



The Community Advocate

Virginia Beach Council of Civic Organizations

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

<http://vbcco.org>

February 2009 Volume 50 - Number 2

February's Topic:

Future plans for your neighborhood medical needs.

In The Know:

Lanitha Hudson from Dept. of Housing will be speaking about the new Housing Preservation Initiative that was just approved by City Council.

February 11th, 7pm to 8:30pm

*Virginia Beach Central Library
4100 Virginia Beach Blvd*

Other Important Dates:

CCO's Executive Committee:

February 25th 7 pm to 9 pm

*Strayer University
Town Center*

Upcoming Program Topics:

The schedule below is tentative and is subject to change.

Mar 11 Mortgage Crisis

April 8 Legislative Agenda

All VBCCO meetings will begin at 7pm at Virginia Beach Central Library



**Website
Coordinator**

No experience necessary, just a computer and some time to enter updates to the VBCCO website. Please email us at : communications@vbcco.org.

Future Plans for the Hospitals in our Community.

Andy Stevens of **Sentara/Bon Secours** will discuss the future of hospitals in our community.

As many of you have read, Sentara and Bon Secours have joined forces to provide Virginia Beach with top of the line hospital and health services. Mr. Stevens will discuss the benefits of the merger and how it will directly affect you.

Please join us for to hear more about this topical issue. Don't forget to bring a friend!

Civic Revitalization Workshop

The Community Empowerment Taskforce will host a Civic Revitalization Workshop on Saturday, February 14th from 10:30 a.m. to 1:30 p.m. at the Oceanfront Area Library.

The program will include tips and techniques your officers can use to build confidence, manage unruly crowds and engage volunteers and people. This will benefit your organization by keeping your members involved with neighborhood activities and tasks.

Registration is required and there is limited seating. Please contact Brenda Armitage at 714-2772 or shareyourlightnight@yahoo.com for more information.

It is the goal of the CET to educate, assist and thereby empower.



"True individual freedom cannot exist without economic security and independence. People who are hungry and out of a job are the stuff of which dictatorships are made."

-Franklin D. Roosevelt

VBCCO Committee Meetings



Community Advocacy Taskforce

Saturday, February 14, 10 a.m.
Daily Grind Coffee
Town Center
Meets 2nd Saturday of every month

Banquet Committee

Saturday, February 14; 11 a.m.
Daily Grind Coffee
Town Center
Meets 2nd Saturday of every month

Programs Committee

Monday, February 23; 7 p.m.
Bayside Library
Meets 4th Monday of every month

Communications Committee

Monday, February 23; 8 p.m.
Bayside Library
Meets 4th Monday of every month

2009 Membership Dues Reminder:

Don't forget to remind the incoming Treasurer about VBCCO Dues. Log on to our website: www.vbcco.org for more information.

Budget Shortfalls

Officials project an estimated \$103 million VB City budget shortfall for the city and schools in 2009-10. Real estate, vehicle and business license tax revenue will not only be below projections for the next budget year but also lower than what the city is taking in this year. "

The city's budget will decrease to \$1.03 billion, down by 1.96 percent from the current year.

The City Council is facing some thorny decisions as it tries to make up the city's portion of the shortfall, which amounts to about \$47.8 million.

Councilman Bill DeSteph said he doesn't support raising real estate taxes. Local residents saw their tax bills jump in recent years as the value of their homes grew, and taxing them more now as they struggle is unfair, DeSteph said.

Residential property taxpayers should see their bill decline by an average of 3.4 percent, over this year.

The City Council will consider the options at its budget meeting Feb. 9 and 10. Tune in to VBTV channel 45, 46 or 47.

Revitalization Workshop

♥ Saturday, February 14th ♥

TIME: 10:30 - 1:30

LOCATION: Beach Area Library, 700 Va. Beach Blvd.

Register Today!

Are you searching for a good strategy to get people involved or to increase meeting attendance?

Have you ever attended a meeting where total chaos broke out and no one listened?

The theme for this Workshop is COMMUNICAITON. You will gain:

- HANDS-ON EXPERIENCE TO BUILD CONFIDENCE SO YOU CAN EASILY MANAGE A DIFFICULT CROWD OR ISSUE.
- TOOLS TO HELP GET YOUR MESSAGE OUT TO THE PEOPLE YOU WANT TO DRAW IN AND HOW TO KEEP THEM ENGAGED.

Every officer can benefit. Register new board members today!

VBCCO Registration Fee—ONLY \$5. \$10 for non-members or those registering after FEBRUARY 11TH—VBCCO'S NEXT GENERAL MEETING

To register or for information, call or email Brenda @ (757) 714-2772 / shareyourlightnight@yahoo.com

Buy Your Tickets Now!

The Virginia Beach Council of Civic Organizations (VBCCO) is preparing to hold its Annual Awards Banquet on March 14, 2009. This event honors neighborhoods and volunteers young and old throughout the city of Virginia Beach. This year's event returns to the Virginia Beach Wyndham Hotel on 57th Street and promises to be the largest event VBCCO has held in recent years.

Masters of Ceremonies duties will be performed by Janet Roach of WVEC-TV and Don Roberts of WAVY-TV and the guest list already includes the Mayor of Virginia Beach as well as other members of City Council, senior city staff and many other pillars of the community. It will be the place to see and be seen as VBCCO takes time to present:

The Civic Leadership Award – this award is presented annually by the Virginia Beach Council of Civic Organizations to members who have made significant contributions to their neighborhood or civic league through their volunteer endeavors.

The Outstanding Youth Award – this award is presented annually by the Virginia Beach Council of Civic Organizations to recognize Virginia Beach youth under the age of 18 who have demonstrated outstanding leadership and have made significant contributions to their neighborhood or civic league through their volunteer endeavors.

The Community Action Award – this award is presented by the Virginia Beach Council of Civic Organizations to communities that have demonstrated innovation in their efforts to better serve their community.

VBCCO is still accepting nominations from Civic Organizations throughout the city; please nominate your neighborhood stars at:

<http://www.vbcco.org/awards/>

The event is open to all VBCCO members and individual tickets can be purchased for \$40.00 or tables of 10 for \$360.00. Tickets can be purchased at:

<http://ccobanquet09.eventbrite.com/>

So get your award nominees in, get your tickets purchased and mark your calendar for March 14 at 6:00 PM. The VBCCO looks forward to seeing you there as we honor some of the best civic leaders in the entire world.

Community Calendar

City Council Meetings:

Tuesday, February 3, 6 p.m.
Tuesday, February 24, 6 p.m.
Council Chambers, Building 1

February 7th

Parent Connection Seminar

8:00 a.m.—12:00 p.m.
Landstown High School
More information: 263-1936

February 9th & 10th

VB City Council's Mid-Year Retreat

8:30 a.m.—5:00 p.m.
Economic Development Conference Room
For more info: 385-4303

February 11th

Lesner Bridge Replacement Study

5:00—7:00 p.m.
Cox High School
Contact 385-4303 to participate

February 13th & 14th

Mid-Atlantic Home and Flower Show

Virginia Beach Convention Center
More information: 420*2434

February 14th

VBCCO Revitalization

10:30 a.m.—1:30 p.m.
Virginia Beach Central Library
Enter at the side door!

February 17th

City Council Workshop

4:00 p.m.
Bldg 1, 2nd Floor

Have You Registered Yet?:

March 14th

VBCCO Awards Banquet

6:00 p.m.
Wyndham Hotel, Oceanfront
ccobanquet09.eventbrite.com

Carbon Monoxide Poisoning Information

By Juliet Cohen

Carbon monoxide, or CO, is an odorless, colorless gas that can cause sudden illness and death. Carbon monoxide (CO) gas is produced by the incomplete burning of fuel. In the UK, more than 50 people die from accidental carbon monoxide poisoning every year, and 200 people are seriously injured. CO is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. When carbon monoxide is breathed in, it gets into the blood stream where it mixes with the haemoglobin. Carboxyhaemoglobin affects blood vessels in the body, causing them to become 'leaky'. This can lead to swelling in the brain, causing unconsciousness and neurological (nerve) damage.

CO from these sources can build up in enclosed or semi-enclosed spaces. People and animals in these spaces can be poisoned by breathing it. Carbon monoxide is produced by common household appliances. Carbon monoxide is life-threatening to humans. Carbon monoxide poisoning is the most common type of fatal poisoning in France and the United States. It has been estimated that more than 40,000 people per year in the United States have been affected by CO poisoning. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of CO inhalation can cause loss of consciousness and death. Certain groups; unborn babies, infants, and people with chronic heart disease, anemia, or respiratory problems are more risk for CO poisoning.

Carbon monoxide poisoning is diagnosed by measuring the level of carbon monoxide in the blood. The treatment for carbon monoxide poisoning is high-dose oxygen, usually using a facemask attached to an oxygen reserve bag. There are many prevents of carbon monoxide poisoning. Don't use kerosene or propane heaters in an enclosed area such as a recreational vehicle, camper, motor home, trailer, or tent. Don't smoke cigarettes or be near someone who is smoking in a poorly ventilated room. Don't use paint remover that contains methylene chloride. Don't burn charcoal or use a grill indoors or in a recreational vehicle, camper, motor home, trailer, or tent. Don't place power generators or pressure washers near windows or doors of your home.

Carbon Monoxide Poisoning Treatment and Prevention Tips

1. Don't smoke cigarettes.
2. Don't burn charcoal or use a grill indoors.
3. Don't use kerosene or propane heaters in an enclosed area.
4. Don't use paint remover that contains methylene chloride.
5. Don't place power generators or pressure washers near windows.
6. Hyperbaric oxygen therapy is also recommended.

Robert's Rules Item— *Parliamentary Pointers: Amended v. Substitute Motion*

An amended motion is one in which some part of the original motion is retained, but it has been changed, added to, or subtracted from. In contrast, a substitute motion is completely different from the original motion and is offered in place of the original. A second is required for both an amended and a substitute motion.

Real Estate Tax Exemption

The City of Virginia Beach offers Real Estate Tax Exemption/Deferral/Freeze for Senior Citizens and Disabled Persons designed to provide property tax relief for qualifying applicants. Eligibility is based on a combination of age, disability, income and total assets. Applications for exemption must be filed by June 30 preceding each tax year for which exemption is sought.

To qualify:

- Senior Citizen - 65 years or older or Totally Disabled - no age limit, up to \$10,000 income exclusion
- Must reside in the Virginia Beach residence or a convalescent facility

Tax Exemption: Reduction of 20% to 100% based upon income

- Annual household income must not exceed **\$63,450**
- Assets (excluding residence) must not exceed **\$350,000**

Tax Freeze: Tax Remains Unchanged

- Annual household income must not exceed **\$63,450**
- Assets (excluding residence) must not exceed **\$350,000**

Tax Deferral: Tax will become due upon ownership change in residence

- Annual household income must not exceed **\$63,450**
- Assets (excluding residence) must not exceed **\$350,000**

Annual household income

Up to \$10,000 of a live-in relative (other than spouse of an owner) is excluded.

Income of a live-in caregiver may be excluded.

Income and asset levels are adjusted annually based upon average residential assessment increases.

For the Tax Year July 1, 2009, through June 30, 2010, applications for real estate tax relief are taken by appointment only from February 1st through June 30, 2009, in the Office of Real Estate Assessor located at the Municipal Center, Building 18.

Please call 385-4601, option 2, for an appointment. Your inquiries are welcomed.

Contact Information:

Real Estate Assessor
2424 Courthouse Dr.
Municipal Center, Bldg. 18
Virginia Beach, VA 23456
Direct: (757) 385-4601





Virginia Beach Council of Civic Organizations

Banquet Reservations Form

Saturday, March 14, 2009
Wyndham Oceanfront Hotel
5700 Atlantic Avenue

Registration and reception begins at 6:00 p.m.
Banquet and dinner program begins at 7:00 p.m.

Contact's name: _____

Contact's organization and title: _____

Contact's phone number and email address: _____

Please accept banquet reservations for the following:

Full Name, Title, Phone # : _____

US Mail Address: _____

E-Mail Address: _____

Award Recipient

Full Name, Title, Phone # : _____

US Mail Address: _____

E-Mail Address: _____

Award Recipient

Full Name, Title, Phone # : _____

US Mail Address: _____

E-Mail Address: _____

Award Recipient

Full Name, Title, Phone # : _____

US Mail Address: _____

E-Mail Address: _____

Award Recipient

Full Name, Title, Phone # : _____

US Mail Address: _____

E-Mail Address: _____

Award Recipient

Before January 31, 2009

Number of reservations x \$35 = \$ _____

Table of Ten \$315 = \$ _____

After January 31, 2009

Number of reservations x \$40 = \$ _____

Table of Ten \$360 = \$ _____

Please make check payable to VBCCO and mail to P.O. Box 9252, Virginia Beach, VA 23450-9252.

Reserve your tickets online today at <http://ccobanquet09.eventbrite.com>

Questions? Contact **BanquetCommittee@vbcco.org** for details.

Download additional copies of this form online at **vbcco.org/awards**.



Say "Thanks" to the Volunteers of Your Community

VBCCO's 2009 Community Awards Banquet will be held on Saturday, March 14. Each VBCCO member organization has the opportunity to recognize the volunteers who work so hard for your community. Each volunteer submitted will be recognized at the event and will receive a Certificate of Recognition, suitable for framing. In addition, one individual and one youth will each be selected from the list of nominations to receive a citywide award. Plus, communities may be nominated for the Community of the Year award.

The following Awards will be given:

Community Service Award and **Outstanding Youth Award**. Each person submitted by your organization will receive a certificate.

Citywide **Volunteer of the Year Award** and **Citywide Youth Volunteer Award**. Members may nominate an individual for each award. One recipient will be selected by the Awards Committee.

Community of the Year Award. Communities may submit themselves for consideration. One community will be selected by the Awards Committee.

Forms will be available online at VBCCO.org/awards. Direct questions to AwardsCommittee@vbcco.org. Nominations must be received by February 14, 2009.

Membership Update

As of January 14, 2009 82 membership payments from member organization have been received and deposited; those members are in good standing and their representatives are eligible to vote at general meetings. Those members that have not already done so, please send the fee payment 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•Back Bay/Pungo•Baycliff•Baylake Pines
Bellamy Plantation•Bellamy Woods•Bellwood Estates•Birdneck Lake
Homes• Birdneck Point•Blackwater•Brigadoon•Brighton on the
Bay•Cambridge Courts•Cape Henry Shores•Cape Story By The
Sea•Carolanne Farm•Cavalier Park/Bay Colony•Charlestowne Area
Civic League•Chelsea-Green Hill Farms/Meadows•Chesapeake
Beach•Chesapeake Colony•Columbus Station•Croatan•Cypress
Point•Diamond Springs•Fairfield•Framingham Village
Glenwood•Great Neck Estates•Great Neck Meadow•Green
Run•Homestead•Hunt Club Forest•Kempsville Greens•King's
Grant•King's Point•Lake Edward•Lake Shores•Lake Smith•Lakeview
Park•Lakeville Estates•Lamplight Manor•Larkspur•Lagomar•Laurel
Cove•Level Green•Linkhorn Cove•Little Haven•Little Neck
Cove•Lynnhaven Woods•Manchester Village•Newcastle-
Princeton•North Virginia Beach•Ocean Park•Oceana Gardens•Park
Place•Pembroke Manor •Princess Anne Crossing•Princess Anne
Plaza•Ridglea•River Haven• Rudee Heights•Sandbridge Beach
Sea Breeze Farm• Seatack•Scarborough Square•South Shore
Estates•Southall Quarter•Stratford Chase•Thalia•Thoroughgood Col-
ony •Three Oaks•Trantwood Lakes•The Villages•Wellington
Woods•Witchduck•Wolfsnare Plantation•Woodstock

These Organizations have paid their 2008 membership fee. Don't see your neighborhood listed? Contact Gene Moore at moore252@infonline.net



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

PRSRT STD
U.S. POSTAGE PAID
NORFOLK, VA
PERMIT NO. 2135

Inside this issue:

2009 Officers and Directors

<i>Bon Secours</i>	1	Sam Reid President (757) 284-1067 SamReidVABCH@yahoo.com	Jennifer Acey Director jacey@vbcco.org
<i>Civic Revitalization Workshop</i>	2	Chandler Scarborough Immediate Past President cscarborough@vbcco.org	Jay Kerr Director jkerr@vbcco.org
<i>Budget Shortfalls</i>	2		Melinda Luchun Director mluchun@vbcco.org
<i>2009 Awards Banquet</i>	3	Jermaine Hannah First Vice President jhannah@vbcco.org	John McMullen Director jmcullen@vbcco.org
<i>Carbon Monoxide Poisoning Information</i>	4	Jim Glynn Second Vice President jglynn@vbcco.org	Maggie Sizer Director msizer@vbcco.org
<i>Real Estate Tax Exemption</i>	5	Henry Ryto Recording Secretary hryto@vbcco.org	Chris Wiemken Director cwiemken@vbcco.org
<i>Banquet Reservation Form (tear out)</i>	6	Julie Strader Correspondence Secretary jstrader@vbcco.org	Gene Moore (757) 497-5174 Membership Committee moore252@infionline.net
<i>Membership Information</i>	7		
<i>Calling all Volunteer Nominations!</i>	7	Joe Yurso Treasurer jyurso@vbcco.org	

Phone: (757) 353-4956
Fax: (757) 238-5450