



**WESTERN ADDITION BEACON
CENTER**
A PROGRAM OF BUCHANAN YMCA
380 WEBSTER STREET, ROOM 21
SAN FRANCISCO, CA 94117

WESTERN ADDITION BEACON CENTER NEWSLETTER

Premier Issue

Beacon Buzz– General Overview

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Located at John Muir Elementary School and Raoul Wallenberg Traditional High School, the Western Addition Beacon Center (WABC), **provides** quality after-school programming for youth and serves as a community center addressing the specific needs of the Western Addition community. **Our mission** is to enrich the lives of community members and to ensure the healthy development of young people.

The Western Addition Beacon Center is proud to present our first WABC Newsletter. **In this issue** special highlights include the leadership staff, the Nutrition Seminar Overview, and a Healthy Recipe on a Budget for 8.

Nutrition Seminar Highlights

The main topic of the nutrition seminar was to inform parents about children health, buying food in our community, and to make sure that parents understand the difference between healthy eating and food that is not healthy, which can in turn bring complications to youth after some years of consumption.

The nutrition seminar was presented by Marco Diaz of WABC, Melissa Langness of Hayward Rec Connect, Patricia Norman & Pam Crown of Just Run, Meghan Gould, Joanna Yeh, Dr. Bethany Hodges and Dr. Courtney Pickering of UCSF Medical Center, Alison Angell, SFU School District Nurse, Lane Bower, Nutritionist, Dr. Emily Roth of Mt. Zion, and the volunteers of Koshland Park Community Learning Garden.



WABC Leadership Staff

Takija T. Gardner
Director
Maysha Jackson
Program Coordinator
Lakhami Konte
Technology Coordinator
Marco Diaz
John Muir– Site Coordinator
Boima Tucker
Wallenberg– Site Coordinator
Larry Chew
21st Century Site Coordinator



Let's turn all our kids at the WA Beacon and the YMCA into healthy and conscious green youth.



Want to watch the video of
the Nutrition Seminar...
[CLICK HERE](#)

Nutrition Seminar Cont. Ms. Holie answered many questions from parents and staff regarding kids health at John Muir and WABC. During the seminar, Ms. Angell/School Nurse addressed many issues relating to the kids alimentary and health problems that really are important to our community. The parents also were very happy to learn that there are alternatives to junk food, and was happy to receive trips and recipes on how to make healthy meals at home on a budget.

Healthy Recipe on a Budget ~ For 8

Ingredients: nonstick cooking spray, 3/4 pound lean ground turkey, 2(14 1/2 ounce) cans diced tomatoes, juice reserved, 1 green bell pepper, finely chopped, 1 cup chopped onion, 2 cloves of finely chopped, 1 teaspoon of Italian seasoning, 1 teaspoon ground black pepper, 1 pound spaghetti noodles

Preparation: 1) Spray a large skillet w/ nonstick cooking spray.

**We Build strong
Kids, strong
Families, strong
Communities.**



Preheat skillet over medium heat. 2) Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain Fat. 3) Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally. 4) Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

Get Involved in the community call us @ Tel: 415-749-2714 Fax: 415-931-1746