



The Community Advocate

Virginia Beach Council of Civic Organizations

P.O. Box 9252 Virginia Beach, VA 23450-9252

<http://vbcco.org>

October 2009 Volume 50 - Number 10

October's General Meeting Topic:

Is Your Civic League Insured? & Canned Food Drive

Richard Braun of Braun Insurance Agency will discuss the determining factors as to whether your civic league should be insured! Bring your questions, he will be happy to answer them.

October 14, 7pm to 8:30pm
Meyera Oberndorf Central Library
4100 Virginia Beach Blvd

Other Important Dates:

CCO's Executive Committee:
October 28, 7 pm to 9 pm
Meyera Oberndorf Central Library
4100 Virginia Beach Blvd

Please mark your calendars for these upcoming meetings:

Nov 11 Stake Holder's
Meeting—
Nominations for
2010 Officers

We are looking for a civically minded people to volunteer for our various committees. If you are interested, please contact Sam Reid at sreid@vbcco.org.

All VBCCO meetings will begin at 7pm at the Meyera Oberndorf Central Library

A Message from the President

Hello Everyone

This month we have put together an interesting and relevant program. The question has come up several times about whether or not insurance is necessary for Civic Leagues. Do we need it or not? This program will be covering Civic Leagues and insurance issues. What you need to know and how to get started if your Civic League decides this is the right avenue. Make a list of your insurance questions and bring them with you. We will get them answered.

Our Mayor, Will Sessoms has asked the VBCCO for a list of our Top Five priorities (**listed on page 4**) the VBCCO would like to see our City make improvement on during the coming year. The Board of Directors has put together a list of five Areas of Priority that directly concern all of our members. We will be discussing and voting on the Top Five, so we can present our concerns to the Mayor and the City Council as soon as possible. Please review and be informed and ready to vote. Note: We didn't include transportation issues. Everyone knows the problems surrounding transportation, it a no-brainer.

SamReid

Please help to collect non-perishable
food items (no glass)
or funds to be distributed to the
Foodbank of Southeastern Virginia (FBSEVA).

Did you know FBSEVA feeds over 65,000
people a month in our community?
For ideas on what to collect,
refer to FBSEVA's Top 10 Most Wanted Items!

**Bring your items to the next General Membership Meeting on
October 14, 2009.**

Meyera Oberndorf Central Library 7:00 p.m.

Interested in learning more about the
Foodbank of Southeastern Virginia?
Contact Food Drive & Events Coordinator
757-314-4545

VBCCO Committee Meetings



Community Advocacy Taskforce

Saturday, October 10, 10 a.m.
Panera Bread
Town Center (across from Barnes & Noble)
Meets 2nd Saturday of every month

Banquet Committee

Saturday, October 10, 11 a.m.
Panera Bread
Town Center (across from Barnes & Noble)
Meets 2nd Saturday of every month

Communications Committee

Monday, October 26, 8 p.m.
Teleconference—Please contact Julie Strader at jstrader@vbcco.org if you are interested in participating
Forth Monday of every month

Programs Committee

Monday, October 26, 7 p.m.
Teleconference—Please contact Julie Strader at jstrader@vbcco.org if you are interested in participating
Forth Monday of every month

Report Suspicious Activity

For events that are life-threatening or immediately damaging to property, call 911. To report suspicious activity, use the non-emergency number, 385-5000.

The most important information needed by the police is:

- What happened
- When
- Where
- If anyone is hurt
- Description(s) of suspect(s)
- Direction of travel
- If there are any weapons involved
- License numbers and description(s) of vehicle(s)

By acting quickly and calmly, your call could stop a crime. Don't dwell on your possible embarrassment if your call should prove to be unfounded. Think instead of what could have happened if you had not called.

-A message from the Virginia Beach Police Department

Theft is on the Rise...

Did you know that the Virginia Beach Police Department has over 600 reports of stolen GPS systems? Most of the thefts could have been prevented if the owners removed the device from the car windshield. The VBPD also suggest rubbing the suction cup ring off the windshield. This will deter potential thieves from opening the unlocked door, or worse, breaking a window.

With the holidays just around the corner, remember to remove all valuables from the eyes' view, lock your car doors, and park in a well lit area. Hopefully, you will not be a victim of a senseless crime.

October Planning Meeting

On Saturday, October 3, the VBCCO held a Neighborhood Input Session at the Meyera E. Oberndorf Central Library to give neighborhood leaders interested in making their neighborhoods and Virginia Beach an even better place to live a chance to share their input and ideas. Over 15 different Virginia Beach neighborhoods were represented. An Officer from the City's Crime Prevention Unit was on-hand to answer questions and gave suggestions to combat neighborhood crime issues. Participants shared ideas for increasing membership in their civic leagues, promoting volunteerism in their neighborhoods, preventing crime, and engaging youth in positive activity. Participants also expressed an interest in improving communication to civic league members and reaching out to all segments of their neighborhoods, including young families and youth. In addition, four neighborhoods were interested in re-organizing civic leagues.

These Neighborhood Input Sessions are important to your neighbors across the City. Through events such as this, the VBCCO attempts to facilitate dialogues between neighborhood leaders to improve the quality of life in Virginia Beach neighborhoods. Your neighbors can benefit greatly from your insight and experiences as neighborhood leaders. However, without your participation, we can't have these valuable conversations. You can share your input with the VBCCO anytime through our Facebook page or start a discussion on our website: www.vbcco.org.

Did you Know?

Halloween statistics—provided by the U.S. Census Bureau

- 36 million (ages 5–13) trick or treaters
- 110.3 million occupied houses will participate
- 93% of households with residents who consider their neighborhoods safe
- 1,170 manufacturing establishments produce chocolate & cocoa products, employing 39,457 people and shipping \$13.9 billion worth of goods
- 473 manufacturing establishments produce non-chocolate confections, employing 18,733 people and shipping \$7.2 billion
- 1.1 billion pounds of pumpkins for pies and carving
- 24.5 lbs per capita consumption of candy by Americans
- 2,077—number of costumes rented



Community Calendar

City Council Meetings:

Tuesday, October 13
6 pm

Tuesday, October 27
6 pm

Council Chambers,
Building 1

October 10

2009 WRV Sk8r Bash
Mount Trashmore
9 a.m. to Sunset

October 15

Public Forum on
Noise Ordinance
4:30—6 p.m.

LETA Auditorium
411 Integrity Way
757-385-4531

October 17—18

Oceana Air Show
www.oceanaairshow.com

October 31

Wicked 10K Run
VB Conference Center
8:00 a.m.
www.10kwicked.com

WIN \$25 Gift Card

Attendees that pre-register for meetings and events using the eventbrite website will automatically be entered into the quarterly gift card drawing.

Go to <http://vbcco.eventbrite.com>

Top 5 Issues

1. Improved Communications with Public and Civic Groups

Since genuine public input from a broad and diverse group of citizens is critical to the successful planning and implementation of City initiatives that meet the needs of residents, VBCCO recommends implementation of the following policies to improve citizen communication and public input: Direct City Staff to publish a master calendar at the beginning of each year for all recurring meetings, including but not limited to City Council meetings and Retreat, meetings of City boards and commissions, budget hearings, annual legislative input meeting, and police Citizens Advisory Committee meetings.

Request that City Staff provide a minimum of 30 days advance notice for any new (or non-recurring) meeting (that is designated as a "Public Hearing" or "Public Input" meeting).

Stipulate that, for any meeting designated as a "Public Hearing" or "Public Input" meeting, the number of participants who are not City employees must exceed the number of city employees in attendance for the meeting to be considered a success. Stipulate that a second meeting will be scheduled in order to attract a larger public audience whenever a meeting fails to attract the required minimum number of participants.

For any meeting designated as a "Public Hearing" or "Public Input" meeting, publish the agenda and ground rules at least two business days before the meeting.

Provide a weekly email to VBCCO and other interested parties listing upcoming city meetings that will occur within the next 30 days.

2. Neighborhood Services

Virginia Beach's neighborhoods are critical to health of our city, providing (87%) of all real estate tax revenue, and providing a key component for attracting and retaining businesses within our city. Therefore, VBCCO proposes a partnership between the City and VBCCO to provide expanded civic training to Virginia Beach residents comparable to programs offered in other local cities and to reinstate the Small Neighborhood Improvement Projects grant program. Under this partnership, the City would provide seed money in the form of grants and VBCCO would provide volunteers to evaluate applications and administer the programs under terms set forth by the City and VBCCO.

3. VBCCO Partnership for Boards and Commissions Applicants

Partner with VBCCO to provide an opportunity for Boards and Commissions applicants to work on community projects in order to immediately begin serving the community and gaining valuable experience while also giving City Council members an opportunity to evaluate their performance and qualifications for future appointments.

4. Increased Emphasis on Youth Activities and Gang Prevention Efforts

Recognizing that gang involvement, youth violence, and youth crime, are most prevalent when children and teens lack adequate supervision, structure, and access to positive alternatives, VBCCO encourages greater coordination between City departments, such as Parks and Recreation, the school system, and community organizations to provide activities and programs for at-risk youth throughout the city.

VBCCO also encourages an increase in community policing including bike patrols and foot patrols, which has been successfully utilized at the Oceanfront (resort area) and Town Center, to be expanded to neighborhoods throughout the City.

5. Storm Water Funding Plan

Within the next twelve months, have Storm Water Management evaluate which neighborhoods flood most often and most severely and implement a funded plan to resolve these issues. Increase storm water funding to a point where currently-identified projects can be completed within ten years.

Development Authority Unveils Annual Report

The Virginia Beach Development Authority (VBDA) recently unveiled its annual report. During the past fiscal year, the Virginia Beach Department of Economic Development created 1,474 new jobs and generated more than \$183 million in new capital investment. Additionally, 24 new companies located to and 54 expanded in Virginia Beach.

"Despite this year's economic climate, Virginia Beach fared very well. Job creation decreased by only three percent compared to last year. Other cities on the East Coast were looking at decreases of 20 percent or more," said Warren D. Harris, director of the Department of Economic Development. "That coupled with an eighteen percent increase in business relocations and expansions over last fiscal year speaks to Virginia Beach's strong economy."

The report also highlights the Development Authority's work on the target industry study, which focuses on bringing business from key market segments like management and technical consulting, high performance manufacturing and healthcare to Virginia Beach. Carraro Group, The Art Institutes of Virginia Beach and ADS, Inc. represent some of 2009's major relocations and expansions.

The report also highlights the Authority's involvement in several strategic planning projects ranging from Northampton/Burton Station Master Plan to Town Center, as well as the Dome Site and the Oceana Land Use Conformity Program.

"The Development Authority continues to work with staff from the Department of Economic Development on strategic planning initiatives ranging from workforce development to development projects," said Don Jellig, VBDA chairman. "The report reflects the great strides we have made during the last fiscal year and highlights the strong leadership the VBDA enjoys with its talented board members."

The mission of the City of [Virginia Beach Department of Economic Development](#) is to attract and retain national and international business and industry that results in the creation of new capital investment and jobs that increase the per capita income in the community. The City of Virginia Beach is the most populous city in the Commonwealth of Virginia with a population of 440,908 and is the 42nd largest city in the United States. Virginia Beach has been recognized as having one of the 10 best economic development groups in the nation by *Site Selection* magazine. In 2006, Virginia Beach was named one of the 10 best big cities in America by *Money* magazine. In 2008, the Department of Economic Development received re-accreditation through the International Economic Development Council, one of only 25 economic development organizations in the world to have this recognition. For more information, visit yesvirginiabeach.com.

Seasonal Flu Information — Sentara website

Seasonal Flu is a contagious respiratory illness that spreads from person to person through droplets carried by sneezes or coughs and from touching contaminated surfaces. According to the Centers for Disease Control and Prevention, the best defense from seasonal flu is vaccination.

2009 H1N1 (swine flu) is a new contagious flu virus causing respiratory illness. It was first detected in people in the U.S. in April 2009. By June, the World Health Organization labeled it a pandemic because of its widespread presence in countries around the globe. Its severity is similar to that of seasonal flu but because it's a new virus, no one has natural immunity to it. 2009 H1N1 has the potential of causing sickness in great number.

Vaccine for 2009 H1N1 is expected to be available soon and is expected to be the best protection from this new flu.

Breast Cancer Information - Every Woman Should Read This

By: Tyson J Stevenson

Millions of women are affected with breast cancer all around the world. Breast cancer is growing like an epidemic and is predicted that 45,000 patients will die from breast cancer, this year. If you feel a solid lump in your breast, you must visit a specialist for consultation. Breast cancer symptom: Breast cancer in its early stages does not cause any pain. Unfortunately, in early stages when breast cancer develops, it does not show any breast cancer symptom. But as it grows, it can cause remarkable changes, which a woman should note.

Breast cancer symptoms include thickening or lump near or in the breast, change in the shape or size of the affected breast, tenderness of nipple or nipple discharge, inversion of nipple into the breast, pitting or ridges of the breast, skin of the breast appears warm, red, swollen and scaly. A woman should visit her doctor if she persists with any breast cancer symptom.

Specialists diagnose breast cancer by any of the following examinations: palpation, mammography, ultrasonography, fine needle aspiration, needle biopsy or surgical biopsy.

Breast cancer treatment: Breast cancer treatment options depend on location and size of the tumor in her breast. Various methods of breast cancer treatment can be systemic or local.

Radiation Therapy and Surgery are the local breast cancer treatments. Local breast cancer treatments are used to destroy, remove, or control the growth of cancer cells.

Hormonal therapy and chemotherapy are systemic treatments. Systemic treatments are targeted to control or destroy cancer cells all over the body. Different forms of breast cancer treatment can be prescribed at the same time or one after other.

Surgery is one of the most common breast cancer treatments. Many types of surgical interventions may be used. A surgical intervention to remove breast is called a mastectomy. An operation carried out to remove the cancer cells without affecting the size of breast is called breast conserving surgery or breast sparing. Radiation therapy or radiotherapy: Under this breast cancer treatment specialists use high-energy radiation to kill cancer cells and stop them from growing.

Chemotherapeutic breast cancer treatment: specialists use different types of drugs or combination of different drugs to kill cancerous cells or stop them from growing. Drugs are given in cycles; a treatment period is followed by a recovery period that is again followed by another breast cancer treatment. Hormonal therapy for breast cancer treatment is used to stop the growth of cancerous cells that affect the female hormones. This breast cancer treatment may include use of medicines, which change the way hormones work or surgery to remove the ovaries that produce female hormones. Breast cancer treatment decisions are complex. The decisions are usually affected by the stage of the disease, judgment of the doctors and the consent of the patients.

Breast cancer pictures can be found on various websites and in medical books. These breast cancer pictures can be helpful to make the patient's know about their cancer stage and the possible remedy if any..

Funds are arranged through various programs like breast cancer walk to spread breast cancer information among the affected and suspected people and to give them moral and economic support as well.

Calling all future Leaders

Do you have a vision for CCO's future? Would you like to help guide and shape the organization? The Nominating Committee will soon begin meeting to interview candidates and to propose a slate of officers and directors for 2010. If you are interested, or know someone who you believe would be a good candidate, contact Chandler Scarborough at 757-621-4919 or visit the VBCCO website at vbcco.org/nominate

32nd Street

This time the issue is a block to the north. In designing the Laskin Gateway Project, the issue has become whether 32nd Street should be three lanes or four lanes. Traffic Engineering plus Councilman John Uhrin support four lanes, allowing for improved traffic flow. Plan/Design Review Committee (PDRC) Chairman (and former RAC Chair) Billy Almond wants three lanes and wider sidewalks, to help induce urban redevelopment.

There have been two meetings dedicated to the issue, plus the RAC Transportation Committee discussed it at their September 24 meeting. In addition, RAC Transportation has moved forward it's October meeting by two weeks (from the 29th to the 15th) due to the urgency of the matter.

Traffic Engineering has run computer model simulations of both four and three lanes, and state that four lanes is dramatically better. I (as a member of RAC Transportation) requested that we be shown the models at our next meeting.

TGIF

The annual report for the Tourism Growth Investment Fund (TGIF) is due out October 15, and a Presentation to the RAC is penciled in for our November meeting.

RAC Officers

A new Chairman and Vice Chairman will need to be elected by the RAC for 2010. The current occupants of both positions are blocked by term limits from serving again next year.

17th Street

Plans are being finished for turning the 100th block into a historic area.

Membership Update

As of September 19, 2009, the adjacent list shows the VBCCO member organizations from which the 2009 membership fee has been received. As additional payments are received, those members will added to the in good standing list. Those members not having done so may make payment by mailing a check for \$25 payable to VBCCO to:

VBCCO Treasurer
P.O. Box 9252
Virginia Beach, Virginia
23450-9252

Any CCO member-in-good-standing may reprint any article from the CCO newsletter or website provided that no changes are made to the article and that CCO is cited as the original source. Non-members may request permission to reprint CCO articles.

VBCCO Members In Good Standing

Aeries on the Bay•Alanton•Aragona Village
Avalon Hills•Avalon Terrace/Woods•Bay Breeze Villas
•Baycliff•Bellamy Plantation•Bellamy Woods•
Bellwood Estate• Birchwood•Birdneck Lake•
Blackwater •Brigadoon • Brighton on the Bay • Cambridge
Courts•Cape Henry Shores• Cape Story By The Sea•
Carolanne Farm• Cavalier Park/Bay Colony• Charleston Area
•Chelsea• Green Hill Farms/Meadows •Chesapeake Beach•
Chesopeian Colony•Croatan • Cypress Point•Glenwood
Great Neck Estates• Green Run•Homestead•Kempsville Greens
King's Grant•Lagomar•Lake Smith T-HP-GS
Lakeview Park•Lamplight Manor•Larkspur
Laurel Cove•Level Green•Linkhorn Cove
Little Haven•Little Neck Cove•Lynnhaven Woods
Manchester Village• North Alenton•North Virginia Beach•Ocean
Park• Oceana Gardens
Park Place•Pembroke Manor•Princess Anne Crossing
Princess Anne Plaza•River Haven•Rudee Heights
Salem Woods•Southall Quarter•Thalia
Thoroughgood Colony•Three Oaks •Trantwood Lakes
The Villages•Wellington Woods
Wildwood Square•Witchduck•Woodstock



VBCCO MEMBERSHIP COMMITTEE
4604 Williamsburg Court
Virginia Beach, VA 23462-2241
Return Service Requested
For all except "Temporarily Away"

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Sam Reid

President
(757) 284-1067
Samreid@vbcco.org

Chandler Scarborough

Immediate Past President
chandler@vbcco.org

Jermaine Hannah

First Vice President
jhannah@vbcco.org

Jim Glynn

Second Vice President
jglynn@vbcco.org

Henry Ryto

Recording Secretary
hryto@vbcco.org

Julie Strader

Correspondence Secretary
jstrader@vbcco.org

Joe Yurso

Treasurer
jyurso@vbcco.org

Jay Kerr

Director
jkerr@vbcco.org

Melinda Luchun

Director
mluchun@vbcco.org

John McMullen

Director
jmcullen@vbcco.org

Chris Wiemken

Director
cwiemken@vbcco.org

Gene Moore

(757) 497-5174
Membership Committee
membership@vbcco.org

Phone: (757) 353-4956

Fax: (757) 238-5450

2009 Officers and Directors