

Community Board 13Q

THE SENTINEL

Volume 23, Issue 5

MAY 2013



GENERAL BOARD MEETING MAY 20, 2013

Time
(Approximate)

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

HARVEST REVIVAL FULL GOSPEL
119-33 Springfield Blvd. Cambria Heights, 11411

Meeting Agenda

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|---------|-----|---|
| 7:15pm | [A] | Community Time |
| 7:30pm | [B] | Meeting Called to Order/Salute to Flag |
| 7:35pm | [C] | Approve Minutes April 2013 |
| 7:40pm | [D] | Chairperson's Report – Bryan J. Block |
| 7:50pm | [E] | Nomination Committee – Sanu Thomas |
| 8:00pm | [F] | Speaker – Darnley Jones, Dept. of the Aging |
| 8:15pm | [G] | Speaker – Robert Tilley, Neighborhood Housing Svc |
| 8:45pm | [H] | District Manager's Report – Lawrence T. McClean |
| 8:50pm | [I] | Committee Reports |
| 9:30pm | [J] | Voting Items |
| | | ★ Street Re-Naming Policy |
| | | ★ BSA -160-00BZ
244-04 Francis Lewis Blvd., Rosedale |
| 10:00pm | [K] | Public Speaking Time |
| 10:15pm | [L] | Adjournment |

CB13 Staff

*Lawrence T. McClean,
District Manager*

*Stephanie Rainkie,
Community Coordinator*

*Maxine E. Brannon,
Community Associate*



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.

GENERAL BOARD MEETING LOCATIONS: 2013

June 24, 2013 — Bellerose Assembly of God

*** No Meeting in July & August ***

September 23, 2013 — Bellerose Assembly of God

October 28, 2013 — Bellerose Assembly of God

November 18, 2013 — TBD

December 16, 2013 — Bellerose Assembly of God

COMMITTEE MEETINGS

PLEASE CONFIRM LOCATION & TIME WITH BOARD OFFICE

- Transportation — 1st Tuesday
- Land Use — 2nd Monday
- Youth & Education — 1st Wednesday
- Public Safety — 2nd Thursday
- Health — 3rd Thursday
- Parks — 4th Thursday

EXECUTIVE COMMITTEE:

BRYAN J. BLOCK, CHAIRPERSON ▪ **TANYA CRUZ, FIRST VICE. CHAIR** ▪ **ANGELA AUGUGLIARO, SECOND VICE. CHAIR**
ANUP RAMNAUTH, TREASURER ▪ **SANU THOMAS, 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**

MAJOR TOPICS & OTHER ISSUES

JUNE AWARENESS MONTH

June 1st – July 4th Fireworks Safety Month

1st–30th Home Safety Month

1st–30th National Aphasia Association Awareness Month

1st - 30th National Scleroderma Awareness Month

1st–30th Cataract Awareness Month

1st–30th Men's Health Month

1st–30th National Congenital Cytomegalovirus Awareness Month

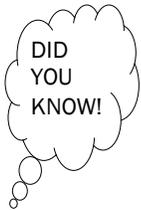
5th–11th National Rip Current Awareness Month

5th–National Cancer Survivors Day

13th–19th Men's Health Week

19–World Sickle Cell Day

27–National HIV Testing Day



"311 TEXTING"

The City provides non-emergency information texting. Customers can "text" a question about City services to short code 311NYC (311692) and receive an immediate response.

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 of their for BLOCK PARTY According to the Street Activity Permit Office (SAPO):

Free Wi-Fi Is Available in Select NYC Parks

The City and AT&T have announced a five-year initiative to provide free Wi-Fi service in 20 City parks. Visit the Parks Department site for locations near you.

You May Qualify for Benefits

Visit www.nyc.gov/accessnyc to screen your family for up to 30 City, State, and Federal health and human services. You May Qualify for Benefits

Visit www.nyc.gov/accessnyc to screen your family for up to 30 City, State, and Federal health and human service benefit programs.

You Can Learn About Your ECB Ticket Online

Use the Environmental Control Board's (ECB) ticket finder to find information about tickets issued by the 13 different City agencies that enforce quality of life laws, including violations filed by the Sanitation, Buildings, and Fire

DRINK WATER



75% of Americans are chronically dehydrated. (Likely applies to half the world population) In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down one's metabolism as much as 3%. One glass of water will shut down mid-night hunger pangs for almost 100%.

Lack of water is the number 1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day is capable of significantly easing back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water is capable triggering fuzzy short-term memory trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it is capable of slashing the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Water is free. Unlike a daily 1/2 litre bottle of carbonated soft drink that will cost you \$1.00 a day, tap water costs you nothing. That's \$250.00 in savings per year!

The DEADLINE to submit 2013 SYEP applications is 5/22/2013. Questions Call (800) 246-4646.

LIQUOR LICENSE(S) NEW & RE-NEW

- * Mirage Dubai Corp
229-08 Linden Blvd
- * Manjit Singh
256-01 Hillside Avenue
- * Santoor Indian Restaurant
257-05 Union Turnpike
- * Kenst Restaurant Corp.
259-10 Grand Central Parkway
- * Island Taste Bar & Grill Corp
243-24 Merrick Blvd.
- * Kerlenn Roche
245-11 Francis Lewis Boulevard
- * Tandoor Indian Restaurant
236-03 Braddock Avenue

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.