

BIRCHWOOD-CLEARVIEW COMMUNITY ASSOCIATION NEWSLETTER

January 2011 (Edition)

HAPPY NEW YEAR TO THE COMMUNITY!

PUBLISHED BY THE BIRCHWOOD-CLEARVIEW COMMUNITY ASSOCIATION, INC (BCCA), P.O. BOX 7, OXON HILL, MD 20745

A COMMUNITY THAT CARES

For additional community information, please go to BCCA's Website: www.neighborhoodlink.com/oxonhill/bccc



Celebrating Dr. King's Birthday – "A Day On-Not A Day Off"

We celebrate the Life and Legacy of Dr. Martin Luther King, Jr. on a daily basis, however, on Monday, January 17, 2011, we have an opportunity to celebrate his legacy by dedicating time to participate in "A Day On--Not A Day Off." Please volunteer and serve someone on this day.

Each year on the third Monday of January, schools, federal offices, post office and banks across America close as we celebrate the birth, the life and the dream of Dr. Martin Luther King, Jr. It is a day to celebrate equality, freedom, and the life of a wonderful man. To find a volunteer opportunity, please go to www.mlkday.gov.

"We must work unceasingly to uplift this nation that we love to a higher destiny,
to a higher plateau of compassion, to a more noble expression of humanness."

-Dr Martin Luther King, Jr.

UPCOMING EVENTS

Community Meeting

Wednesday, January 19, 2011 – 7:00 PM, Birchwood Recreation Center

AGENDA For Community Meeting

1. Proposed Exercise Program at Birchwood Recreation Center – For All Ages
2. Proposed Black History Trip in February 2011
3. Volunteer Opportunities–Needed: A BCCA Secretary and Newsletter Couriers for Fargo Ave
4. Your Concerns and Suggestions

(Please Attend This Meeting, Your Involvement and Ideas Are Needed)

REMINDER: PLEASE DON'T FORGET OUR WARM CLOTHING AND FOOD DRIVES

Warm Clothing Drive –Please share your blessings with others and reach into your closet and pull out that gently worn, warm garment and share it with your community.

Food Drive - When you go to the store, please pick up a few items for your neighbors.

All food items will be shared with the Oxon Hill Food Bank, located right in our neighborhood. We are continuing this drive in honor of our dear, beloved Doris Saunders. Please contact Michelle on 301-839-2268 or at sapphire09@comcast.net to arrange for pick-up, or you may take the clothes and food to the community meeting on Jan 19th.

FROM THE DESK OF BCCA PRESIDENT – *Sylvia Griffin*

Happy New Year Everyone!!

Hope all had a peaceful and safe Holiday. As you already know, many of us are beginning to make our New Year's resolution on what we can do better or just making a change in our life. It is always exciting to fathom the idea of a new beginning. This year, I would like for us to become a community "On the Move," a healthy community. Please read and share the following information on exercising with a friend or relative.

(Finding the Time) For those of us with busy lives, fitting exercising into a day is not going to be easy. Little time is left after a job, commuting, laundering, cooking and everything else. After a busy day, do you feel like exercising anyway? It will be a struggle at first, but many people are managing it and are reaping the rewards. Exercising dramatically reduced incidence of illness; you look and feel better and sleep better. For a beginner, 30-60 minutes of exercise every day is far too much. You need to start much lower and build up gradually. Too much too soon will just leave you injured. Benefits can be obtained from nearly any activity that increases the rate of breathing. These can include gardening, brisk walking, climbing stairs, and any activity that requires an effort and preferably one that can be done for a set period of time.

Use the following notes as a guide and allow an adjustment for your health, age, weight, experience, progress etc. As you progress, you will start to feel easier; this is when real benefits of regular physical activity begin and you'll feel it.

Week 1 to 4

- Type - Light Exercise
- Frequency - 2 to 3 days per week
- Duration - 10 minutes per day - increase weekly by 5 minutes until 30 minutes per day is reached

Week 5 to 13 (Continue to slowly increase duration & intensity)

- Type: Light to Moderate Exercise
- Frequency - 2 to 4 days per week
- Duration - 20 to 40 minutes per day depending on the activity.

Week 14 to lifetime (Adjust for general health, condition & insure activity is enjoyable)

- Type - Moderate to Vigorous Exercise
- Frequency - 3 to 6 days per week
- Duration - 30 minutes or more per day depending on the activity

The Community Association is looking out for you We would like to get feedback from you on having an exercise class of our own in Birchwood. For those of you who missed the opportunity at our Christmas Celebration to see our potential instructor, Mr. Reggie Thornton, Owner of Sweat-N-Go Fitness, you missed a treat. He demonstrated how much fun it is to exercise with a group (all ages from children to senior citizens). Mr. Thornton is willing to instruct classes at Birchwood. He is an international fitness instructor, TV & radio personality. Fee: \$15 per class or \$50.00 a month. He will even pay you to workout. If you are interested, please let me hear from you so we can get a consensus as to how many would like these classes. Please contact me President, Sylvia Griffin @ 301-839-6719. Let Us All Get On the Move!!!

FROM THE DESK OF BCCA YOUTH LEADER – *Jahnae McCoy*

HAPPY NEW YEAR! –

Please come to the January 19th community meeting to obtain information on our Black History Trip in February 2011.

Thank You To All of You Who Contributed to the Top-Notched Birchwood-Clearview 2010 Community Christmas Family Celebration



<p>Thank You To BCCA's Hospitality Committee and Team Members led by <u>Lottie McCoy</u>, Harold Webster, and Gloria <u>Hernandez-Saunders</u> for doing an excellent job in coordinating the food and other donations for our 2010 Community Family Christmas Celebration; and what an elegant spread of food we had, served HOT on Mrs. McCoy's special chafing dishes!</p> <p>Thank You To Mr. and Mrs. Griffin, BCCA's President and her husband, who also provided a wide variety of great music; Mrs. Ross, BCCA's Vice President, who also coordinates, along with Mrs. King, BCCA's Warm Clothing and Food Drives. Thank you to those who donated clothes and food for these drives.</p> <p>Thank You To: All of you who came out and brought your children. Your attendance helped to make the celebration a success and a blessed event.</p>	<p>Thank You To The Program Participants: Mrs. Wilson who served as the Program's motivational Mistress of Ceremony, Minister Logan who began the program with a Prayer of Thanksgiving, Mrs. Monroe who read an inspirational reading, entitled "Nothing," Mr. Andre Picot who prayed a Prayer of Blessings over the food.</p> <p>Thank You To Our Youth Musicians--Little Ms. Alexas McCoy and Little Miss Quecealla Turner who performed an excellent clarinet rendition of "Jingle Bell."</p> <p>Thank You To Reginald "Regie" Thornton, Owner of Sweat-N-Go Fitness, who took all of us (adults and children) through a 15-minute SEAT BEAT Exercise, while sitting in our chairs. Good exercise and much fun had by all.</p>	<p>Thank You To Mr. Webster for calling and asking residents for donations. Thank You for responding by donating money, food, water and volunteering your time by making signs, typing the program, decorating the gift bags for the children, decorating the recreation center, bringing and decorating the Christmas Tree, monitoring the games, serving the food and setting up and cleaning up. Thank You To: Ms. Austin, Ms. Beasley, Ms. Bell, Mrs. Bar. Brown, Mrs. Bren. Brown, Mr. Cummings, Mrs. Dill, Mr. Fentress, Ms. Graves, Mr. & Mrs. Griffin, Ms. Hall, Mr. Harris, Ms. Harrison, Mrs. Joyner, Mrs. King, Ms. Lawson, Ms. Lewis, Ms. McIntosh, The McCoy Family (Lottie, Latoya, Jahnae and Alexas McCoy and Makayla Jones), Mrs. Monroe, Mr. & Mrs. O'Bannon, Mr. & Mrs. Picot & Son, Andre Mr. Quarles, Mrs. Ross, Mrs. Hernandez-Saunders Mr. & Mrs. Spears, Mr. Webster, Mr. West Mrs. Willis, Mrs. Wilson</p>
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THANK YOU. We apologize if anyone's name was mistakenly omitted. If so, please call Ms. Hall on 301-839-0499 and we will acknowledge you in the next newsletter.

PRINCE GEORGE'S COUNTY INFORMATION

HELP PAYING YOUR UTILITY BILLS - If you're having problems paying your utility bills, you can call the Department of Social Services' Maryland Energy Assistance Program (MEAP). MEAP can help you with your heating bills if you are either a renter or a homeowner. It can also help eligible homeowners reduce the future costs of heating their homes by assisting them in having their homes weatherized. Please call 301-909-6300.

HOW YOU CAN REDUCE YOUR RISK OF FLU – Prince Georges County Dept of Health included the following in its list on ways to prevent the flu:

- Wash your hands frequently with soap and warm water, especially after using the bathroom; and after changing diapers; before, during, and after preparing food; after wiping your nose or someone else's nose; and especially after sneezing and/or coughing into your hands.
- Keep fingers away from your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue when coughing or sneezing. Put used tissues in the trash, and wash your hands.
- Stay away from those who are ill.
- Stay away from others if you are ill.
- If at all possible, stay home from work and school to avoid making others sick.
- Eat healthy foods and drink plenty of water or other liquids.

BIRCHWOOD-CLEARVIEW COMMUNITY ASSOCIATION MEMBERSHIP FORM

NEW MEMBERSHIP YEAR 2010-2011 (Sept 2010 to Aug 2011) Yearly Dues: \$20 per household.

DATE _____

RESIDENT'S NAME(s) _____

ADDRESS: _____

Phone No. _____ **Email** _____

Membership Dues \$ _____

Scholarship Donation \$ _____

General Donation \$ _____

Total Amount Enclosed \$ _____

The Association needs volunteer help. Please check the area below where you want to give
“a **LITTLE** time for a **BIG** cause.”

Membership Committee	Education/Scholarship	Recreation/Parks & Planning	Ways & Means (Fundraising)	Beautification	Legislation	Hospitality
Youth Committee	Neighborhood Watch Program	Publicity/Newsletter	Public Affairs	Technology	Sponsored Activities	Community Service

After completing this form, mail it along with your check (payable to BCCA) P.O. Box 7, Oxon Hill, MD 20745-0007 or bring it to the monthly community meeting.

Thank You for Your Support

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