

Burlington Road Neighborhood Association BRNA EXPRESS

Volume 7 Issue 8

October 2011

Conductor's Corner Seasons

As the seasons change, so does the seasons in life and BRNA. As you know we have lost many members to death in the BRNA family since our conception. No one plans to die and leave us behind, but it happens. We miss them and try to hold on to the memories we have of them. Death is a hard thing to talk about but it is a season of life that we just can't escape. I pray the Lord help you through this season of life. We have prayed for you and your families.

There are also other things in our life - like health, good or bad. We can't escape it but we sure can try to prevent the bad. I personally have had a change in my eyesight and it is not good. As a matter of fact, this newsletter is a bit hard to write. Because of this season in my life, I have cut back on many meetings in Omaha as well as Douglas County. This loss in my life has changed a lot of things in my life and made me deal with what's most important in the welfare of the Patlan's household.

This new season, has also brought the BRNA Board Members to make changes in our newsletter. I know many love to read the news every month but cost, time and seasons have made us come to this decision. Sorry to say this, but October will be the last monthly newsletter. We will be combining monthly newsletter, such as Nov/Dec, Jan/Feb etc.

My eyes may not be doing so well, but my heart for BRNA still pounds for quality of life in our area. At our board meeting we also discussed the numbers of our membership. We have decided to have a BRNA Membership Drive that I am excited about. Virgil will be writing on that in this issue. All I can say, it involves a Turkey Dinner for a family from Hy-Vee,

BRNA is one thing I am still zealous about, but I will be slowing down a bit. Since I will not be going to many of the meetings to keep us all informed, maybe someone else will step up to go to these meetings and bring it back. Maybe this new season will bring others to help with the quality of life in our neighborhoods and fresh new news. After all we are all in this together!

John F. Kennedy said "One person can make a difference and every person should try."

Rebecca
BRNA President



NEW BRNA RED T-SHIRTS

The shirts are in! If you paid already, make sure you come to the October meeting to pick them up. If you would like one, they are \$15 and we have extras!

Wear them on GO BIG RED DAYS
for NEBRASKA!



Next Meeting:

(Don't Forget!)

October 11, 2011

at St. Stan's Hall

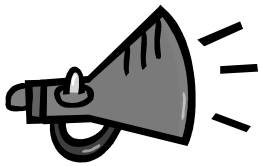
41st and J St.

6:30 p.m.

Bring a neighbor!

Keeping the Neighborhood on Track . . .

BRNA NEWS



CALLING ALL BRNA MEMBERS!

The 2012 BRNA membership drive has begun. I don't about you but one of my favorite holidays is Thanksgiving. The turkey, gravy and stuffing with all the other tasty sides dishes - Mmmmmmmmm!

The BRNA Board has decided to have a little contest to help BRNA remain strong in the community. For every membership we receive by the November meeting, that member will be eligible for a delicious full course Thanksgiving Dinner from HY-Vee. This is a \$65.00 dollar value, plus if you recruit a new member your name will be added to the drawing again! Your name must be put at the bottom of the new members membership form. So you will have two, 3, 4 or 5 ways to win that turkey dinner. The drawing will be held at the November meeting, so be there or be a turkey for not showing up! Get those memberships in and get ready for a delicious turkey dinner. If you have any questions please call me at 402-452-9933.

Thanks

Virgil Patlan

BRNA Past President



BRNA NOTES.....

BRNA's Board Meeting was held on September 13, 2011. Six members were present. We discussed getting more members by handing out our newsletter throughout the neighborhood. Also, we would like to encourage more people to serve as officers. We discussed publishing the newsletter four or six times a year instead of monthly. Keith offered to set up a Facebook page to generate some interest in joining BRNA.

Nancy McQuigg passed away and BRNA will send a sympathy card to the family.

New T-shirts will be here for the next meeting, for those who have ordered them.

Mark Fields gave a report on graffiti in the city. It is a city wide problem.

Virgil and Rebecca stopped at the Kielion home to give them new flags for the front of their property.

In the effort to encourage everyone to try to get new members, BRNA will have a drawing for a complete Thanksgiving dinner for anyone bringing new members to BRNA.

By Secretary Pat Shukis

CPL. Shane Kielion



To the BRNA Family:

We must never forget the sacrifice that CPL. Shane Kielion and the Kielion Family have made, for not only us here in BRNA but all of Nebraska and the USA.

On November 15, 2004 CPL. Shane Kielion gave the ultimate sacrifice in Iraq.

Please take time to remember the Kielions in your prayers.

We will never forget our South Omaha Boy, Shane!

INFORMATION

HEALTH INFORMATION



While the exact cause of Alzheimer's remains unclear, the greatest known risk factor is increasing age: the chance of developing Alzheimer's seems to double every five years after age 65. After age 85, the risk of developing Alzheimer's is about 50 percent. While you can't do anything about getting older, there are some simple measures that can help:

- Challenge yourself. A growing body of medical evidence suggests that lifelong stimulation is the key to building and maintaining brain cells, staving off memory loss and maybe even preventing Alzheimer's disease. Try doing interesting work (paid or volunteer), pursuing hobbies, engaging in an active social life, taking music or language lessons, or learning a new computer program.
- Take a daily low-dose aspirin. Some studies link the use of aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) with reduced risk of Alzheimer's.
- Use healing spices in your cooking. Turmeric, ginger and red pepper can add zing to meals and are all natural anti-inflammatories.
- Eat a diet rich in omega-3s, including wild Alaskan salmon, sardines, freshly ground flaxseed and walnuts.
- Incorporate plenty of fresh, organic fruits and vegetables in your meals.
- Reduce your intake of polyunsaturated vegetable oils (such as sunflower, corn and safflower oils), replacing them instead with extra virgin olive oil.

SPECIAL REQUEST TO MEMBERS:

If you know someone who is sick or has passed away, please contact BRNA's President Rebecca at 402-502-2013 (please leave a message).

Rebecca will send a card on BRNA's behalf. We always must remember our members!



A LITTLE BIT OF HISTORY

Pulaski Park in the 1940's

Pulaski Park was quite an active organization in the 1930s and 40s. Not only did the park maintain a pool, there were craft activities, dances and Pulaski Park midget baseball teams for both boys and girls. The swimming pool was located on the northwest corner of the park with the bathhouse east of the pool. The bathhouse also held supplies for the parks activities.

Children would gather on the lawn and work on various craft projects during the summer. The children's baseball teams would compete against other park teams



around the area. Monthly outdoor dances were also held at the park for the young people with several hundred attending. Many of the youth helped in maintaining the park by painting the bathhouse and helping with the grounds upkeep.

St. Stanislaus Events 41st and J

Harvest Dinner

October 16th

11 a.m. to 3 p.m.

Cooked pork roast dinner

Adults \$9 ---- Children \$5 (age 3-12)

St. Stan's School Children HALLOWEEN Parade Will be held on October 31st AROUND 12:30 P.M.



HINTS AND INFORMATION

FALL MAINTENANCE!

Gutters and Downspouts

-Clean gutters and downspouts frequently throughout fall to prevent build-up of leaves and other debris. Neglected gutters can lead to wood rot problems and pest infestations, not to mention ruined gutters.

-Be sure water is not coming down behind gutters and that all support brackets are securely in place.

-Ensure that water drains properly and doesn't pool. Pooling can cause damage to foundations, driveways, and walkways.

Windows and Doors

-Change summer screens to cool weather storm windows and doors.

-Inspect and repair any loose or damaged window or door frames.

-Install weather stripping or caulking around windows and doors to prevent drafts and to lower heating bills.

Heating Systems

-Replace the filter in your furnace.

-Consider having a heating professional check your heating system to ensure optimal performance and discover minor problems before they turn into costly major repairs.

-Clean your ducts to better your heating system's efficiency as well as to reduce household dust and to provide relief to those with respiratory problems.

Plumbing

-To prevent pipes freezing and bursting, ensure that the pipes are well insulated.

-Know how to locate and turn off the water shut-off valve in case pipes do freeze.

Chimney and Fireplace

-Call a professional in to inspect and clean your chimney. Fireplaces that are regularly used during the season should have an annual cleaning to prevent dangerous chimney fires.

-Test your fireplace flue for a tight seal when closed.

Attic ventilation

-Be sure attic insulation doesn't cover vents in the eaves to prevent winter ice dams on the roof.

-Be sure ridge vents and vents at eaves are free of plants and debris.

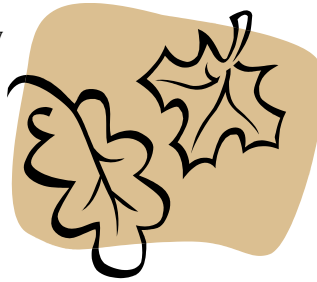
-Check bird and rodent screens for attic vents to prevent any unwanted guests.

Landscape and Yard work

-Although grass appears to stop growing in the fall, the roots are actually growing deeper to prepare for winter. Now is the best time to fertilize and reseed your lawn.

-Prune your trees and shrubs after the leaves turn to encourage healthy growth.

-Trim any tree limbs that are dangerously close to power lines or the roof of your house. Heavy snow and ice can cause damage in the winter.



ATM SECURITY TIPS --

1. Pay close attention to the appearance of the ATM. ATM Skimming is fast becoming a problem, a fake ATM with a card reader and computer can gather details of hundreds or thousands of account details and PINs before it is discovered.

2. Be wary of people trying to help you with ATM transactions.

3. Do not use an ATM that appears unusual looking or offers options with which you are not familiar or comfortable.

4. Do not allow people to look over your shoulder as you enter your PIN code.

5. Do not re-enter your PIN if the ATM eats your card -- contact a bank official immediately.

6. Never write your PIN on the back of your card.

7. Do your automated banking in a public, well-lighted location.

8. Never count cash at the machine or in public. Wait until you are home, in your car or another secure place.

9. When using a drive-up ATM, keep your engine running, your doors and windows locked and leave enough room between your car and others in the ATM drive-up line.

10. Closely monitor your bank statements, as well as your balance, and immediately report any problems to your bank.



"If you think you're too small to have an impact,
try going to bed with a mosquito in the room."

- Anita Roddick

BRNA's "This and That" Caboose

PUMPKIN TARTS

Somewhere between a cookie and a little two-bite pumpkin pie is this delectable little treat, made with tender cream cheese pastry holding pumpkin filling and frosted with creamy icing. The tops are sprinkled with nuts. Everyone will be clamoring for them."

Ingredients:

12 ounces cream cheese, softened
1 pound butter, softened
1/4 cup white sugar
4 cups all-purpose flour

12 ounces cream cheese, softened
1 cup brown sugar
1 teaspoon pumpkin pie spice
1 1/2 teaspoons ground cinnamon
1/2 teaspoon salt
3 eggs
2 cups solid pack pumpkin
1 (12 fluid ounce) can evaporated milk
1 teaspoon vanilla extract

1/2 cup butter
1/2 cup vegetable shortening
8 ounces cream cheese, softened
1 (16 ounce) package confectioners' sugar
1 (7 ounce) jar marshmallow cream
1 cup finely chopped pecans, divided

Preheat oven to 350 degrees.

- Make the pastry dough by creaming together 12 ounces of cream cheese with 1 pound of butter and the sugar in a large bowl until thoroughly blended. Mix in the flour, a little at a time, until the dough is workable. Cut the dough into 4 equal-sized pieces, roll the pieces into balls, and refrigerate until needed.
- To make the filling, mash 12 ounces of cream cheese with brown sugar, pumpkin pie spice, cinnamon, and salt in a bowl until smooth and well combined; beat in eggs, one at a time, incorporating each egg before adding the next one. Mix in the pumpkin, evaporated milk, and vanilla extract until the filling is smooth.
- Cut each dough ball in half, and cut each half into 12 pieces (96 total pieces). Working in batches, press each small piece of dough into the bottom and up the sides of mini muffin cups. Fill the little crusts almost to the top with the pumpkin filling. Refrigerate unused dough until you need it to make the next batch.
- Bake in the preheated oven until the filling is set and the crusts are lightly golden brown, 25 to 30 minutes. Allow to cool completely before frosting.
- Mash 1/2 cup of butter, the shortening, and 8 ounces of cream cheese together in a bowl until thoroughly combined, and mix in the confectioners' sugar and marshmallow cream until smooth and creamy. Spread or pipe the frosting onto the cooled tarts. Sprinkle each tart with a few chopped pecans. Refrigerate until serving.

-from Allrecipes



Things You Do Not Want to Hear from Tec Support:

- "Duuuuude! Bummer!"
- "Ah, I think we can get someone out there in a week or two.+"
- "Looks like you're gonna need some new dilythium crystals, Cap'n."
- "Press 1 for Support. Press 2 if you're with 60 Minutes. Press 3 if you're with the FTC."
- "We can fix this, but you're gonna need a butter knife, a roll of duct tape and a car battery."
- "I'm sorry Dave. I'm afraid I can't do that."
- "In layman's terms, we call that the Hindenburg Effect."
- "Hold on a second...Mom! Timmy's hitting me!"
- "Okay, turn to page 523 in your copy of Dianetics."
- "Please hold for Mr. Gates' attorney."
- "If you continue this line of conversation I will have to hang up on you."
- "I'm sorry, but that model is out of date and there are no parts for it."

Other Things You Might Not Want to Hear:

- Father to son after exam: "Let me see your report card."
Son : "My friend just borrowed it. He wants to scare his parents."
- Doctor during surgery: "Hand me that...uh...that uh.....thingie."

BRNA BUSINESSES & SUPPORTERS

Greta Ritchie CPCU, Agent
 5050 L St.
 Omaha, NE 68117-1329
 Bus. 402-731-5050
 www.gretaritchie.com
 Greta.ritchie.mo50@statefarm.com



State Farm Providing Insurance and Financial Services Home Office,
 Bloomington, Illinois 61710 Se habla español

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 36th & L Street

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 402-731-5423



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 Lincoln, NE 68509-4604
 (402) 471-2710



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 (402) 612-9569

hmello@leg.ne.gov

Ad space available.

Call 402-502-2013
 or email brna@cox.net

Ricardo Castro

Realtor

402-319-0093

Fax: 402-614-3404

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AL KURZ

Businesses: Be a BRNA Supporter!
Neighbors: Support BRNA Businesses!

See all BRNA Supporters and Members on
 the next page.

ATTN: Businesses or Organizations: Newsletter Advertising

Submit a business card or what you would like your advertisement
 to say. Advertisements are \$10.00 per month (or \$100.00 per year)
 for business card size ad. Larger ads are also available - \$20 per
 month for quarter-page, \$40 per month for half-page and \$60 per
 month for full page ads. Special yearly rates can be offered for
 these also. Call 402-502-2013 or email brna@cox.net

BRNA CALENDAR

Oct. 11	Meeting at St. Stan's 6:30 p.m. Refreshments: Diane Luna
Nov. 8	Meeting at St. Stan's 6:30 p.m. Refreshments: Mark & Deb Fields
Dec. 13	Christmas Potluck Party at 6:30 p.m.

SPECIAL NOTES



Happy Birthday to
all members born in
October!

There is still a great need. If you would like to
join the **BRNA Citizen Patrol**
Contact: Mark Fields 402-733-9337
Or write to BRNA:
PO Box 7126
Omaha, NE 68107



BRNA Business Members & Supporters

- | | |
|---------------------------|--------------------------|
| AA Collision | One World Health |
| BNSF Railroad | Quality Refrigeration S. |
| Citizens for Gernandt | Parra Family Dental |
| Design 4 Inc. | Pedersen Power Products |
| GRH Electronics | Pitstop |
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| Kurtzuba Kareoke | Security National Bank |
| Larry Konwinski Hauling | W.N. Morehouse Trucking |
| Lovgren Advert. | Univar |
| Nebraska Beef | |

Thank you for your continued support!

If interested in joining - Call:
Rebecca Barrientos-Patlan at 402-502-2013
rbpatlan@cox.net



**Ask your Doctor, Dentist, Realtor (Etc.) to
advertise in the BRNA Express!**

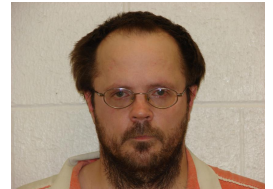
If you have a story or a poem or just a great picture
(old or new), please let us know! Please limit stories to
fewer than 300 words.

Contact Rebecca at 402-502-2013
or email brna@cox.net or rbpatlan@cox.net
Deadline on the 15th of each month

SEX OFFENDER

Houston, Kimmer M

DOB: 03-17-1972
Registration Duration: 25 Year
Race: W
Sex: M
Height: 5'09"
Weight: 230
Hair: BRO
Eyes: GRN



Sex Crime Conviction(s)

Crime: Possession of Visual Depiction of Sexually
Conviction Date: 06-27-2008
Place of Crime: NB
Victim of Crime: Minor

Clouds come floating into my life, no
longer to carry rain or usher storm,
but to add color to my sunset sky.

- Rabindranath Tagore

BRNA INFORMATION

Important Numbers

Mayor's Hotline	(402) 444-5555
Councilman Gernandt	(402) 444-5522
Odors, Potholes, Snow Removal	(402) 444-4919
OPPD Street Lights Out	1-800-554-6773
MUD	(402) 554-7777
Graffiti & Gang Tip	(402) 444-5992
Omaha Email Hotline:	hotline@ci.omaha.ne.us
Councilman Gernandt:	ggernandt@ci.omaha.ne.us

CONTACT BRNA:

President Virgil Patlan's Email: virgilpatlan@cox.net
 General Email: brna@cox.com
 BRNA Beautification Email: donandbarb@cox.net

BRNA Officers

President ó Rebecca Barrientos-Patlan (402) 502-2013
 Vice President ó Diane Luna (402) 991-9117
 Treasurer ó Keith Roragen (402) 734-4366
 Secretary ó Pat Shukis
 Board Member ó Barb O'Connor (402) 932-9404
 Board Member ó Mary Ann Anderson (402) 734-5734
 Board Member ó Mark Fields (402) 733-5337
 Past President ó Virgil Patlan (402) 452-9933

BRNA Committees:

Beautification ó Barb and Don O'Connor (402) 932-9404
 Newsletter Editor & Speakers Coordinator ó
 Rebecca Barrientos-Patlan (402) 502-2013
 Website & Newsletter Designer/Writer ó
 Theresa Bidrowski (402) 731-1592

Burlington Road
 Neighborhood Association
 Membership Application

Membership year runs January thru to December.

Mail to:

BRNA
P.O. Box 7126
Omaha, NE 68107

Make checks payable to "BRNA".

\$12 Per Person (Per Calendar Year) Number of People: _____ X \$12 = \$ _____

\$25 Businesses / Organizations (Per Calendar Year) \$ _____

Name(s): _____

Address: _____

City and zip: _____

Phone # _____

Fax # _____

Email: _____

(Please check.)

Renewal:

New member:

ATTN: Businesses or Organizations - Advertisements

Submit a business card or what you would like your advertisement to say.

Advertisements are \$10.00 per month (or \$100.00 per year) for business card-size ad.

Larger ads are also available - \$20 per month for quarter-page, \$40 per month for half-page and \$60 per month for full page ads. Special yearly rates can be offered for these also.

Mail (See above) or Email (brna@cox.net) ad request with Subject line "BRNA Ad".



Next Meeting:
October 11th
6:30 p.m. at St. Stan's
Bring a neighbor!

Web site: www.brnaomaha.com
President Virgil Patlan's Email: virgilpatlan@cox.net
General Email: brna@cox.net
BRNA Beautification Email: donandbarb@cox.net

