

ESTABROOK

N • E • W • S



No Meetings in July and August
Next meeting **September 19, 2017**
3612 Robin Hood Road
Norfolk, VA 23513

President's Message

During the summer, visit the ECL website
www.estabrookcivicleague.org and join NEXTDOOR.

Fine Jewelry Instruction, Saturday, **July 29, 2017**, 10-1 pm
at ECL Civic League bldg. Join us for the jewelry instruction with
internationally renowned glass artist, Jettonne Casey. She will
help us make a one-of-a-kind necklace. Jettone will provide her
own handcrafted lamp work beads, silver clasps and other materi-
als with the registration fee of **\$45**. Part of the fee is donated to
the ECL building fund. To register call Carolyn Foca, 853-9338.

Wine Bottle Making, Saturday, **August 26, 2017**, 10 - 12
noon, Cost \$20. For more information,
www.estabrookcivicleague.org



Annual Community Yard Sale will be September 30, 2017.
The proceeds will help us pay for a new floor and refrigerator for
the building. **We need volunteers to help organize the items, price
the items, set up and close the event.** We will begin taking gently
used items in August. While you are doing your Spring cleaning
get a box and fill it up with things you no longer want or need. And
donate it to the sale. This is our biggest fundraiser. We need all
the community to support the sale. Volunteer, donate items and
plan to attend .

Alert System: www.Norfolk.Gov/Emergency. Updated infor-
mation about evacuations, floods, power outages, road closures,
severe weather, utility failures & more. Get connected and stay
informed, email, phone & text.

**Watch out for your neighbors...See Something! Say Some-
thing! Police 911 Non emergency: 441-5610**

The greatest of all miracles is to be alive.! Thich Nhat Hanh

Celebrate 2017 Summer!

- July 4 Independence Day
- July 11 Cheer Up the Lonely
- July 17 Hug Your Kids Day
- July 23 National Hot Dog Day & Parent's Day
- July 29 Fine Jewelry Making at the ECL
- Aug 3 National Watermelon Day
- Aug 6 Friendship Day
- Aug 13 Left Handers Day
- Aug 25 Kiss and Make Up Day
- Aug 26 National Dog Day & Wine Bottle Making at the ECL
- Street Sweeping
July 14 & Aug 11
2nd Thursday each month



Tips for Healthy Habits

Make Healthy Food Choices



- Make half of your plate vegetables and fruits.
- Choose 100% whole grains like whole wheat bread, oats and brown rice.
- Cut back on high-fat foods like whole milk, cheeses and fried foods.
- Try grilled chicken or salads at fast food restaurants instead of a cheeseburger or pizza.

Manage Your Weight

- Put less food on your plate.
- Try not to skip meals.
- Use a smaller plate, bowl and glass.
- Read the food labels on packages.



Be Active

- Walk in a safe place like the mall or at community centers.
- Dance and turn up the music when doing household chores.
- March in place while you watch TV.
- Be active for at least 30 minutes, 5 days a week.
- Up to 60 to 90 minutes daily may be needed for weight loss.



Cut Back on Foods High in Sugar, Fat, and Salt

- Drink water instead of juice, sweet tea or regular soda.
- Cut back on candy, pastries and desserts.
- Keep a healthy snack with you, like fresh fruit, a handful of nuts, or whole grain crackers.
- Choose lean meats and poultry without skin, and cook by grilling, baking or broiling.
- Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are over 50, those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.
- Use oils to replace shortening and butter.
- Season with onion, garlic, peppers, fresh herbs instead of salt, bacon or cured meats.

Find Ways to Relax and Get More Sleep

- Try deep breathing, taking a walk, or listening to your favorite music.
- Aim for 7 to 9 hours of sleep daily.
- Avoid caffeine, nicotine or alcohol several hours before going to sleep.
- Think before you eat. Try not to snack when you are bored, upset, or unhappy.
- Avoid tobacco use.



Tips to Protect Your Family

1. Prevent falls by keeping walkways inside and outside your home clear and well lit.
2. Keep gas and charcoal grills well away from your home, deck railings, and out from under the eaves and overhanging branches.
3. Prevent poisonings by storing all medicines and household products away from children's reach.

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Bank On Norfolk: Help for Financial Wellness



- Bank On was established to provide households greater access to traditional financial products and services. Bank on teaches you how to keep that money for yourself!
- Bank On is like a wellness plan for your finances – all the education support and encouragement you need to launch your financial makeover.

- Classes to assist in creating the beginning of a Bank On regional program. Our classes begin every January, April and September.
- A 10-month program that encourages participants to take the financial challenge to 1) increase income, 2) grow savings, 3) reduce debt, 4) build credit score and 5) protect assets.
- Participants attend class once per month and meet with a personal financial coach once per month. Coaches are used to meet participants where they are and provide guidance and encouragement on a personal basis.
- The Matched Savings program is available as an incentive to qualifying participants who attend all classes and coaching sessions and save \$150 towards a new emergency savings fund. These participants are then eligible for a match of an additional \$150 so that they have a \$300 emergency savings account upon completion of the class.

All information on coaching opportunities, class information and how to donate to the matched savings program can be found on www.bankonhr.org 757.943.9652.

Clutter Queen



Learn how to de-clutter your house, stop hoarding and simplify your life. Free class 3:00 pm at the Slover Library, August 9, 2017. Refreshments will be served. Registration required. To register, please call 757-431-7471.

Big Bands on the Bay Every Sunday, May 28 - September 3, 2017, 7 PM - 9 PM Gazebo at Ocean View Beach Park Big Bands on the Bay ends the weekend with a sunset celebration on the Chesapeake Bay with live Big Band music and dancing. Welcome the stars every Sunday night from 7pm to 9pm beginning May 28 through September 3, 2017. On September 4th the FUN will begin at 7pm and last until 10pm for the Big Season Finale!

Annual Fourth of July Great American Picnic Tuesday, July 4, 2015 5 PM - 10 PM Town Point Park, Downtown Norfolk Waterfront. Leave the grilling to us on the 4th of July and bring your family and friends down to Town Point Park. All American fare, including hot dogs, hamburgers, barbecue, seafood, buttered corn on the cob, juicy watermelon, lemonade. Relax on the lawn and enjoy the live entertainment, then watch as the sky lights up with the fireworks display at 9:30 pm!

T.G.O.V. - Summer Concert Series Every Friday, June 30 - August 25, 2017, 6 PM - 9:30 PM Ocean View Beach Park Summer brings the return of the popular Friday after-work music series, "Thank Goodness It's Ocean View" Beach Music Concert Series at Ocean View Beach Park on the Chesapeake Bay.

How You Can Help America's Pollinators

How important are bees? Vital. Nearly 90 percent of flowering plants and 75 percent of major agricultural crops depend on pollination done mostly by bees, and without pollination, plants can't reproduce. More than a dozen major food crops couldn't grow without bee pollination, including almonds, apples, cucumbers, and raspberries. Root crops like carrots and onions can self-pollinate, but they won't produce seeds for future plantings without bees. In 2016, US farmers paid \$350 million to beekeepers for pollination services, and economists estimate that wild bees contribute billions more in agricultural value to California alone.

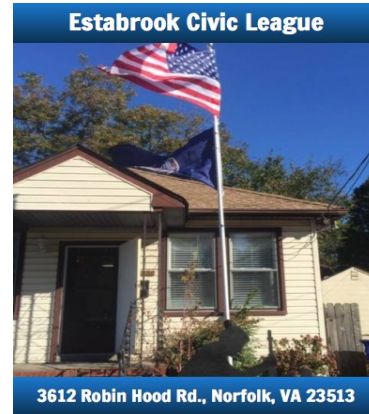
How can I help?

Avoid spraying pesticides on blooming flowers – wait until after the petals have fallen, when the plants are less attractive to bees. If you must apply pesticides to blooms, spray at night and seek out a product with a "short residual toxicity." Read labels, and avoid pesticides that contain neonics like clothianidin, dinotefuran, imidacloprid, or thiamethoxam. If you buy plants from a nursery, make sure the plants haven't been treated with neonics, as the leaves and flowers can remain toxic long after application.




**WELCOME To ESTABROOK/COLEMAN PLACE
NEW HOMEOWNERS**

- ☆ Akiem J. Jones – 1500 Blk. Wyoming Ave.
- ☆ Robert A. Johnson – 1500 Blk. Florida Ave.
- ☆ Kenda B. Charles – 2800 Blk. Oklahoma Ave.
- ☆ Galen D. Bufford – 2300 Blk. Minnesota Ave.
- ☆ Kim D. Morris – 2400 Blk. Alder St.
- ☆ David B. Larkin – 2400 Blk. Birch St.
- ☆ Eric L. Stone – 2400 Blk. Hemlock St.
- ☆ Ashley R. Swearingen – 3600 Blk. Montgomery St.
- ☆ Donald W. Kiester IV – 3800 Blk. Robin Hood Rd.
- ☆ Chanelle M. Cornish – 2300 Blk. Rush St.
- ☆ John T. Cole Jr. – 3500 Blk. Chesapeake Blvd.
- ☆ Ronald Dentler – 3600 Blk. Robin Hood Rd.
- ☆ Emily Keyes – 1500 Nevada Ave.
- ☆ Natalie E. Reyna – 3600 Blk. Radford St.
- ☆ Mitchell J. Felix II – 3400 Blk. East Bonner Dr.
- ☆ Stephanie Parsolano – 3900 Blk. Krick St.
- ☆ Christine A. Nowak – 3400 Blk. E. Bonner Dr.
- ☆ Noelle R. Young – 3400 Blk. W. Bonner Dr.
- ☆ Jordan S. Holland – 3700 Blk. Nottaway St.
- ☆ Sonja F. Chiappetti – 3400 Blk. Chesapeake Blvd.



Visit the E.C.L. website:
www.estabrookcivicleague.org
Great information for new homeowners
www.norfolk.gov

**THANK YOU FOR SETTING OUT
YOUR BLUE RECYCLE BINS
ON PICK-UP DAY!**



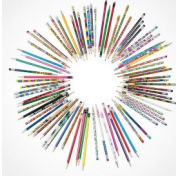
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**SHERWOOD FOREST/COLEMAN PLACE
ELEMENTARY SCHOOL SUPPLIES DRIVE 2017**




For 2017 our collective donation will be for students and teachers. We are accepting school supplies for Sherwood and Coleman Place Elementary Schools throughout the year. A detailed list of supplies needed by grade is available at the donation boxes. Please support the Civic League's community project and donate to the children and wonderful teachers who educate them.

Be Safe – Summer Heat is No Day at the Beach


Summer temperatures in Virginia normally climb into the upper 90's and even reach over 100 degrees at times. People can suffer ill health effects when their body temperature control system is on overload. A person's body temperature can shoot up when normal sweating cannot cool it quickly enough in extreme heat. Damage to the brain or other vital organs can result from very high body temperatures.

Summer sun can also present a health challenge. Recent research indicates that among Virginia adults, the number of deaths from and new cases of melanoma, the most dangerous type of skin cancer, have increased even as more adults report using sunscreen. This suggests that some people may not take proper measures to protect themselves from skin cancer. While you enjoy the outdoors this summer, **remember to use sunscreen, seek shade, and wear sunglasses, a hat, and sun-protective clothing.** Use a sunscreen with a Sun Protection Factor, SPF, of 15 or higher. As sunscreen wears off, reapply if you stay out in the sun for more than 2 hours and after you swim or do things that make you sweat.

Remember that drinking plenty of water is your best defense against dehydration, heat stroke, and heat exhaustion.



Reflections by Grace E. Strid



Our Civic league just completed another year of interesting and informative meetings. Our Navy is celebrating 100 years. On Robin Hood Road we will be getting bike lanes. We learned how to be more efficient with our finances. And protect our cars and homes from being violated. We learned how to garden in straw bales and how the Chesapeake Bay is coming back to life. Our meetings in the fall are moving to the 3rd Tuesday of the month at 7 PM. Plan on joining us to learn about our neighborhood. Enjoy your summer, drive carefully, drink plenty of water. Remember your pets need plenty of fresh water too, so do the birds. Hope to see you on September 19th.

ADOPT A SPOT THANK YOU Thank you to Jan Carney, Ken Carney, Bill Jackson, Diana Lionetti, Susan Tweed, Carolyn Foca, Claudia Graham, Wonder Kearse, Avis McCann and Jeanine Lindberg for volunteering Saturday morning, May 27, 2017 for the Adopt-a-Spot litter cleanup along Chesapeake Boulevard and Robin Hood Road. This group also did double duty that morning by putting flags out along the Chesapeake Boulevard median to make Estabrook look patriotic for the Memorial Day weekend. The weather was perfect for both events and we accomplished everything in record time. Plus, it was fun to work together as a team.

Mon-Sun 6am-3pm

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The grand essentials to happiness in this life are something to do,
something to love, and something to hope for. Joseph Addison



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The most powerful agent of growth and transformation
is something much more basic than a technique:
A change of heart. **John Welwood**

**ESTABROOK CIVIC LEAGUE
Membership Application
2017**

Date: _____
Name: _____
Address: _____
_____ Zip _____

Phone: _____

Email: _____

Want to serve on a committee?
Yes _____ No _____

Birthday: Month _____ Day _____

Payment method:
 Cash Check # _____

ECL meetings are the second Tuesday of each month @ 7:00 pm. All welcome!

Dues are \$10 per year per adult. Send a SASE if you want your membership card mailed to you. Fill in the application form and mail your check to:

Estabrook Civic League
3612 Robin Hood Road
Norfolk, VA 23513

Officers for 2017

President:: Susan Tweed
853-8655
satweed@cox.net
Vice Pres: Carolyn Foca
853-9338
crffoca@earthlink.net
1st Vice Pres: Diane Lionetti
407-0100
h1128mygirl@yahoo.com
2nd Vice Pres: Open
Secretary: Janis Carney
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jkcarny@cox.net
Treasurer: Bill Jackson
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Jackson19549@verizon.net

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Third Patrol Division: 823-4433
Public Works: 664-4600
Code Enforcement: 664-6510
Environmental Health: 683-2712
Bulk Waste: 441-5813
SPSA Recycling: 548-2256
Norfolk Cares: 664-6510

Committee Chairs:

Communications: Susan Tweed
Environmental: Diane Lionetti
Membership: Diana Lionetti
Property Maintenance:
Ken Carney
Refreshment: Janis Carney
Webmaster: Avis McCann



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Word of Faith Worship Center
Mark 10:37 "All things are possible with God
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