a week. We now accept EBT/Food Stamps. Call to order your share

**Join us at Fresh Stop!**

**Redeemer Lutheran Church, 3640 River Park Drive (corner of 37th St) 2nd and 4th Wednesday**

**June-October Contact: Portia White Phone number: 502-817-7609**



Join us at one of our three Fresh Stops!  
Season begins  
Friday June 4<sup>th</sup> 2010

**\*W. Chestnut Street Baptist Church in the Russell Neighborhood**  
1725 W. Chestnut Street  
Saturdays, 9 – 10 AM  
Coordinator: Maurice Williams @ 896-8440

**\*Fourth Avenue United Methodist Church in Old Louisville**  
318 West Saint Catherine Street  
Saturdays, 10-11 AM  
Coordinator: Al Mortenson @ 741-2430

**\*Newburg Apostolic Church in Newburg**  
4817 East Indian Trail  
Fridays, 5-6 PM  
Coordinator: Pat Williamson @ 819-4403

### The CAPital Investment Connect College Scholarship Program



CAP is proud to announce a scholarship opportunity available for GED graduates. Applications for the CAPital Investment Connect College Scholarship for the 2011-2012 school year are now being accepted. CAP will award scholarships up to \$2,000 (based on need) which will be made payable to the students' college or university in Louisville Metro to assist with tuition, books and fees. Applications are due by the close of business day on May 16, 2011. Click [here](#) to review scholarship eligibility and to download the scholarship materials.

Fresh Produce Fresh Life, Vital Energy, Day and Night, Strength in the morning, Rain in the evening, covers the soul, like pain when your teething, love ever reaching, patience to calm the nerves. Look with Joy in your heart, truth will never hurt, sting it may, penetrate to the bone, yet the heart unwinds, connecting in truth's zone, knowledge, key to growing, honesty a monopoly when our hearts are awake and can truly see. Transpose indeed, every little being, resonate life within you, there is power in every seed!



-Jacie C. Rowe IV

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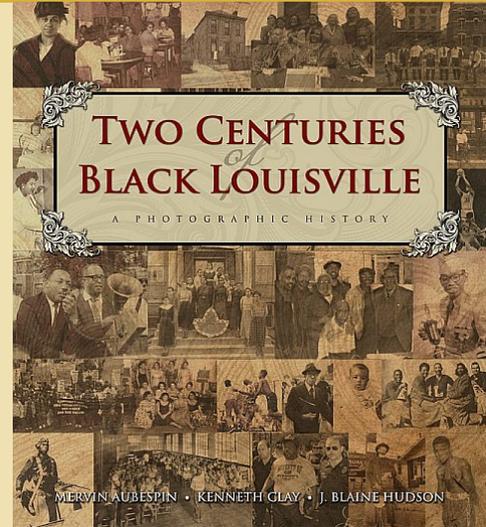
### Two Centuries of Black Louisville

You are cordially invited to join co-authors Mervin Aubespain, Kenneth Clay and J. Blaine Hudson for a program celebrating the publication and presentation to the community of

Louisville Metro Hall, Fourth Floor  
527 West Jefferson Street  
Louisville, Kentucky

A reception and authors' book signing will follow the program.

Entrance into Louisville Metro Hall is from Court Place, at the rear of the building.



### Two Centuries of Black Louisville

This Sunday, May 1, 2011

4pm – 6 PM

### “Real Men Read Day” is Still Seeking Participants!



Learning to read is the first step to a quality education. That's why the JCPS class of 2020 is seeking participants for Real Men Read Day, **Wednesday, May 18, 2011**. In just one hour, you can help young JCPS students learn the value of literacy by joining hundreds of other men as they read to a third grade class. The training and materials are free. All we need is your time.

Training is scheduled for **Thursday, May 12, from 5:30 p.m. to 7:00 p.m. in Flex Room B at the Gheens Academy, 4425 Preston Highway**. If you can't attend the training --don't let that stop you. We'll make sure that you're trained before May 18<sup>th</sup>. If you or someone you know would like to be a reader for Real Men Read Day, Please contact Abdul Sharif, or **Dr. Allene Gold at the Volunteer Talent Center, 485-3710**.

### **“Giving Derby Back to the Black Community”** -Professor Frank X. Walker, UK

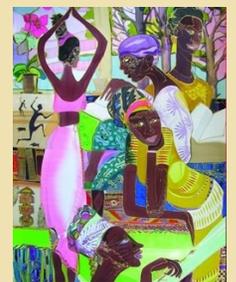
The Saturday Academy is a community-based enrichment program in African World history and culture sponsored by the College of Arts & Sciences (University of Louisville) in collaboration with the Jefferson County Public Schools, with support from Councilwoman Cheri Bryant Hamilton, the Kentucky Center for African American Heritage, the Louisville Urban League and the University of Louisville Signature Partnership Initiative.

The Saturday Academy is free and open to the public, and meets in the **DuValle Education Center Cafeteria, 3610 Bohne Avenue, in the Park DuValle Community**, north of Algonquin Parkway at 35th Street. **Please park in the lot behind the Center**. For additional information, please contact Bani Hines-Hudson, Program Consultant, at [bhineshudson@yahoo.com](mailto:bhineshudson@yahoo.com) or Marian Vasser, Program Coordinator, at 852-2252 or [mrvass01@louisville.edu](mailto:mrvass01@louisville.edu). We look forward to seeing our old friends and to making new ones.

#### **This Saturday April 30, 2011**

From **11:00 am to 12:30 pm**, the African World/Black History seminar led by **Dr. Blaine Hudson**—Black History (local and national) topics for this term include: **Reconstruction, Segregation, Civil Rights--and Beyond**

From **12:45 pm to 2:00 pm**, community forums on issues and culture.



## CHERI BRYANT HAMILTON, DISTRICT 5 COUNCILWOMAN



### Shawnee Christian Healthcare Center Starts to Provide Neighborhood Health Screenings

On April 19th and April 27th, Norton Healthcare in collaboration with the Shawnee Neighborhood Association provided health screening checks to all residents who came for health updates. Men were checked for prostate cancer, while everyone had an opportunity to measure their body mass index, blood pressure, body mass index blood glucose, osteoporosis, possible PSA, other additional screens. According to Monica Brown, "This was an opportunity to continue the introduction of the healthcare center to the Shawnee neighborhood."

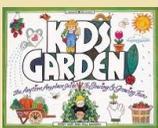
It is very important that residents remain conscious of their health and work together to live better, eat better, and work better. The next healthcare screening is **May 12 from 4pm to 7pm**. The Shawnee Christian Healthcare Center seeks to improve the overall health of the community through a comprehensive array of services that addresses the physical, emotional, psychological, and spiritual needs of the residents of the Shawnee neighborhood. For more information, please check out the website at <http://www.shawneehealthcenter.com/home>

#### Shawnee Christian Healthcare Clinic Health Care Purpose of Shawnee's Community Improvement

- Major focus is on preventative care
- Norton's Christian Healthcare Clinic will provide affordable health care regardless of income
- Will implement measures to avoid dependency issues that can be a result of over-helping the under-served
- The medical clinic is specifically designed to do the following:
  - Provide excellent quality curative care and promote wellness within the community
  - Provide medical care regardless of patient's ability to pay
  - Reduce dependency and allow patients the dignity of helping to pay by using sliding scale
  - Develop a sense of ownership, self-sufficiency, and volunteer support from the surrounding community
- Identified community assets will be incorporated to meet the community's economic, social, environmental, and health care needs
- Ownership of all programs will be retained by the community
- Individuals take control of personal life, the "life" of the neighborhood
- Utilize local churches to help clinic restore wholeness to each individual seeking help
- Develop extended network of volunteers, medical/dental students, professional and university organizations to work together to bring additional services to the Shawnee Neighborhood
- Develop a sustainable neighborhood program that is based on the assets of the neighborhood
- Develop a program that is owned by the community and utilizes strengths of the individuals, associations, and institutions found in the community



### JCPS Students Gaining Green Thumbs-20 School Gardens Being Installed



Students at several Jefferson County Public Schools are getting their hands dirty to promote healthy living by installing raised garden beds. The project is made possible by the Communities Putting Prevention to Work grant which is working to further the work of the Mayor's Healthy Hometown Movement. Twenty school locations will begin gardens by March 2012. A school may decide to raise produce that can be sold to the school cafeteria for meal, or it may establish a farmer's market or use the fruits and vegetables for cooking clubs or in classroom curricula.

Fern Creek HS environmental education teacher Joe Franzen, and JCPS School and Community Nutrition Services garden coordinator Andrea Wright have developed gardening school lesson plans for all grade levels that teach science, math, health, and language skills. Students will have the opportunity to learn about the complete food cycle, from planting seeds to composting the waste to replenishing the garden soil," said Franzen. "Getting students engaged in healthy nutritious food from the seed to the harvest leads them to eating more of that healthy nutritious food."

## CHERI BRYANT HAMILTON, DISTRICT 5 COUNCILWOMAN

### Volunteer for 1000 Horses Exposition Honoring Derby City Horsemen



100 volunteers are needed to care for 1000 horses **Horse Trainer Myles Dean** is bringing to the **KY Exposition Center May 27th-29th**. The exposition is sponsored by **The Black Heritage Riders Inc.**, a 501c3 organization. Their mission uses the horse, the last symbol of the American Frontier, to promote and facilitate cultural and educational initiatives with a focus on the pre and post colonial periods in American History. Our purpose is to enrich cultural diversity, foster pride, and contribute to the building of character and self esteem in African American children.

You are cordially invited to participate in the **celebration honoring the contributions of African Americans** to the most prestigious sporting event in the United States...the Kentucky Derby. Please visit the [website](#) for more information on the activities that honor the legacy of these African American horsemen, the Black Jockeys, the first riders in the Kentucky Derby. This educational and cultural event honors these athletes who laid the foundation for what has become "the most exciting two minutes in sports," "the forgotten ones" who rode horses to victory **during the first 28 years of the sport**. Volunteers, riders, and spectators can register online and reserve your place in this historic celebration.

#### FRIDAY, MAY 27th

Opening Ceremonies

Arrival of **National Derby of the Black Jockeys** Banner carried 200 miles across Kentucky at **6 p.m. -7 p.m.**

Oliver Lewis Reception at **The Kentucky Exposition Center 9 p.m. - 12 p.m.**

Join us in celebrating and networking with the cowboys, cowgirls, friends, great food and music as we kick off an exciting weekend of inspiration and history celebration.

#### SATURDAY, MAY 28th- The Kentucky Exposition Center

**National Day of the Black Jockey Workshops**- Educational workshops on the history and legacy of the Black Jockeys.

**African American Youth Rodeo**- Come out and watch our young African American cowboys and cowgirls, ages up to 16, compete in calf roping and other horse events.

**The Jimmy Winkfield Showdeo** (Adult competition on horseback)

**"Soup" Perkins Triangle Barrel Event:** A timed event where horse and rider race around three barrels set up in a triangular pattern. This event showcases the speed and agility of the horse.

**Alonzo Clayton Pole Bending Event:** Pole bending is a timed event that features a horse and one mounted rider, running a weaving path around six linear poles with each pole 21 feet from the other. In this event speed and flexibility are key.

**Jimmie Lee Montana Keyhole Event:** Keyhole race is set up with a 20ft circle with a short alley leading into it. The competitor runs to the circle, centered 100 ft from the starting line, turns around, then runs back to the starting line to stop their time. This must be achieved without touching the lines. Good control and a nice spin on the hind legs are a must!

**"Babe" Henderson Barrel Dash Event:** Horse and rider competes to showcase the speed of his/her horse in a straight 40 to 60 yd dash with a turn around one barrel to head back to the starting line.

**The Isaac Murphy Black Tie and Blue Jean Ball**

Special presentation and dance the night away with honored guests.

#### PARADE OF HORSES!

**SUNDAY, MAY 29th-The Kentucky Exposition Center**

**The Willie Simms Parade of Horses..... 10 a.m. - 12 p.m.**

**The 4 mile trail ride and presentation at Churchill Downs.**

**The National Day of the Black Jockey Memorial Performances.**

**1 p.m. - 3 p.m. Special guest**

**performances and Memorial Tribute to the Black Jockeys.**

## CHERI BRYANT HAMILTON, DISTRICT 5 COUNCILWOMAN

BAEO National Chairman, Attorney Kevin Chavous, President Ken Campbell & National Advocacy Director, Shree Medlock



Friday, May 13, 2011  
Shawnee Golf Club House 6:30—8:30 pm  
460 Northwestern Parkway 40212

Dinner Refreshments Will Be Served  
starting at 6:00 PM.  
Please RSVP to Myra Friend-Ellis at  
502.574.1105 by 5-11-2011  
Black Alliance for Educational Options  
(BAEO)

Introduction of  
Kentucky BAEO & Building A Collaboration  
“Parents, Power & Purpose, A Black Education Agenda”  
Putting Students First:  
\*Raising Students To Higher Expectations  
\*Improving Reading & Math Skills To Proficiency  
\*Eliminating Student Drop Outs  
\*Preparing Students for College and Vocational Education  
\*Engaging Black Parents In Student Success

Special Viewing: “Bring you’re ‘A’ Game” a short moving and informative film  
By Mario Van Peebles will be shown on eliminating school dropouts.

# Discover The Loop

## Discover the Loop

Saturday, May 14, 2011  
10 a.m.-2 p.m.

Lannan Park, 901 North 26th Street

Free admission!

- Mayor Fischer
- Live entertainment
- Your favorite community, recreation and business informational booths
- Healthy Hometown picnic foods
- Spring crafts for Kids
- Park beautification service project

For more information or to sign your group up for the Discover the Loop Event,  
call 502/456-8100 or go to [metro-parks.org](http://metro-parks.org).

*This event made possible by funding from the Department of Health and Human Services.  
Thanks to Metro Council members Judith Green, Cheri Bryant Hamilton, David James,  
David Tandy and Mary C. Woolridge for their participation.*

[metro-parks.org](http://metro-parks.org)

# Save the Date - Community Calendar - April

April 29, 2011

## CHERI BRYANT HAMILTON, DISTRICT 5 COUNCILWOMAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>April 30</p> <p>Saturday Academy "Giving Derby Back to the Black Community "</p> <p>Chickasaw Community Clean-up 9-12noon</p> <p>Da'Ville Classic, KY International Center \$10 2pm</p> <p>World Tai Chi Day9am-1pm Sun Valley Community Center 6505 Bethany Lane</p>
<p>May 1</p> <p>Two Centuries of Black Louisville Metro Hall 4th floor 4pm-6pm</p>	<p>May 2</p>	<p>May 3</p> <p>Spring Nutritional Classes 224 Amy 4pm-7pm</p>	<p>May 4</p>	<p>May 5</p> <p>Derby Parade</p>	<p>May 6</p> <p>Oaks</p>	<p>May 7</p> <p>Derby!</p>
<p>May 8</p>	<p>May 9</p>	<p>May 10</p>	<p>May 11</p>	<p>May 12</p> <p>Council Meeting 6pm</p> <p>Real Men Read Training5:30 p.m. to 7:00 p.m. in Flex Room B at the Gheens Academy, 4425 Preston Highway</p>	<p>May 13</p> <p>BAEO Educational Session Shawnee Golf Course 6pm</p> <p>Louisville Loop 10pm-2pm Lannan Park</p>	<p>May 14</p> <p>Discover the Loop 10am-2pm Lannan Park</p>
<p>May 15</p>	<p>May 16</p> <p>District 5 Advisory Council Yearlings Club 7pm</p>	<p>May 17</p>	<p>May 18</p>	<p>May 19</p>	<p>May 20</p>	<p>May 21</p>
<p>May 22</p>	<p>May 23</p> <p>Shawnee Neighborhood Plan Advisory Committee</p>	<p>May 24</p>	<p>May 25</p>	<p>May 26</p> <p>Mayor's Budget Address, 3:30pm City Hall</p>	<p>May 27</p> <p>Black Heritage Riders Inc, Ky EXPO Center 6pm</p>	<p>May 28</p> <p>Black Heritage Riders Inc, Ky EXPO Center All day</p>