



Community Board 13Q

THE SENTINEL

Volume 26, Issue 6

JUNE 2015



GENERAL BOARD MEETING JUNE 22, 2015

Time
(Approximate)

**MEETING STARTS AT
7:30 PM,
PLEASE BE ON TIME**

**Bellerose Assembly of God
240-15 Hillside Avenue, Bellerose**

Meeting Agenda

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7:15pm

1) Community Time

7:30pm

2) Meeting Called to Order/Salute to Flag

7:40pm

3) Approve Minutes March 2015

7:50pm

4) Chairperson's Report — Bryan J. Block

8:00pm

5) District Manager's Report — Lawrence T. McClean

8:15pm

6) Senior Parole Officer Allon-Yon

8:45pm

7) Presentation ACS — "Proposed Close to Home Facility" Located at 207-01 Jamaica Avenue

9:00pm

8) All Business will cease @ 9:00pm for the

ELECTIONS OF OFFICERS

***** Pending Quorum *****

9:45pm

9) Voting Item

**BSA Calendar #585-91 BZ
222-44 Braddock Avenue**

10:00pm

10) Committee Reports

10:30pm

11) Public Speaking Time

11pm

12) Adjournment

☺ ☺ ☺ **NO MEETING JULY & AUGUST** ☺ ☺ ☺

NEXT MEETING

SEPTEMBER 28, 2015 - LOCATION — TBD

CB13 Staff

*Lawrence T. McClean,
District Manager*

*Stephanie Rainkie,
Community Coordinator*

*Maxine E. Brannon,
Community Associate
Contact Us @ (718) 464-9700*



Notice to Board Members:

This newsletter includes a brief description of items that will be discussed or acted upon at the meeting. Please be sure to read these items as soon as possible and notify the Board immediately if you need further information. Please do NOT wait until the board meeting to bring up major issues.

EXECUTIVE COMMITTEE:

BRYAN J. BLOCK, CHAIRPERSON • ANGELA AUGUGLIARO, FIRST VICE. CHAIR • VERDELL BONCOEUR, SECOND VICE. CHAIR ANUP RAMNAUTH, TREASURER • GERRY WIND, EXECUTIVE SECRETARY

COMMUNITIES SERVED:

**BELLAIRE • BELLEROSE • CAMBRIA HEIGHTS • FLORAL PARK • GLEN OAKS • LAURELTON • MEADOWMERE
NEW HYDE PARK • PARKSIDE TERRACE • QUEENS VILLAGE • ROSEDALE • SPRINGFIELD GARDENS • WARNERVILLE**

LIQUOR LICENSE(S)

***DIMAS TOWER INC.**
272-48 GRAND CENTRAL PARKWAY
***VINNY'S PIT STOP**
241-21 BRADDOCK AVENUE
***SOGAB CORP.**
248-06 ROCKAWAY BLVD.
***Island Taste Bar & Grill Corp.**
243-24 Merrick Blvd.

COMMITTEE MEETINGS

PLEASE CONFIRM LOCATION & TIME
 WITH BOARD OFFICE
 Land Use — 1st Monday
 Transportation — 1st Tuesday
 Seniors — 1st Thursday
 Youth — 2nd Tuesday
 Public Safety — 2nd Thursday
 Parks — 3rd Tuesday
 Health — 3rd Thursday
 Economic Development — TBD

NATIONAL NIGHT OUT
HOSTED BY THE 105TH PCT &
COMMUNITY BOARD #13
FREE ! FOOD, PLAY GAMES, PRIZES,
AMUSEMENTS, GIFTS AND LIVE DJ
CABELL PARK
AUGUST 4, 2015 * 5PM — 9PM
120 AVENUE & FRANCIS LEWIS BLVD

SMOKE-FREE PARKS AND BEACHES

Mayor Bloomberg signed a bill that prohibits smoking within New York City's parks, beaches and pedestrian plazas. By supporting this legislation, we welcome the chance to improve the beauty of the city's public outdoor spaces, and ensure an even healthier and cleaner experience for New Yorkers.

Law's Effective Date May 23, 2011

Public Spaces Covered by the Smoking Ban Smoking will be prohibited in the following areas:

- All New York City parks except median strips
- Beaches and boardwalks
- Public golf courses
- Sports stadium grounds
- Pedestrian plazas such as those at Times Square and Herald Square.
- Smoking continues to be prohibited in playgrounds, pools and inside stadium

Health Impact

Studies suggest that sitting 3 feet away from a smoker outdoors can expose you to the same level of secondhand smoke as if you were sitting indoors with a smoker. Secondhand smoke can trigger asthma attacks, increase the risk of blood clots and hurt blood vessels. The new law will reduce people's exposure to secondhand smoke outdoors. New Yorkers are exposed to secondhand smoke at higher rates than the national average. In fact, 57% of New Yorkers who do not smoke have elevated levels of cotinine in their blood compared to 45% of non-smokers nationally. Cotinine is residue left by exposure to secondhand smoke. There is no known safe level of exposure to secondhand smoke, and smoke-free parks and beaches will help to eliminate a source of secondhand smoke.



DRINK WATER

JULY AWARENESS MONTH

- | | |
|---|---|
| 1st — 31st Cord Blood | 1st — 30th National Pediculosis/Head Lice |
| 1st — 31st International Group B Strep | 1st — 30th Sickle Cell |
| 1st - 31st Juvenile Arthritis | 1st - 30th National Yoga |
| 1st — 31st National Clef & Craniofacial | 1st -30th Newborn Screening |
| 1st — 31st UV Safety | 1st — 30th Ovarian & Prostate Cancer |

AUGUST AWARENESS MONTH

- | | |
|---|-------------------------------------|
| 1st — 31st Children's Eye Health and Safety | 1st — 30th Whole Grains |
| 1st — 31st National Immunization | 13th Celiac Disease Cancer |
| 1st - 7th World Breast Feeding | 15th National School Backpack |
| | 18th — 24th National Farm Safety |
| | 18th — 24th National Rehabilitation |
| | 18th National HIV/AIDS & Aging |

SEPTEMBER AWARENESS MONTH

- | | |
|---|--|
| 1st — 30th Fruit & Veggies — More Matters | 19th Get Ready Day |
| 1st — 30th Leukemia & Lymphoma | 21st World Alzheimer's Day |
| 1st — 30th National Alcohol & Drug Addiction Recovery | 23rd — RAINN Day |
| 1st — 30th National Atrial Fibrillation | 24th—Family Health & Fitness Day USA |
| 1st — 30th Cholesterol Education | 27th — National Gay Men's HIV/AIDS |
| 1st — 30th National ITP | 28th — National Women's Health & Fitness Day |
| | 28th — World Rabies Day |
| | 30th — Sport Purple for Platelets Day |

" 311 TEXTING "

THE CITY PROVIDES NON-EMERGENCY INFORMATION TEXTING. CUSTOMERS CAN "TEXT" A QUESTION ABOUT CITY SERVICES TO SHORTCODE 311NYC (311692) AND RECEIVE AN IMMEDIATE RESPONSE.

RECOGNIZE THE SYMPTOMS OF TOO MUCH HEAT

CALL YOUR DOCTOR OR GO TO THE EMERGENCY ROOM RIGHT AWAY IF:
 • YOU HAVE HEART OR LUNG DISEASE AND YOU DO NOT FEEL WELL
 • YOU HAVE SYMPTOMS OF HEAT ILLNESS, SUCH AS:
 • HOT, DRY SKIN OR COLD, CLAMMY SKIN
 • WEAKNESS
 • DIZZINESS
 • NAUSEA OR VOMITING
 • SHORTNESS OF BREATH OR TROUBLE BREATHING
 • CONFUSION, HALLUCINATIONS, DIS-ORIENTATION
 HEAT ILLNESS CAN BE LIFE-THREATENING.

The 2015-16 NYC Public School year will begin on Wednesday, September 9, 2015

BLOCK PARTY

According to the Street Activity Permit Office (SAPO):

Block Party - A Block Party is a street activity requiring the closure of a single block of a street, or a portion thereof, for a single day intended for a community-based, not-for profit organization, association, or the like, which has an indigent relationship to the specific street, community or both.



WAYS TO PROTECT YOURSELF FROM HEAT

1. Use an air conditioner during a heat wave.
2. If you do not have an air conditioner:
 - Go to a cool place like a neighbor's house, library, shopping mall, movie or NYC Cooling Center
 - Keep your windows open to let fresh air in
3. Drink water even if you do not feel thirsty. Avoid drinks with alcohol, caffeine or lots of sugar.
4. Check on your neighbors to make sure they are keeping cool.
5. Stay out of the sun. If you must be in the sun, wear:
 - A hat to protect your face and head
 - Thin, light-colored, loose-fitting clothes to cover as much skin as possible
 - Sunscreen (at least SPF 15)
6. Avoid physical activity.

