



action news

Volume 27, Issue 9

November 2001

Next Meeting

Alternative Medicines Bernard Flatow

November 1, 2001

8:00 pm

House of Hope Church
Cor. 248th St./85th Ave.

We meet the first Thursday of each month at the House of Hope Church, corner 248th Street and 85th Avenue at 8:00 PM

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Flag
Proudly!***



Bernard Flatow presents Alternative Medicine

By: Rich Hellenbrecht

The November 1 meeting will feature an BCCA resident, Bernard Flatow, discussing alternative medicine.

Bernard is an experienced trainer and lecturer, leading courses in Safety in the Home, First Aid, CPR, Alternative Medicine, Chemical Safety, Nutrition, Preventing Disease, driver training and other programs. Bernard's activities are extensive, espe-

cially with the Boy Scouts and numerous veteran's groups. Bernard is a veteran of WWII and has a long list of awards and medals.

This is a very unusual topic and we are quite interested in learning more about the subject. As we all know, drug costs have escalated over 40% in the last couple of years and there is no real end in sight. Yet, prescription drugs are vital to fighting disease and maintaining an

excellent quality of life. It will be very interesting to get his views on alternatives to the expensive branded and generic drugs.

In addition, with Mr. Flatow's extensive military background it may be interesting to get his views on the current terrorism.

Also this month we will receive a report from the BCCA nominating committee. There are several important vacancies and we need your help.

American Flags

By: George Wolf

As you drive or walk in Bellerose it does the heart proud to see so many American flags displayed. An important fact is to fly the flag correctly and that means the field of stars should be on the left if hanging vertically or horizontally. Also if the flag is badly worn (frayed or has holes) please replace and dispose of the old one

properly. The American Legion Post on Braddock Avenue can help you with the proper, respectful disposal of unusable American Flags.

Please also remember to never let the American Flag touch the ground and to keep the flag well lighted at night.

Sanitation

Following are some special Fall sanitation rules you should be aware of: The Sanitation Department urges use of 30 gallon paper yard waste bags. Clear plastic garbage may suffice, but do not use black plastic bags for lawn clippings or pumpkins. Leaves and pumpkins will be picked up on: October 27, November 10 and November 24. Bundle any brush.

CityWide

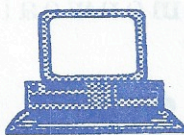
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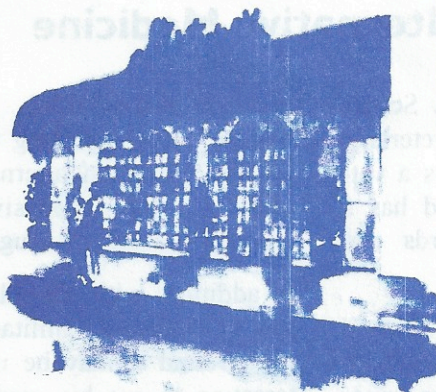
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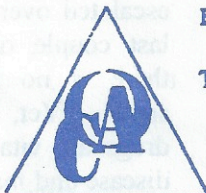
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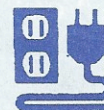
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