

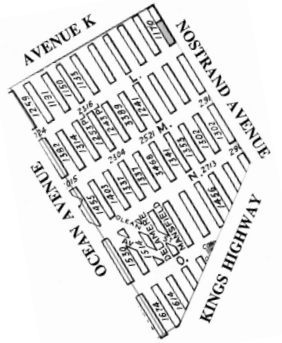


# NOTTINGHAM PARK NEWS

ORGANIZED IN 1921

VOL. 90, NO. 1

Fall 2011



## FREE FLU SHOTS AT OUR OCTOBER 26TH MEETING

Save Wednesday, October 26th

This year Nottingham Association and Beth Israel Hospital, Kings Highway Division, will again be giving free flu shots to anyone age 50 and older, or with an underlying condition that requires them. Everyone, Nottingham members or not, is welcome,

The place: **Savor Café; 2925 Avenue P. (Corner Nostrand Avenue)**

The time: **7:30 PM to 9:30 PM**

Telephone either Estelle at 718-258-0894 or Helen at 718-258-8348 to reserve your time. If there is no answer, leave your name and telephone number and we will get back to you.

Thank you Igal, owner of Savor Café, and Kathy Orsi, the nurse who will administer the vaccinations again.



### ALSO

#### BE PREPARED FOR WINTER

**A SPEAKER FROM THE DEPARTMENT OF SANITATION  
WILL BE AT OUR WEDNESDAY DECEMBER 14TH MEETING**

You are all welcome. Bring your questions:

How will this year's preparations by the D.O.S be different from last year's?

How should the individual homeowner prepare? AND MORE

Savor Café; 2925 Avenue P, (Corner Nostrand Avenue)

Time: 8:00 - 10:00

Telephone Estelle (718-258-0894) for further information.



OUR FALL PATROL LETTER IS IN THE MAIL.

PLEASE GIVE GENEROUSLY. ENCOURAGE OUR NEWEST NEIGHBORS TO JOIN.  
IF YOU HAVEN'T PAID YET, PLEASE RETHINK.

WE DEPEND ON YOU.  
See page 5 for application

**NOTTINGHAM ASSOCIATION, INC.  
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OF NOTTINGHAM PARK, MIDWOOD  
BROOKLYN, NEW YORK**

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Website: [www.nottinghambklyn.org](http://www.nottinghambklyn.org)

E-mail [nottingham@nottinghambklyn.org](mailto:nottingham@nottinghambklyn.org)

**PRESIDENT'S MESSAGE**

Nottingham Association is ailing.

In a very unscientific survey, we have determined that most of our members are people who have lived in the neighborhood for many years. Every year membership declines as people move away or die. Not enough of our newer residents have joined Nottingham.

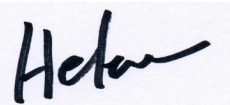
The average age of our Board of Directors hovers around 70. Some cannot take on the tasks of the organization because they are too old or too ill. A few are still working, and their free time is limited. Now well into my eighth decade, I was hoping that someone else would take my place as president this year. No one has come forward. I make jokes that I will be president for life. This makes for a very unhealthy organization.

On the other hand we who are working feel a real commitment to the neighborhood and the people in it, especially to the under 400 (out of almost 2000) households who have paid dues consistently from year to year. These families are saying that they want the patrol, and hopefully this newsletter and our website as well. We know that the patrol is effective. There is very little crime in this neighborhood compared to the crime in neighboring areas. This is true even as crime goes up in general.

Every year we use our contacts with our legislators and the police for the betterment of the community.

Between grants and dues, we are struggling to keep the patrol going. However, that is still not enough.

**YOU CAN HELP. PAY YOUR DUES, MAKE A CONTRIBUTION FOR THE PATROL. COME TO MEETINGS. BECOME ACTIVE. YOU TOO COULD BECOME PRESIDENT!**



**ARE YOU CREATIVE?**

**BRING US YOUR IDEAS.**

**DO YOU HAVE TIME?**

**VOLUNTEER TO HELP:**

**WRITE GRANTS.**

**WRITE FOR THE NEWSLETTER.**

**HELP WITH THE PATROL.**

# IN THE NEIGHBORHOOD

## CHANGE AT THE 70TH PRECINCT

The 70<sup>th</sup> Precinct has new leadership. Deputy Inspector Ralph Monteforte, who spent about 3 years at the precinct, retired. In his place, as of June 27, is Deputy Inspector Eric Rodriguez.



**DEPUTY INSPECTOR ERIC RODRIGUEZ**

## POLICE ON THE MOVE

Two former heads of the 70<sup>th</sup> Precinct were in the news in August. Assistant Chief Joseph Fox became the head of Transit Police, and was promoted to Chief. He took the place of Raymond Diaz, who retired.

Both were instrumental in bringing calm and order to the Precinct immediately after the Abner Louima incident.

Nottingham remembers Diaz as someone who frequently came to Nottingham meetings. We think of them fondly, and with great appreciation. We wish them both well.

Source: Courier Life Online (YourNabe) August 2, 2011. Thomas Tracy

## BLOSSOM KLASS

We have a sad announcement to make. Long time Nottingham board member, Blossom Klass, passed away on August 6, her battle with cancer ended. A community activist, Blossom joined the Board of Directors in 1981. She was also on the Board of Directors of New York Community Hospital, and on the Community Council of the 70th Precinct. She had many friends in the neighborhood. She will be missed by all.

## MOVING?

We hope not -- but if you are, here are some hints that might make it easier.

- A. Check the reliability of the movers by going to the website [nymoving@dot.state.ny.us](mailto:nymoving@dot.state.ny.us).
- B. Always check the spaces into which you are moving. Are doors wide enough for the piano, for the sofa, for large dressers? Will they get into the elevators or up the stairs? Will they get around corners in the new house?
- C. Check your insurance and the insurance coverage of the movers. Who will pay if any of your possessions are lost or damaged?

## SOMEONE NEW AT COMMUNITY BOARD 14

There is a new head of administration at Community Board 14. After 34 years at the community board, Doris Ortiz retired as of July 1. Shawn Campbell will be there in her stead. Ms. Campbell was born in Detroit, but has lived in Brooklyn since 1988. From 1997 – 2000 she was the Director of Community Affairs for then State Senator Marty Markowitz. Since then she has been the Legislative Assistant to Assemblyman Brennan.

# Shauly's Tips #3

## Saving money on heating bills:

Last year was a very harsh winter, AND VERY EXPENSIVE, which caused me to reconsider how to set my thermostats. I came up with the following solution:

Whether you have one or multiple thermostats in your home or business, you can save a substantial amount of money by programming your thermostats correctly.

1. The first step in proper programming is to figure out when people occupy that specific zone of the particular thermostat. "Occupied" times can be set at ~ 68 - 70 degrees. All other times are "vacant" times. Set that zone to a very low setting (~ 60-62 degrees) during vacant times.
2. Zones that are primarily bedrooms, can have "Sleeping times" that can have lower settings during those times. (~ 66 degrees) You'll be warm enough under the covers.
3. Wakeup times can be estimated as a 2 hour time slot (1 hour before, to 1 hour after estimated wakeup time) in which you would set it at ~70.
4. All actual settings should be 1 hour before the actual times. For example:  
"Vacant" time = 9AM - 5PM, set thermostat at 8AM - 4PM  
"Wakeup" time = 6AM - 8AM, set thermostat at 5AM - 7AM  
This will allow one hour for the room to warm up before you wake up, & shut off one hour before you leave. The room will stay warm while you're still there, & not waste precious fuel.
5. Most thermostats have weekday & weekend setting capabilities.  
For people that have Friday - Saturday as their "weekend", as opposed to Saturday - Sunday; simply change the day setting to 1 day forward.  
Ex.: If today is Monday; program thermostat that today is Tuesday.

It may take some time to plan this out properly, but it's well

worth your time.

Following the above procedure should save you hundreds, if not thousands of dollars annually, while keeping your family comfortable. If you have central air-conditioning, this programming setup should save you lots of money on your electric bill during the summer months as well.

Keep warm!  
see donor ad for Shauly (F.B.I. on P.7)



## STUMPED BY THE DEPARTMENT OF PARKS

A Nottingham member has been looking at a tree stump in front of his home for over 6 months. He contacted us in the spring. We contacted Community Board 14, and were told that the complainant has to call 311. Not satisfied, we sent Tony, our wonderful driver of over 14, years to do a survey. He came up with the following list of tree stumps in the neighborhood. We faxed the whole thing to CB 14. They sent it to the Department of Parks. An answer was E-mailed back to CB 14.

**SORRY WE ARE TOO BUSY.  
YOU WILL HAVE TO WAIT.**

Any suggestions? What about trees and limbs that are now littering our streets from Irene?

1508 East 21<sup>st</sup> Street between Avenues M and N  
1410 East 24<sup>th</sup> Street Between Avenues N and O  
1232 East 28<sup>th</sup> Street between Avenues L and M  
East 29<sup>th</sup> Street between Avenues L and M  
2230 Olean Street between East 21<sup>st</sup> and East 22<sup>nd</sup> Streets  
2020 Avenue K between Ocean Avenue and East 21<sup>st</sup>  
2116 Avenue L between 21<sup>st</sup> and 22<sup>nd</sup>  
2216 Avenue L between 22<sup>nd</sup> and 23<sup>rd</sup>  
2218 Avenue M between 22<sup>nd</sup> and 23<sup>rd</sup>  
2509 Avenue M between Bedford and 26<sup>th</sup>  
2601 Avenue M between 26<sup>th</sup> and 27<sup>th</sup>  
2605 Avenue M between 26<sup>th</sup> and 27<sup>th</sup>  
2621 Avenue M between 26<sup>th</sup> and 27<sup>th</sup>  
2624 Avenue M between 26<sup>th</sup> and 27<sup>th</sup>  
2114 Avenue N between East 21<sup>st</sup> and East 22<sup>nd</sup>  
2201 Avenue N between East 22<sup>nd</sup> and East 23<sup>rd</sup>  
2701 Avenue N between East 27<sup>th</sup> and East 28<sup>th</sup>  
2315 Avenue O between East 23<sup>rd</sup> and East 24<sup>th</sup>

## AS THE YEAR WINDS DOWN, SOMETHING TO THINK ABOUT

### Personal Documents to Keep for One year.

While it is important to keep year-end mutual fund and IRA contribution statements forever, you don't have to save monthly and quarterly statements once the year-end statement has arrived

### Personal Documents to Keep for Three Years.

- ◆ Credit card statements
- ◆ Medical bills (in case of insurance disputes)
- ◆ Utility bills
- ◆ Expired insurance policies

### Personal Documents to Keep for Six Years

- ◆ Supporting Documents for tax returns
- ◆ Accident reports and claims
- ◆ Medical bills (if tax related)
- ◆ Sales receipts
- ◆ Wage garnishments
- ◆ Other tax related bill

### Personal Records to Keep Forever

- ◆ CPA Audit reports
- ◆ Legal records
- ◆ Important correspondence
- ◆ Income tax returns
- ◆ Investment trade confirmations
- ◆ Retirement and pension records

### Special Circumstances

- ◆ Car records (keep until the car is sold)
- ◆ Credit card receipts (keep until verified on your statement)
- ◆ Insurance policies (keep for the life of the

- policy)
- ◆ Mortgages/Deeds (keep 6 years beyond the agreement)
- ◆ Pay stubs (keep until reconciled with your W-2)
- ◆ Property Records/Improvements receipts (keep until property sold)
- ◆ Sales receipts (keep for life of the warranty)
- ◆ Stock and bond records (keep for six years beyond selling)
- ◆ Other bills (keep until payment is verified on

continued on page 8, Col. 2



## NOW IS YOUR CHANCE TO BECOME A NOTTINGHAM MEMBER

- \_\_\_\_\_ I am enclosing my check for \$50 to pay my dues for **2012**.
- \_\_\_\_\_ I am happy to make a donation of \_\$ \_\_\_\_\_ for the patrol
- \_\_\_\_\_ Please send a receipt for tax purposes.
- \_\_\_\_\_ Please contact me, as I would like to become a member of the Board of Directors.
- \_\_\_\_\_ I would like to save Nottingham some money by having the bulletin sent by E-mail.

Name \_\_\_\_\_ E-mail address \_\_\_\_\_

Address \_\_\_\_\_ Telephone Number \_\_\_\_\_

Make checks out to Nottingham Association, Inc. and send them to Helen Rosen, 2624 Avenue N Brooklyn 11210.

## HIDE THOSE VEGGIES!

If you or someone you know hates vegetables, hide them! Studies show that those who have been deceived can't tell the difference.

Macaroni and Cheese  
(Makes six 1 ¼ cup servings)

8 ounces macaroni (uncooked)  
1 tablespoon margarine  
2 tablespoons flour  
½ teaspoon salt  
1 cup skim milk  
8 ounces reduced fat shredded cheese (sharp)  
1 cup puréed cauliflower  
1 cup pureed summer squash

Pre-heat the oven to 350° F  
Spray a glass 8- or 9-inch square baking dish with cooking spray.  
Cook macaroni in boiling water until tender.  
Melt margarine in a saucepan over low-medium heat. Stir in flour and salt. Gradually stir in milk.  
Cook, stirring constantly until mixture is thickened.  
Add cheese and stir until cheese melts. Add puréed vegetables.  
Pour into greased dish and bake, covered, at 350° for 35 – 40 minutes.  
Per serving: Calories: 300; Carbohydrates: 36 g; Fat: 11g; Protein: 17 g; Fiber 2 g.  
Recipe: Courtesy of Alexandria D. Blatt, Pennsylvania State University.  
Source: *Harvard Heart Letter*. Vol. 21, Number 11, July 2011. Page 5.

## JUST A BIT OF TRIVIA

Total rainfall during the month of August was 18.95 inches  
Normal rainfall for the month of August is 4.37 inches

I'm feeling moldy just reading this!

*NY Times* 8.30.2011 (Not counting Aug. 31st.)

## DID YOU KNOW.....

Among the 1,000 people who completed a poll in late March;

41% didn't know their blood pressure?

46% believed that Americans get most of their sodium from table salt? (Only 10% of the sodium in the average American's diet is added during cooking or at the table; most comes from packaged or processed foods.)

61% thought that sea salt has less sodium than table salt? (Sodium-wise, they are identical.)

Also; although 76% of the respondents said that drinking wine is good for the heart, and 73% drank wine, only 30% knew the recommended daily limits for wine drinking – no more than 2 glasses (8 ounces) a day for men, and one glass (4 ounces) for women.

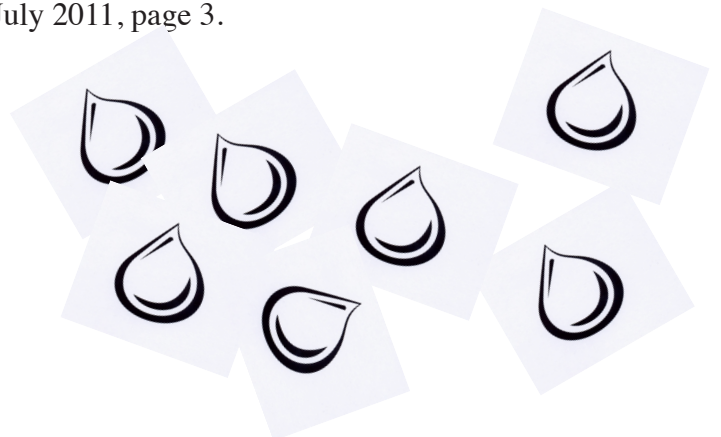
Source: *Harvard Heart Letter*. Vol. 21 – Number 11, July 2011. Page 7.

## TAKING YOUR BLOOD PRESSURE AT HOME

What you need to know in order to get the most accurate reading.

- Avoid caffeinated or alcoholic beverages, and don't smoke, during the 30 minutes before the test.
- Sit quietly for five minutes with your back supported and your feet on the floor.
- Support your arm so that the elbow is at heart level.
- Wrap the cuff over bare skin, not over a shirt. Don't talk during the measurement or between measurements.

Source: *Harvard Heart Letter*. Vol, 21, Number 11, July 2011, page 3.



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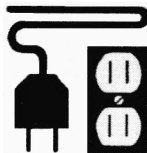
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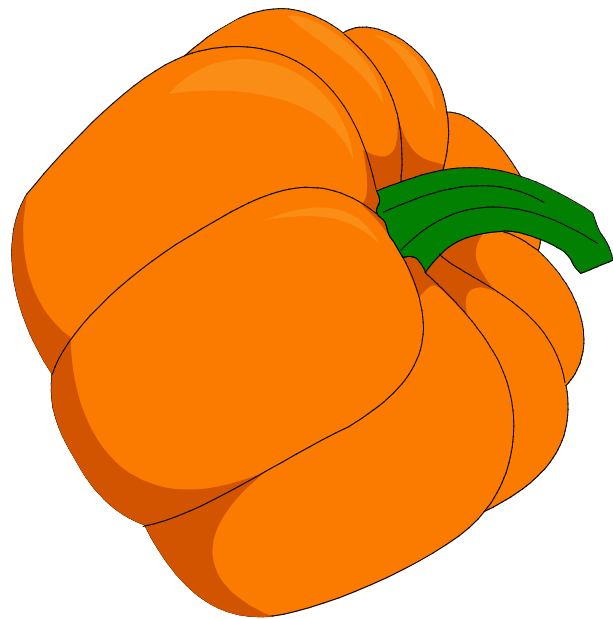
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 Helen Rosen, President  
 2624 Avenue N  
 Brooklyn, New York 11210-5229



**ALTERNATE SIDE PARKING**

- Thurs/Fri, Sept 29-30 . . . . . Rosh Hashanah
- Sat, Oct 8 . . . . . Yom Kippur
- Mon, Oct 10 . . . . . Columbus Day
- Thurs/Fri Oct 13-14 . . . . . Succoth (2 days)
- Thurs, Oct 20 . . . . . Shemini Atzereth
- Fri, Oct 21 . . . . . Simchat Torah
- Tues, Nov 1 . . . . . All Saints Day
- Sun-Tues Nov 6-8. . . . . Idul-Adha
- Tues, Nov 8 . . . . . Election Day
- Fri, Nov 11 . . . . . Veterans Day
- \*Thurs, Nov 24 . . . . . Thanksgiving
- Thurs, Dec 8 . . . . . Immaculate Conception
- \*Sun, Dec 25 . . . . . Christmas Day
- \*Mon, Dec 26 . . . . . Christmas Day (Observed)
- \* MAJOR LEGAL HOLIDAYS

Alternate side parking regulations may be suspended from time to time because of snow emergencies, inclement weather conditions, or other emergencies. Please visit the Department of Transportation website at [www.nyc.gov/dot](http://www.nyc.gov/dot) or dial 311 for further information.

continued from page 5

- the next bill)
- ◆ Depreciation schedules and other capital asset records (keep for 3 years after the tax life of the asset)

A final thought. If you just can't get rid of any documents, why not store them on your computer? For that you'll need a scanner.

Our thanks to Joseph S. Reisman, tax accountant, 2751 Coney Island Avenue. Brooklyn 11235.

**AND THE WINNERS ARE . . . .**

This year the following graduates were winners of the Nottingham Award for Citizenship and Scholarship:

- Christina Guerrier . . . . . Public School 193
- Kimberly Cuapio . . . . . Public School 197
- Olloni Argurjana . . . . . I.S. 381

**CONGRATULATIONS**