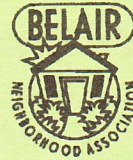
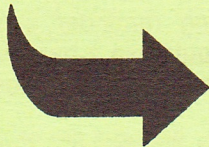


NEIGHBORHOOD COMMUNICATOR



July 1998

And now...



*A Word
From*

The President



Anna Blevins

On June 4 your association board elected me President, Jeannie Garcia Vice President, Jack Redmond Treasurer and Betty Dales Secretary. All of us should be familiar to most of you who are at all involved with our neighborhood association. We have all been board members and/or officers in previous years and look forward to the future.

Why am I President again? First of all no one desperately wanted the position! Secondly I still have hopes that OUR NEIGHBORHOOD ASSOCIATION will survive and hopefully flourish. By now you all know that some of our best volunteers have left and are leaving. They have put in many hours with little appreciation and they have the idea that they HAVE NOT MADE A DIFFERENCE. Well, I guess I'm stubborn and can't give up. I think our association could be our answer to the problems of life in the central city.

What is so great about our Neighborhood Association? First of all I know lots of my neighbors and I like that a lot. It makes me feel as if I'm back home in my small home town of 7,000. Next, I like to know that we are registered with the city and we will receive mailings on applications for liquor permits in our area, on zoning issues, and on programs dealing with neighborhood issues such as crime, blight, slum lords, gangs, etc. Being a registered neighborhood association gives us clout at zoning and planning hearings and even in court. By being organized we are allowed to apply for grant moneys and have been successfully selected three years in a row for 301 Block Watch Grant money.

This year's Block Watch Grant will pay for our newsletter, hotline, meeting rooms, more dusk to dawn lights, and three large new projects. In order to successfully complete these projects WE WILL NEED VOLUNTEERS. With your help, we will be successful, without your help the money may have to be returned to the city. Your association board cannot do all the work alone this year. We will be calling on you to help us in the completion of a street and sidewalk grass removal project, a curbside house number painting project and the installation of "peepholes" (door viewers).

I hope this will be the year that you will be stubborn too and not give up on your neighborhood or our association. Watch for volunteer opportunities and future events in upcoming newsletters. Call the hotline in July at 392-8338 to find out more about our sidewalk grass removal project. TOGETHER we can stop the downward spiral of the central city and make this area an even better place to live.

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The Bel Air Neighborhood Association publishes the Bel Air Neighborhood Communicator monthly. Many thanks to all of the volunteers in Bel Air that make this project possible.

Bel Air
Neighborhood
Association
4112 North 18th Avenue
Phoenix, AZ 85015
392-8338

ASSOCIATION BOARD

President

Anna Blevins (2000)
4225 N. 15th Drive
266-6340

Vice President

Jeannie Garcia (2000)
4110 N. 16th Drive
264-6413

Treasurer

Jack Redmond (2000)
1722 W. Devonshire
241-1633

Secretary

Betty Dales (2000)
4235 N. 16th Drive
265-4856

Members

Stacy Ayers (1999)
Anna Blevins (2000)
Betty Dales (2000)
Susie Foltz (1999)
Jeannie Garcia (2000)
Bill Heedy (1999)
Rich Jackal (2000)
Maureen Kelly (2000)
Bob McBane (1999)
Jerry Price (2000)
Jack Redmond (1999)

Minute To Minute

By
Nancy Chambers

The June 4, 1998 Board Meeting was called to order at the home of Bill Heedy. The minutes of the May 9, 1998 Board meeting, General Fund report and Block Watch Grant report were approved as submitted.

OLD BUSINESS

Board Member Notebooks - Notebooks were distributed to members. The notebooks contain a phone list, minutes, bylaws, calendar, 301 grant and miscellaneous information. When a member leaves the Board, the notebook will be passed on to the new Board member.

Order More Logo Balloons - We last ordered logo balloons in October of 1996. We will order more balloons.

National Night Out (GAIN)/Fall Festival - The city suggests that the event last from 3 to 9pm (The date of the event is October 24.) Stacey will head the committee. Other committee members are Jeannie, Rick and Jack.

1998 Block Watch Grant (301) - The city approved 178 applications. Our application ranked #12. We will pick up the check at City Hall on June 20, 8am. The Treasurer and President will be signers. The Treasurer will have the reporting responsibility.

NEW BUSINESS

Reschedule Board Meetings? - Due to our members various schedules there was discussion about changing Board meeting dates. As a trial, we decided to keep our meetings on the second Saturday of the month at 9am for the next three months.

Schedule General Meeting - The committee - Susie and Jeannie. The meeting will be on a Thursday night, possibly August 27. The tentative

topic is Block Watch and Block Watch on Patrol.

Election of Officers - The election results: President - Anna, Vice President - Jeannie, Treasurer - Jack, Secretary - Betty.

OTHER

General Meetings - It was suggested that on the day of the General Meeting reminder signs be put up. We could use a banner on someone's car and/or the A-frames.

Bylaw Revision - Our bylaws need revision. Anna and Nancy will be on the committee.

Volunteers Needed - A list of volunteer jobs was distributed. Come back next month with what you will do. We will then publish the list in the newsletter.

The meeting was adjourned at 8:55pm.

Bel Air Neighborhood Association Financial Status Balance as of 6/21/98

General Fund	\$1,544.25
301 Grant	\$4,419.00

Please remember that 301 Grant Fund money can only be used for items specified in contract written at time of Grant.

INFORMATION CORNER

**July 17th - 11:00am
Child Fingerprinting**

for the general public facilitated by the Sheriff's Office at The American Evangelical Lutheran Church, 1830 West Glenrosa.

Proposed Bylaw Amendments

A committee was formed to review and, if needed, update our bylaws. Below you will find a copy of our bylaws. The committee recommended the changes found in this copy. The words to be added are in bold print and **look like this**; the words to be taken out are lined through and ~~look like this~~. We will be voting on the proposed changes at our August 1998 General Meeting.

BEL AIR NEIGHBORHOOD ASSOCIATION BYLAWS

(Revised May 1997)

Preamble The purpose of the Bel Air Neighborhood Association is to achieve and preserve a safe, attractive and valued neighborhood with a sense of community and a spirit of pride, responsibility and cooperative involvement.

Article I Name

The name of the organization shall be the Bel Air Neighborhood Association (BANA).

Article II Boundaries

BANA is bounded by 15th Avenue on the east, 19th Avenue on the west, the Grand Canal on the north, and Indian School Road on the south, in the City of Phoenix, County of Maricopa.

Article III Membership

Section 1 Membership qualifications: Membership in BANA shall be open to all residents, property owners, business owners, business licensees and nonprofit organizations located within the boundaries as defined in Article II.

Section 2 Membership voting: All residents, property owners, business owners, and nonprofit organization located within the boundaries as defined in Article II, 18 years of age or older, shall have one vote each to be cast during attendance at any general or special meeting. One representative from each business or nonprofit organization will cast one vote. Persons who own rental property within the boundaries as defined in Article II are considered business owners for purposes of this subsection.

~~Section 3 — Registration for voting: All persons who qualify as voters within the meaning of Article III, Section 2 must register if they wish to vote. Registration may be accomplished either (1) by returning the registration form at least 30 days prior to voting at any general or special meeting or (2) by attending at least one general meeting in the six months prior to the meeting in which the member wishes to vote and signing the attendance log at that meeting. Registration forms initially will be delivered once to each residence or business located within the boundaries as defined in Article II. Additional registration forms may be requested by contacting the Association.~~

Section 43 Absentee voting: All persons who ~~are registered to vote~~, are unable to attend the meeting, and who wish to vote in the elections for Board members may ~~request an absentee ballot by writing a member of the board or calling the Association and requesting an absentee ballot.~~ **submit a ballot to a member of the Board.** No absentee ballot procedure will be made available for other issues which may arise and on which votes may be taken at any general or special meeting as defined in Article IV.

Article IV Meetings

Section 1 General meetings: there shall be at least 3 general meetings per calendar year. A seven day written notice to members is required.

Section 2 Special General meetings: Special meetings may be called by a simple majority of the Board. A seven day written notice to members is required.

Section 3 Board meetings: There shall be at least 6 Board meetings per calendar year. In cases where a decision must be made quickly, the President or a simple majority of the Board can call a Board meeting ~~consisting of the 12 Board members. Actions taken that require follow-up must be voted on at the next regularly scheduled meeting.~~ **All 12 Board members must be notified and at least 8 must be present.**

Section 4 Quorum: A quorum for any general or special meeting shall be the number of members in attendance. A quorum for any Board meetings shall be 8 Board members. Unless otherwise specified in these Bylaws, decisions at these meetings will be made by a simple majority vote of those members present.

Section 5 Rules: *Robert's Rules of Order* shall be used at all meetings unless

otherwise stipulated.

Article V Board Members and Officers

- Section 1 Board Members: There shall be 12 Board members. Six Board members will be elected every year for a term of two years. No Board member may serve more than two successive terms. Initially, 12 Board members will be elected, 6 to serve a one year term and 6 to serve a two year term. Thereafter, 6 Board members will be elected annually, each to serve a 2 year term.
- Section 2 Officers: The Board members shall elect a President, a Vice-President, a Treasurer and a Secretary from members of the current Board. Officers shall serve a 1 year term.
- Section 3 President: The President shall prepare the agenda and preside at all meetings of the board and membership; ~~shall appoint members of committees.~~ The President also acts as the official spokesperson of the association unless the members choose to elect one.
- Section 4 Vice-President: The Vice-President shall assist the President; in the President's absence shall function as "Acting" President. The Vice-President will also function as "Acting" chairperson of any committee that is lacking a chairperson.
- Section 5 Treasurer: The treasurer shall be held accountable for all ~~general~~ funds and shall give an accounting at ~~each all general meeting meetings and Board meetings~~; shall receive, safekeep and disburse funds, but such disbursement shall require the signature of one other officer. In the absence of the treasurer, the president and one other officer may sign. **The treasurer shall make records available for inspection for any proper purpose at any reasonable time.**
- Section 6 Secretary: The secretary shall keep minutes and written records of majority and minority opinions of motions made at all meetings; shall be responsible for all correspondence; shall make records available for inspection for any proper purpose at any reasonable time.
- Section 7 Elections: The Board Members shall be elected annually at the second general meeting of each calendar year. The Board Members shall elect officers at the next regularly scheduled Board meeting which shall occur no later than ~~one month~~ **45 days** after the general election.
- Section 8 Termination for Non-attendance: Board members failing to attend 3

consecutive board meetings shall be automatically deemed to have resigned from the board. If a total of 4 meetings are missed in one ~~calendar~~ **Board** year (including both regular and special), then automatic resignation will be assumed.

Section 9 **Vacancies:** In the event that a vacancy occurs on the Board, a simple majority of the quorum of the Board will appoint a Board member to serve the remainder of the term.

Section 10 **Declaring the conflict of interest:** Whenever a member of the Board determines that he/she has a conflict of interest relating to an item under discussion, he/she must inform the body hearing the proposal that the conflict of interest exists and may not vote on that matter.

Section 11 Any officer may be removed from office by a two-thirds (2/3) vote of the sitting Board.

Article VI Committees

Committees shall be created when necessary by the Board at the discretion of the Board. At least one Board member shall sit on each such committee.

Article VII Miscellaneous

Section 1 **Checking account:** A checking account will be held in the association's name at a local bank.

Section 2 **Fiscal year:** The fiscal year will be from January 1 to December 31.

Article VIII Amendment of the Bylaws

Amendments: The Bylaws may be amended at any regular general meeting providing that the proposed items have been circulated to all members at least 30 days prior to the meeting at which they are to be considered and that two-thirds (2/3) of those members in attendance approve the amendment.

1997 Block Watch Grant

Nancy Chambers

The end of our Grant year came to an end on June 21, 1998. We used our grant money according to our contract and were able to accomplish the following: Purchase of two scanners and cell phone air time for our Block Watchers on Patrol; the dusk to dawn photo cells we gave away at General Meetings; printing our monthly newsletter; phone charges for our Hotline; meeting room charges for our General Meeting; postage for our survey and insurance for our Fall Festival and Ice Cream Social. We had money in our grant to purchase child at play and speed signs but after reading literature from the City we decided not to purchase the signs. According to the literature, "...unnecessary signs can confuse, distract and irritate motorists...Use of unnecessary signs can promote disrespect for all signs...Signs that encourage parents and/or children to believe they have added protection (which they do not) can do more harm than good." We returned a total of \$1,092.28 which accounts for the sign money and money we overestimated on our budget.

Ever wonder how many calories you burn completing household chores? In the chart below all numbers are based on what a 150-pound person would burn. If you weigh less than that, you will burn fewer calories. If you weigh more, you'll burn more.

Activity	Calories burned per 30 minutes
Moving boxes	306
Scrubbing floors	187
Washing windows	153
Vacuuming	85
Ironing	78
Washing dishes	78
Making the bed	68
Laundry	68

BUSINESS AS USUAL

By Anna Blavins

Many things about The American Evangelical Lutheran Church, our neighborhood church may surprise you.

First on the list is it's history. Pastor Schmitz held his first services in the parsonage living room on August 1, 1948. 1830 West Glenrosa was a very different place at that time. The property included an open milking barn, a small ranch home and a two story home under construction connected by a screened patio to a two-car garage. Pastor Wilfong who resides in Bel Air Neighborhood, became Associate Pastor in June 1976 and Senior Pastor in 1978.

Secondly are the services offered to the public. Traditional and contemporary services are provided as well as Sunday School. Vacation Bible School lasting two weeks will begin July 6. Under the directorship of Pastor Wilfong's wife, Ute, the church provides a Pre-School and Day Care. Ute has a staff of about twenty employees. The church also rents five apartments and one house that are located on site. For information on any of these services call the always smiling, ever helpful, Church Secretary, Lisa Lynch at 265-2527.

Thirdly, more renovations are taking place this year than have in the past twenty years. The completion of the office is now being followed by a major renovation of the church and the installation of a new air conditioner for the Day Care. Maintenance of the property is the responsibility of the custodian, Dwight Armstrong, an employee for over thirty years and President of the congregation.

Lastly, the church owns 25 acres in Prescott that is leased out as a summer camp. Camp Aloma which stands for Arizona Lutheran Outdoor Ministries Association, is also open to the general public.

Sometimes it is amazing what is offered in our own back yards! Next month I'll tell you about the church's counterpart, Martin Luther School.



The next time you run to the store for a carton of milk, you may notice a difference on the label. The Food and Drug Administration has standardized the labeling for low-fat foods, and milk producers have changed their labels to reflect these changes. Below are the new terms. (The nutrition information is for an eight-ounce cup).

Fat free (formerly skim):
0 grams of fat and 80 calories

Lowfat/light (formerly 1%):
2.5 grams of fat and 100 calories

Reduced fat (formerly 2%):
5 grams of fat and 120 calories

Whole (same as before):
8 grams of fat and 150 calories

Connie's Corner Quips, Quotes & Questions

The important thing about your lot in life is whether you use it for parking or building.

The easiest way to get to sleep is to count your blessings instead of your problems.

Enjoy the little things. One day you may look back and realize they were the big things.



**AMERICAN EVANGELICAL
LUTHERAN CHURCH**

1830 West Glenrosa Avenue
(4 blocks North of Indian School)

VACATION BIBLE SCHOOL

Classes for ages 3 through high school

July 6 - July 17, 9:00 - 11:30 a.m.

Theme: Champion of Faith starring such big names as: Noah, Paul, The Great Missionary, Deborah, Ruth and John The Disciple.

Some special dates to remember:

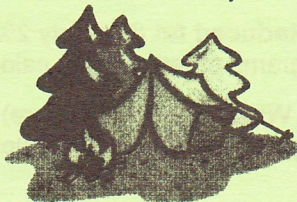
July 12th - 9:00 a.m.

Sunday School, 10:00 a.m. Worship and a Vacation Bible School Picnic immediately following worship.

July 19th - 7:00 p.m.

Closing Program for Vacation Bible School.

For more information, please call Lisa at the church office, 265-2527.



Camping weather is here!

****Call ahead to make reservations and confirm that the campground isn't already filled.**

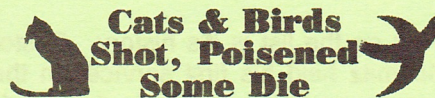
****Once there, take a deep breath and relax. It's not such a vacation if you rush to put up the tent and get a fire started.**

****Come prepared for chilly nights, with layers of clothing and blankets.**

****Bring ponchos in case there's rain. During downpours, read, play games or listen to a radio in the car.**

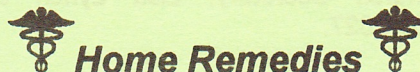
****Keep the peace with neighboring campers: Don't play music loudly or walk through their campsites.**

****TALK! One of the best reasons to camp is that you have all the time in the world to tell stories or just chat.**



In the last month or so, the Urban Wildlife Society has received reports of three dead cats, seven dead birds, five wounded birds, and several injured birds on the west side of Bel Air Neighborhood. One dead cat and two wounded birds were shot in the head with darts from a blow gun. Another dead cat and two dead birds had a greenish brown liquid draining from their mouth. One dead and two wounded pigeons were shot with some sort of projectile like a BB or bullet. Some pet pigeons showed injuries and partial leg band removal consistent with attempts to capture and dispose of them. The remaining victims' deaths remain undetermined. None of the cats were wearing collars or identification.

If you have information about this or any other animal cruelty, report it to 911 and to the Urban Wildlife Society at 265-BIRD.



The following are a few tried, true and doctor tested.

For colds: Chicken Soup
There's a mystical property in chicken soup that has a decongestant, throat-soothing, cough-suppressing action, says Mt. Sinai's Bruce Krieger M.D.

For Insomnia: Hot Bath
Taking a hot bath will raise your core body temperature. Following the bath, your body will cool down,

causing a substantial drop in temperature, which may be associated with deeper sleep, says Cynthia Dorsey, Ph.D., Sleep Health Center, McLean Hospital, MA.

For Asthma: Coffee
Coffee acts as a mild bronchodilator and when the bronchial passages are open, you can breathe easier, says Mt. Sinai's Dr. Krieger.

For Sunburn: Tea Bags
Don't throw out that tea bag after steeping. When cooled, dab it on sunburned skin. Tea contains tannic acid, which helps reduce inflammation, says Lenore Kakita, M.D., UCLA Medical Center.

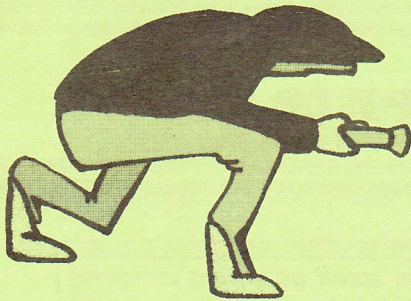
For Hiccups: Sugar
If you swallow it quickly, before the crystals have had a chance to dissolve, researchers theorize that sugar stimulates the diaphragm's phrenic nerve which stops the spasms, says Dr. Fugh-Berman, MD, chair of National Women's Health Network.

For Overeating: Pineapple
The fruit is loaded with enzymes that help you digest food, says Dr. Fugh-Berman.

For Bladder Infections: Cranberry Juice
It prevents the bacteria that cause the infection from sticking to the lining of the urinary tract, says Mari-Kim Bunnell, M.D., OB/GYN, Women's Hospital in Boston.

For Nausea: Ginger
This herb can help relieve nausea, vomiting, morning sickness and motion sickness, says Dr. Fugh-Berman. Try ginger tea. Use 1/2 teaspoon of the powdered variety and put it in a mug with a little brown sugar. Pour boiling water over the mixture and steep for five minutes.

For Insect Bites: Meat Tenderizer
The active ingredient is the papaya enzyme papain which helps relieve pain and reduce inflammation, says Dr. Kakita.



If you're locked out of your home, can you still get in?.....through an unlocked window in the back, or using an extra key hidden under a flowerpot or up on a ledge?

If you can break in, so can a burglar! A small investment of time and money can make your home more secure and can reduce your chances of being a victim of burglary, assault, or vandalism.

Get to know your neighbors. Watchful neighbors who look out for you, as well as themselves, are a front-line defense against crime. In almost half of all residential burglaries, thieves enter through an unlocked door or unlocked window.

Check the locks

*Make sure every external door has a sturdy, well-installed deadbolt lock with a minimum of 1 1/2" bolt.

*Secure sliding glass doors with commercially available locks or with a broomstick or wooden dowel in the track to jam the door, in case someone tries to pry it open. Insert a pin in a hole drilled in the sliding door frame that goes through to the fixed frame to prevent anyone from lifting the door off its track.

*Secure double-hung windows by using keylocks or by sliding a bolt or nail through a hole drilled at a downward angle in top corners of the inside sash and partway through the outside sash. The hole should be large enough that the nail or bolt slides in and out freely, in case you have to open the window fast in an emergency.

*Don't hide keys in mailboxes, planters or under doormats. Give an extra key to a neighbor you trust.

*If you've just moved into a new house or apartment, have the locks changed.

Check the doors

Locks aren't effective if they're on flimsy doors.

*Make sure all exterior doors are metal or solid 1 3/4" hardwood.

*Doors should fit tightly in their frames with hinge pins on the inside.

How can I make my home safer?

*Install a peephole or wide-angle viewer in all entry doors so you can see who is outside without opening the door. Door chains are not security devices—they break easily and won't keep out an intruder.

Check the Outside

To discourage burglars from selecting your home as their target of opportunity, make sure to:

*Trim shrubbery that hides doors or windows. Cut tree limbs that could help a thief climb in windows.

*Turn on outside lights after dark to illuminate porches, entrances and yards, front and back. Consider timers that turn on outside lights, or install motion detectors.

*Keep your yard well maintained. Store ladders and tools inside your locked garage, basement or storage shed when you're not using them.

Clearly display your house number so police and other emergency vehicles can find your home quickly.

*Keep up the appearance of the neighborhood. Broken street lights, abandoned cars, vacant buildings, graffiti, litter and run-down areas attract crime.

*Put lights and a radio on timers to create the illusion that someone is at home when you go away. Leave shades, blinds and curtains in normal positions. Stop the mail and newspaper or ask a neighbor to take them in.

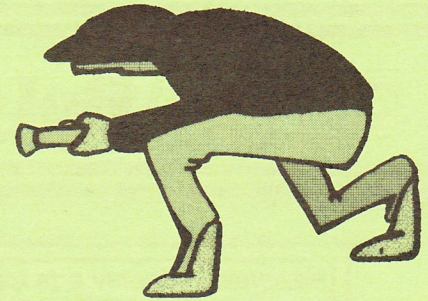
*Update your home inventory, listing pilferable items like VCRs, stereos, cameras and computers. Take photos or make videos of items, list descriptions and serial numbers.

What about alarms?

If you have valuables in your home, or if you live in a neighborhood vulnerable to break-ins, consider an alarm system.

Before you invest in alarms:

*Check with several companies and decide what level of security fits your needs. Sources of information include your local police department, the public library and the Better Business Bureau.



*Look for an established company and check its references before using them.

*Learn how to use your system properly. If you continually set off false alarms, your neighbors will ignore the noise, and you can be fined by local law enforcement agencies.

Burglars can take more than your property!

Burglars generally don't want to run into their victims. But if they're surprised by someone coming home, someone may get hurt.

*If you see a screen that has been cut, a broken window, or a door that's been left open, don't go in. Call the police from a neighbor's house or a public phone.

*If you hear a noise that sounds like someone breaking in or moving around, quietly call the police and wait calmly until they arrive. If you can leave safely, do so. Otherwise, lock yourself in a room or if the intruder enters the room you are in, pretend to be asleep.

*Think carefully before buying a firearm for protection. Guns can be stolen and sold to anyone, or captured and used on you or the police. If you do own a gun, keep it locked up, with the ammunition secured separately and learn how to use it safely.

Look beyond locks and alarms

*Look for things that could contribute to crime—poor street lighting, abandoned cars, vacant lots, littered playgrounds with broken equipment, homes that elderly people have trouble maintaining. Help organize a neighborhood cleanup/fix-up day.

*Keep written records of all furniture, jewelry and electronic products. If possible, keep those records in a safe deposit box, fireproof safe or other secure place. Take pictures or a video and keep purchase information and serial numbers. These help law enforcement agencies track recovered items.

*If your neighbors are ever victims, help them out. Offer sympathy and support; help with meals, repairs or babysitting.

Bel Air Advertisements

Newsletter display ads for businesses are priced according to size. The small ad which is never larger than a standard business card is \$7.00. A large ad is \$14.00 and sized according to space available each issue. Classified ads are \$3.00 for 25 words or less. If you would like to place an ad please leave your name and number on our hotline 392-8338 and someone will return your call.

**Support your neighborhood businesses
Be sure to tell them you saw their ad in the Communicator**

Notice -The deadline for submitting articles for the August Newsletter is July 24

**This
Spot
is
Reserved
For
You**

**Printed by your neighborhood printer
Sav-On Printing
4520 N. 19th Avenue
242-2308**