

**WYNNEWOOD NORTH NEIGHBORHOOD ASSOCIATION
GENERAL MEETING
THURSDAY, July 21, 2016**

I. Call Meeting to Order - The meeting was called to order at 7:00 p.m. by Brian Davis.

II. Guest Speakers

III. Caroline Susie RDN/LD – Bachelor’s degree, License fee and CLE. Caroline discussed the Mind Diet 101. Our mind is our most precious thing. We have research that shows that the Mind Diet reduces the risk for dementia, stroke, and heart disease and promotes a healthy brain.

Mediterranean – Dash Intervention for Neurodegenerative Delay – 1 in 65 have dementia. Research 101 – Observational: These studies basically tell us if something is or is not associated with the disease, in this case, Alzheimer’s. Studies in the media are Observational Studies – which is not Causation. The second type of study is a Randomized Study.

Three diets studied:

1. Mediterranean Diet
2. DASH Diet (low sodium)
3. MIND Diet

Followed 1000 participants for 10 years and followed up with brain scans. Those who moderately stuck to the rules of the MIND diet still saw the risk drop by 35% with the MIND Diet

MIND Diet – green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, wine. Avoid red meats, butter and stick margarine, cheese, pastries and sweets and fast food and fried food. Don’t have to eliminate – but limit.

3 daily servings of whole grain – oats, whole grain bread (first ingredient should be the first listed on the labels)
1 + serving of leafy greens
1 serving of nuts
1 glass of wine (5 oz.)

Weekly Intake – 3+ serving bean
2+ serving poultry

Grocery List

Spinach, Kale, Collards, romaine, Strawberries, blueberries, beans, nuts (raw almonds, walnuts, peanuts) olive oil chicken and salmon

How?

3 servings of whole grains (two slices of whole wheat bread would be two servings)
A salad and on other vegetable a day
Glass of wine
A serving of nuts a day
Beans every other day
Poultry and berries at least twice a week

Fish at least once a week

Limit unhealthy brain foods especially butter – less than one tablespoon a day, cheese and fast or fried food. Doesn't recommend Talipa – know where your fish comes from. Google the brand of fish to see where it came from. Benefits of fish outweigh small possible mercury exposure. Fresh vs. farm – do your research.

Green Veggies – research shows that two servings a day showed a dramatic decrease in the rate of cognitive decline compared with people who ate few greens.

What Else Can You Do?

Healthy Weight

MIND Diet

Challenge Yourself mentally

Puzzles

New Hobby

Exercise – is good for your heart, waistline, cancer prevention and studies now show it can prevent cognitive decline.

IV. Scott Griggs – State of Oak Cliff

Updates: The deck park in a split park approved the deck around the zoo. The Horseshoe Project will finish in 2017 – the Gateway project will begin after that. When they re-do 35, TXDOT will build the deck, the government will build the walls and the City of Dallas will fund the rest and look to private investors. 2020-2021 would be a realistic target for the Deck Park.

Bishop Arts Development – Alamo Project – Sonic, Zoli area. The street car is on track to open by September. Crescent communities will build at the NE corner of Zang and Davis. August 4th is the zoning hearing and there is a Town Hall on August 3rd. Project doesn't include the Local Oaks and Ten Bells is not included in the space for development.

Nazerian Project - appears to be stalled.

What is the long term plan for the Trolley – will it eventually come down Zang to Wynnewood North? Yes – long term and north to Uptown and eventually to Knox Henderson.

Kidd Springs Pool is on track and moving forward.

Bond Program – looking for new City Attorney and new City Manager. If we see any of our officers from the SW Division, continue to support them. Three out of the four killed were from the SW Division and the Dart officer killed often ate at Norma's.

There have been several public meetings regarding the project to turn Sylvan/Polk back in to a two way. It looks like that will move forward, despite 50% being against it. The work on Sylvan will be starting soon. They will be repairing and replacing all of the electric underground lines.

Efforts are ongoing to bring in higher end grocery stores to Oak Cliff. We are close to having the demographics to support a store, but not there yet.

Google fiber – Scott met with them. AT&T also has long term plans to put fiber down.

V. **Approval of January General Meeting Minutes.** A motion was made by Fallyn and seconded by Silver to approve the General Meeting Minutes. The motion passed unanimously.

VI. **Officer Reports.**

- a. Treasurer – Denise – Discussed expenses and income including advertising revenue, OOCCL grant, matching company funds, and expenses such as SSNOW, Kidd Springs Swimming Program, Newsletter, Triangle Maintenance, etc. Total income \$6,056.25. Total Expenses \$4,208.04 Ending Balance \$16,136.50. A motion was made by Lynn Sulander and seconded by Susan Oakley. The motion was approved unanimously.
- b. Vice President – Fallyn – Update on the OOCCL grant \$1,312. They approved two projects out of the 7 we proposed. Fallyn presented the design for the mural at the entrance of Polk/Monssen. Next year we are going to apply for money from the City through the Grow South Initiative. If anyone is interested in having their home on the tour, let Fallyn know.
- c. Beautification – Cynthia Michaels – lights are installed again at the Wynnewood sign. Nov. 12th will be a doggie outing in the green belt. We are going to take pictures of our dogs and put them on our web site. We are going to get a scanner and their picture will be in the directory so lost dogs can be returned.
- d. Communications - Janice Coffee – We have a number of new neighbors who have moved in. We have passed out 5 welcome baskets this week. Janice gave a big thanks to the block captains who have helped to get out the newsletters and other flyers on short notice. If you know of any new neighbors, please let Janice know. .
- e. Crime Watch – Jeff Sappenfield – We have a detective assigned to the stolen air compressors in the neighborhood. If you see cars slowing casing the neighborhood, please call 911. Jeff advised Sean he would like a meeting to discuss the 911 dispatcher who was odd on the phone.
- f. Publications – Newsletters should have been delivered. Beth thanked Colter for doing the newsletter while she was on vacation. If you have anything you want in the newsletter let Beth know. If you know anyone who would want to put an ad in the newsletter let us know.
- g. Social – Ric Shanahan – Great Spring Wander. We have two homes for the Fall Wander which is Saturday Nov. 5th. We are looking for a third home. We are having an open house for new neighbors to introduce them to the neighborhood on Friday, August 5th. On the website we will have a list of all the upcoming events. Check it out!
- h. President – No report
- i. Webmaster – Dean advised everyone to join Wynnewood Nextdoor. You can adjust your settings to limit it to just Wynnewood. If you are posting something specific to Wynnewood, please limit your posting to Wynnewood. Also reminded everyone that you can update your personal information on the website if you need to edit your phone or email. If you are having a problem with Nextdoor, contact Dean.

j. Secretary – No report

k. Parent Liaison – We will have child care for the Back to School outing so parents can enjoy the events as well. We are also working on gathering doctors and dentists' names for new parents coming to the neighborhood. Our school district has been rezoned - Botello, Garcia and Adamson are now our schools. We will be getting very involved with Botello to get a strong PTA going (similar to Rosemont). Planning a back to school dinner in September.

No new business.

Visitors – Asked to speak about Community Court which is located at Hampton and Singleton – in 7.5 years, there has never been a ticket come from our neighborhood.