



NEIGHBORHOOD ASSOCIATION

Volume 1 Issue 1

Communicator

September 2012

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Mission Statement

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.

Focus of the newsletter

The topics in the Communicator will echo the mission statement of the Association: Safety * Pride * Responsibility * Cooperative Involvement

The Minutes of the Board Meetings may now be found on our website www.belairneighborhood.com

Upcoming Meetings and Events

Bel Air Board meeting: September 10, 2012 6:30 PM

American Evangelical Lutheran Church,
1830 W. Glenrosa Ave. (modular unit, east side)

G.A.I.N. event, City-wide: Saturday October 20th Watch for details!

Coffee with a Cop: *first Wednesday of each month, 8 – 9am.*
A different location each month. September 5: Zoe's Kitchen, 521 W. McDowell Rd.

Graffiti-Free Phoenix: Wipe it out!

November 3 all day. City-wide event. Sign up: Neighborhood Services 602-534-4444

or through myvolunteerPhoenix.org

Safety, Safety, Safety

Here are some basic questions to consider as a homeowner.

Do I keep a radio or the TV on when I go out?

Do I leave a porch light on at night?

Do I know a neighbor well enough to give them a house key?

Do I keep the doors locked, even when I am home?

Do I have an alarm system?

Do I keep my car doors locked ?

Not only do we need to pay attention to our own homes, but we can help our neighbors pay attention, too. We'll focus on that aspect of living in a community in future issues.

What can one person do?

A safe neighborhood is full of people paying attention to one another: Has a pool truck parked at Mr. Jones' house – and you know he doesn't have a pool? Is Martha's poodle trotting down the sidewalk, alone? Is Shawna's Tuesday newspaper still out on Wednesday? Would you feel okay to call Crime Stop? 911? Do you have Martha's phone number? Would you knock on Shawna's front door to see if she is all right? When we help a neighbor, we strengthen our community, person by person.

Community Garden

Believe it or not, fall planning and planting time has arrived. The green thumbs are itching to dig in the dirt around new plants and new seeds. This summer, our community gardeners harvested Armenian cucumbers (very large fellows, these are), tomatoes, zucchini squash, melons, green beans, corn, watermelon, musk melons, lettuce, lima beans, black-eyed peas, carrots, and bok choy. Wow! What will the fall/winter garden produce? Stay tuned.

Can you protect yourself from flu without the flu shot this year?

Some people do not want the flu vaccine because without health insurance, it is a self-pay fee. Others may have an allergy to the vaccine, or simply prefer not to get it. In 2012, the flu season in Arizona came late, but can you still protect yourself so you don't miss work or school or other responsibilities from now and far into 2013? Yes. Here are three actions proven to help protect against the common cold and flu.

- 1) Wash your hands – frequently, with soap and water - to guard against several viruses that can be passed hand to hand or by touching infected door knobs or other surfaces.
- 2) Vitamin C – Studies show that taking a minimum of 500 mg daily helps boost your immune system, though it does not help after you have been infected with a cold or the flu.
- 3) Exercise - Moderate exercise five times a week was found to help decrease the risk of infection. You have a 3x greater risk of getting a cold or the flu without such a program.

Beyond these recommendations, I still also encourage getting the flu vaccine. It may even save the lives of young children, the elderly, and those who have severe chronic diseases.

Please come by for the Family Flu Day on Saturday September 8th, from 8am - 4pm. Our goal is to provide 1000 vaccines to our families and community.

B. Andy Le, MD

Family Physician at Arizona Medical Clinic

References: Uptodate: The common cold in adults: Treatment and prevention

Bel Air Board

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Important phone numbers:

Barking dogs	602.262.6466
Abandoned vehicles	602.262.7844
Trash in alley	602.262.6151
Light rail information	602.254.7245
Dial-a-ride	602.253.4000
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City Council, District 4, Tom Simplot	602.262.7447

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An excerpt from: <http://www.emptybowls.net/>:

Welcome to the Empty Bowls project

Helping to feed people in need.

Location: Phoenix, Az. October 12, 2012 11am-2pm
Arizona Center- 400 E. Van Buren St. Phoenix, Az. 85004
(event to be held on the Grassy Knoll at 5th St Van
Buren)

Empty Bowls is an international grassroots effort to fight hunger and was created by The Imagine Render Group. The basic premise is simple: Potters and other craftspeople, educators and others work with the community to create handcrafted bowls. Guests are invited to a simple meal of soup and bread. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world. The money raised is donated to an organization working to end hunger and food insecurity.

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year but when you volunteer, you vote everyday about the kind of community you want to live in." -Marjorie Moore -
