

Midtown Brandywine

A quarterly publication of the Midtown
Brandywine Neighbors Association

Matters

Winter 2009

midtownbrandywine@gmail.com

www.neighborhoodlink.com/wilmington.de/mbna

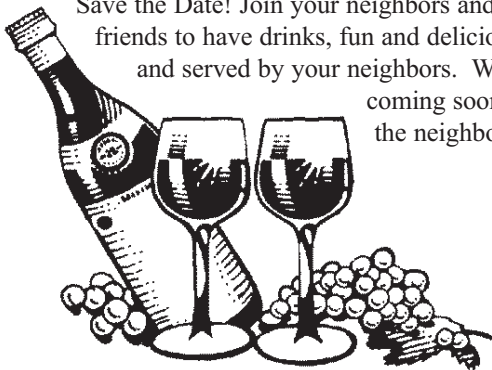
Mark Your Calendar !

Progressive Dinner Party 4/25/09 Midtown Brandywine Neighborhood

Progressive Dinner Party 2009!!!

Saturday, April 25, 2009

Save the Date! Join your neighbors and bring your friends to have drinks, fun and delicious food prepared and served by your neighbors. Watch for details coming soon in flyers and on the neighborhood website.



You don't want
to miss this fun
fund-raiser!

Clean Sweep

Neighborhood residents swept up the leaves and debris on Saturday, December 13. The West Street Park, McKinley Monument and other areas were raked and cleaned. A big thank you to everyone who pitched in and to Travis Crumley for organizing the event. The efforts of our fellow residents are what make this a great area to live in.

Holiday Social

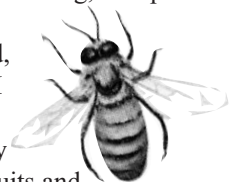
Our neighborhood December social at the Ale House was a huge success. Many neighbors popped in to catch up with old friends and join in with a glass of cheer and a bite to eat. The association would like to thank all those for their generous donations of food and money. Your help is very much appreciated. For those of you who missed out on the fun, don't despair! We will see you there next year.

Honey Do's

Hi Neighbors, Happy New Year!

Over the holidays I read *The Secret Life of Bees*. I do the opposite of most people, I see the movie first then I read the book. It's sort of a 'want to know more' kinda thing, except for *The Exorcist*...don't ask!

Anyway, if you are looking for an easy read, may I recommend *The Secret Life of Bees*. I found it to be entertaining, uplifting and informative. Truthfully, I didn't know honey had so many uses and benefits. Use on biscuits and in a hot toddy was about the extent of my knowledge about honey. I typed "Benefits of Honey" on Google and look what I got:



Benefits :

1. Honey is sedative, anti-fungal and nourishing
2. Soothes tissues and help retain calcium in the body
3. Antibacterial – great for both internal and external problem
4. Considered to be a Swiss Army knife in the world of alternative medicine.
5. Honey can boost the immune system

The uses :

Mixture of equal quantities of honey and ginger juice is a good expectorant. It helps in colds, cough, sore throat and runny nose.

For asthma, mix half a gram of black pepper powder with honey and ginger juice mixture. Drink this mixture a few times a day.

Honey can soothe and encourage the healing of sores in the mouth or vagina.

A bowl of oats porridge with a spoonful of honey will calm the nerve. Ideal to be taken before an exam.

Honey is a great moisturizer and can be used on the skin as a natural revitalizing mask

Eating a little local honey will make you "immune" to pollens in the area.

To improve eyesight, mix honey with carrot juice. Take one hour before meals in the morning.

To purify the blood, mix one glass of warm water with 1-2 teaspoonful of honey and one teaspoonful of lemon juice.

Take this preparation daily before you go to the toilet. It will also reduce fat and cleanse your bowel. Natural honey causes a lower rise in blood sugar than that of refined sugars in people with Type 2 diabetes. A little unprocessed honey may be added in their drinks when they crave some sweetness in their diet. Just use raw honey to benefit from this goodness.

And that's just from 1 website. Amazing! The book also has tips on the use of honey. I think one website said a tablespoon of honey before bedtime helps quiet a cough; hint, hint moms and wives! Be sure your child(ren) (including hubby) **DO NOT** have allergies to honey **AND** your children **MUST** be over 2 years old before you can give them honey. Honey can be put on the skin to help heal a wound and can be used in "packs" to reduce wrinkles! Can you believe that? Did you also know that depending on where the bees gather their pollen, honey can be in various colors? I didn't know that! Wow! I don't know about you but I'm going to add 1 tablespoon of honey to my diet and maybe even cut down on some of those expensive creams and lotions I've been buying for my face and hands.

I hope you found this article helpful and informative, if not entertaining. If you decide to read the book, I hope you enjoy it.

Well dear neighbors, I wish you all a warm and safe winter and may 2009 be prosperous for us all. That's my story and I'm sticking to it!

DeAnna Cardenas



Committee Members News & Views

If you would like to volunteer on a committee, or if you have suggestions and comments, please contact the chair of the committee, or email us at midtownbrandywine@gmail.com

Committee Chairs:

Communications: Rita Berry 388-7420

Spring/Fall Clean Ups: Travis Crumley 222-3984

Crime Prevention: Dan Walsh 516-909-1987

Land Use & Vacant Housing: Alex Karlson 893-7057

Streetscape: Jessica Reed 426-9129

Nominating Committee: Faith McNamara 545-8207

Block Party: Doug McLaughlin 654-1741

Vacant Properties & Land Use Committee

Neighbors can view vacant properties on www.ci.wilmington.de.us/vacantproperties/properties.htm If you think a property is vacant or looks derelict contact the city. A \$50 ticket can be issued. Please make sure you receive a tracker # for your inquiry and call. Contacts for the program are:

Cynthia Ferguson at 302-576-3030
cferguson@ci.wilmington.de.us

Greg Solomon at 302-576-3043
gsoloman@ci.wilmington.de.us

Remember this! The city does not know about many of the vacant or derelict properties. The people residing in the neighborhood need to tell them.

Communications Committee

Our newsletter publishes events in the neighborhood and downtown area which are happening in the current quarter. Our Web site calendar lists events going on throughout the year. We also post past newsletters and "Businesses We Like & Recommend" as well as link Web sites that are relevant to our community. **Your suggestions are welcome.** If you know of an upcoming event that you would like to share with your neighbors let us know about it so that we can pass it on.

Businesses We Like & Recommend

If you would like to recommend a company or individual please contact Rita Berry. For a complete list of past businesses and referral source please visit our Web site.

In Our Neighborhood

The Bringhurst Fountain

The monument was built in 1872 to honor Ferris Bringhurst who started the Wilmington Fountain Society. For many years, a fountain in its base provided drinking water for city dwellers and their horses.

Its new site - the monument's fourth - is near the north end of the Van Buren Street Bridge. Originally erected at Pennsylvania and Delaware avenues after Bringhurst, a chemist, died in a laboratory accident, the fountain later was removed because of roadwork and construction there.

After being kept in storage for years, the 10-ton monument was moved as part of the renovation of the Jasper Crane Rose Garden in Brandywine Park. Friends of Wilmington Parks, a nonprofit group, organized the effort. In 1988, the Delaware Avenue Community Association placed the monument in the middle of the rose garden, where a birdbath once stood. There it could only be seen from a distance, so it was moved to its present location.

Although no longer a working fountain, the Bringhurst Fountain is in a pedestrian-friendly spot next to the

garden, and is the focus of a new 25-foot circular stone terrace overlooking the Brandywine.



News Journal/William Bretzger

Newsletter Contact:

Rita Berry at 388-7420 or ritaberry333@hotmail.com
Midtown Brandywine Neighborhood general email:
midtownbrandywine@gmail.com

**Look for our next Quarterly issue
coming in April 2009**