

# BINGLEWOODS

a deed restricted community to protect our investment



May 2017 Issue

[www.binglewood.org](http://www.binglewood.org)

## BINGLEWOOD CIVIC CLUB MEETING AGENDA

### Curb/Gutter Project

Joanne Cortez and Walter Mooney will detail the curbs and gutters project. There will be a question/answer session following the presentation.

### Speed Cushion

Review the City of Houston's approval process for installation of speed cushions. Please bring your questions and concerns.

### Recent Increase in Crime

Please be on the lookout for any criminal activity in the neighborhood. We need to stay vigilant and report suspicious activity. Visit [www.spotcrime.com](http://www.spotcrime.com) to review incidents in our neighborhood.

### We Need a Few Good Volunteers!

We are looking for volunteers to help with restarting the Citizen on Patrol (COP) program. Please reach out to us if you wish to volunteer.

### Hooray for Park Play Day!

Every Thursday at 5:30, come meet other Binglewood families and make friends starting on May 4th. Reach out to Keri Brook at [flickerysunbeam@yahoo.com](mailto:flickerysunbeam@yahoo.com) if you're interested in other neighbor events for families and mom's.

## MAY 2017 CALENDAR

### Civic Club Meeting

Saturday, May 13, 2017 | 10:30AM - 12PM  
St. Jerome Catholic School | Adult Education Room

### Trash days

Fridays, May 5 and 19

### Trash & Recycle

Fridays, May 12 and 26

### Heavy Trash Day (Tree Waste Only)

Thursday, May 25

### Park Play Day

Every Thursday at 5:30 PM

### Memorial Day

Monday, May 29

## BINGLEWOOD CIVIC CLUB

### Officers

President, Patrick Gonzalez  
Vice President, Laura Gianakos  
Treasurer, David Cambra  
Secretary, Rey Doria  
Sargent at Arms, Ray Trantham

### Board of Directors

Paula Allen  
Becky Cambra  
Peggy Gioacchini

[contact@binglewood.org](mailto:contact@binglewood.org)

 /binglewood-civic-club

# WHAT DUES CAN DO FOR YOU!

## **CIVIC CLUB DUES ARE ONLY \$2.50 A MONTH!**

Or you can make a one-time payment of \$30.

Make checks payable to Binglewood Civic Club

Mail to: P.O. Box 430943, Houston, TX 77243-0943

## **WHAT CAN DUES DO FOR YOU AND BINGLEWOOD!!**

### **MOVIE NIGHTS AT THE PARK!**

Wouldn't it be great to host a fun, family-oriented movie night at the park? You can walk from your front door to a fun movie night for you and the kids.

### **COMMUNITY PICNICS**

People get to know one another while enjoying a nice time with good food and conversation while at a picnic. Hosting community picnics for the holidays, such as a BBQ for the the 4th of July. What a great way for neighbors to get to know one another!



## **SUMMER BREAK**

The Civic Club does not meet during the summer - June through August. Officers and Board of Directors will continue to meet for Architectural Approvals and related-community issues. During this time, we are available through [contact@binglewood.org](mailto:contact@binglewood.org) and will continue to send updates through the website, and Neighborhood app.

## **HOW TO STAY COOL THIS SUMMER**

### **CHRYSANTHEMUM TEA**

Whether it's hot or cold, chrysanthemum tea is served to lower body temperature, according to China Daily. It's also been said to soothe heat rash.

### **CHILL YOUR MATTRESS**

Put soft gel ice packs on top of the mattress and underneath the sheets; try under your legs, neck, or lower back for maximum comfort. Freeze a cotton sock filled with rice, then slip it between the sheets. The rice holds the chill longer.

### **ALOE VERA**

Aloe vera naturally soothes sunburn. Its cooling properties also work to help you beat the heat. Blogger Crunchy Betty offers different recipes to make spray of it, combining witch hazel and peppermint oil.

### **PRESSURE POINTS**

Lifehacker.com suggests applying a bottle with ice-cold water on points like your ankles, wrists, or behind the knees to lower body temperature.

### **BREATHE LIKE A YOGI**

Next time you feel overheated, do a few minutes of yogi breathing. Curl your tongue by pulling both sides upward toward the middle, then breathe in through your mouth. Hold your breath, and slowly exhale through your nose. Repeat five to 10 times.

Reference the below website for more cool tips!

<http://www.rd.com/health/wellness/beat-the-heat-how-to-stay-cool-in-the-summer/>