



The Current



The Official Newsletter of the Seatack Community Civic League

December 2015

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2nd Annual Justin Hunter

300 Turkey Giveaway

Special thanks to Elder Y.D. Thoroughgood, Senior Pastor of New Jerusalem COGIC for allowing the



Seatack Civic League to hold the 2nd Annual **JUSTIN HUNTER 300 TURKEY GIVEAWAY** in the front parking lot of his church on Nov. 7; and to the VB Police Officers who assisted with traffic, and to Simply Storage on S. Birdneck Road who provided the truck to bring the turkeys from Birdneck Food Lion Store to the church. This is how "community" pull together for the benefit of all. Happy Thanksgiving to you all, on behalf of Mr. Justin Hunter, The Hunter Family and the Seatack Civic League. E. George Minns, Presiding Officer SCCL.



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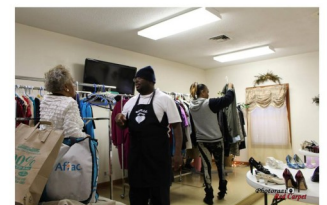


2015 Seatack Thanksgiving Events

**Mount Olive & Enoch
Baptist Churches
Free Turkey Dinner**



**St. Stephens COGIC
Turkey Giveaway**



Membership—Join Today!

The Seatack Community Civic League Needs You!

Your membership helps support the community of Seatack. Membership dues are accepted at each meeting in the form of cash or checks.

Membership is open to all residents, friends and children of Seatack. Support our children's educational and reading programs. Annual membership dues are \$12 per person. Life membership is available to individuals, business, church, club, family and community groups or organization. SCCL Life Membership is \$250. The fiscal year runs from January 1 to December 31.

Special Note: Senior Citizens who are 75 years of age or older, who have resided in Seatack for 50 years or more, are exempt from paying yearly dues and are still recognized as members in good standing of the civic league. For more information on membership, contact Elizabeth "GG" Mills, 2nd Vice President at ggluckygirl@yahoo.com or 757-831-7362.

Random Acts of Christmas Kindness 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Give a compliment to a friend.	2 Take change to a vending machine.	3 Make a card for a soldier.	4 Take coffee to your teacher.	5 Pick up litter.
6 Send a paper hug to someone you love.	7 Tell silly jokes to make someone laugh.	8 Give someone a hug coupon.	9 Donate a book to the library or hospital.	10 Leave a happy note for someone to find.	11 Do yard work for a neighbor.	12 Donate toys to your favorite charity.
13 Candy cane bomb a parking lot.	14 Call a faraway friend or relative to say hello.	15 Make a thank you for your librarian.	16 Do a chore for someone in your family.	17 Donate food to your local food pantry.	18 Leave a popcorn surprise in a DVD rental machine.	19 Smile at everyone you see today.
20 Take supplies to the animal shelter.	21 Pay for a stranger's coffee.	22 Give treats to the mail carrier.	23 Feed the birds.	24 Take cookies to the fire station.	25	26
27	28	29	30	31		

Seatack Community Civic League Reading Fun Festival



Time: 11:30-1:00

Date: 12/12/2015

**Location: Joseph V.
Grimstead, Sr. Seatack
Community Recreation
Center**

Watch as reading, self-esteem boosting and creativity intertwine to create a fun and educational environment for our beloved children in first-fifth grade.

This is a program you do not want to miss!

Applications must be returned by December 7, 2015. Transportation will be provided for residents of Atlantis and Friendship Village at rental offices. Please contact Seatack Community Civic League for further information at (757) 575-8109



Seatack Recreation Center Upcoming Events

- **Children Reading Fun Festival**—December 12th, 11:30am-1pm
 - **Pickleball**—M & W 9am-1pm, F 12-3pm, Sat 11-1pm
 - **Open House**—Sunday, January 10th, 11am –4pm
- This event is free to the public and will have lots of activities and demonstrations.

More information on each activity can be found in the Virginia Beach Parks and Recreation program catalog.



Oceanfront Area Library December Activities

- Preschool Science, December 7, 14 @ 1:30, Ages 3-5
- Just 2s, December 8, 15 @ 9:30, Age 2
- On My Own, December 8, 15 @ 10:30, Age 4-5
- Bricks on the Beach, December 8 @ 4:30, (K - 5th)
- 3s Please, December 9, 16 @ 10:30, Age 3
- Combined Rhyme Time, December 10, 17 @ 9:30, Ages 6-24 mos.
- Onesies, December 10, 17 @ 10:30, Age 1
- Pawsitive Reading with Therapy Dogs, December 12 @ 10:30, Grades K - 5th
- Winter Make and Take, December 12, @ 10:00, All ages
- Bricks on the Beach, December 29 @ 4:30, (K—5th)



700 Virginia Beach Blvd
Virginia Beach, VA 23451
(757) 385-2640

Girl Scout Membership "Drive-thru"
Tuesday, December 8, 2015
from 6-7pm

Thalia United Methodist Church

Girls will have the opportunity to register for Girl Scouts, enjoy a cup of hot cocoa and take home something special.

REMINDER:
2nd POLICE PRECINCT
CITIZENS' ADVISORY
COMMITTEE
Next meeting
December 9, 2015

2014 Seatack Community Civic League Yearbook



Still Available for sale the 2014 Yearbook. Share our past year activities, events and achievements. Please consider purchasing one today for only \$20.00, see any board member of the civic league to get your copy. Thank you in advance for your support.



Good Habits to Keep You and Others Healthy

A flu vaccine is the first and most important step in protecting against the flu. Follow these additional tips to stay healthy and keep others healthy this flu season:

- **Wash your hands frequently** during the flu season. You may use soap and water or an alcohol-based hand rinse (alcohol rinses are available at all pharmacies and should contain at least 60 percent alcohol). Remember to wash your hands for 20 seconds.
- **Avoid touching your eyes, nose or mouth.** Viruses are often spread after a person touches something that is contaminated with the virus and then touches his or her eyes, nose or mouth.
- **Avoid contact with people who are sick.** If your coworker is ill, steer clear of his or her sneezes and coughs. When possible, avoid shaking hands with someone who is ill with a respiratory infection. If you are caring for an ill family member, wash your hands frequently and minimize proximity to his or her face.
- **Cover your mouth or tuck it into your elbow when coughing or sneezing** and encourage others to do so. Wash your hands afterward.

Stay home if you have a respiratory infection when possible. A general guideline is to stay home 24 hours after fever resolves off medications like ibuprofen or

Take Steps - To **LOWER** high blood pressure:

1. **Practice these steps:**

Maintain a healthy weight.
Be active every day
Eat fewer foods high in salt and sodium.
Eat more fruits and vegetables, whole grain breads and cereals and lowfat dairy products.
If you drink alcoholic beverages, do so in moderation.

2. **Take your medicine the way your doctor tells you.**

3. **Have your blood pressure checked often.**



Medicare Open Enrollment

You can sign up for Medicare as soon as you become eligible, regardless of what month it is. But each year, you have the option of making changes to your Medicare Advantage and prescription drug plan (or Medicare Part D) during open enrollment.

Open enrollment for the coming year runs from **October 15 to December 7**, so open enrollment for 2016 will begin on October 15, 2015.

During that period, you can switch from original Medicare to Medicare Advantage, or vice versa. You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another, or drop your Medicare Part D coverage altogether.

There's also a Medicare Advantage disenrollment period (MADP) that runs from January 1 to February 14 each year. During this time, Medicare Advantage enrollees can opt to switch back to original Medicare, and can then sign up for Medicare Part D as well.


For 2015 coverage, open enrollment for Medicare Advantage and Medicare Part D ended on December 7, 2014, and the Medicare Advantage disenrollment period ended on February 14, 2015. But enrollment continues year-round for people who are newly-eligible for Medicare.

Seatack Churches Updates

Attention Seatack Churches


This is your space to announce upcoming community events and programs. Please submit your information by the third Wednesday of each month via email to the newsletter editor. Pictures or fliers need to be in jpeg format.





REHOBOTH BAPTIST CHURCH FUN NIGHT

AT: HAYGOOD SKATING CENTER



WEDNESDAY JAN. 13th 5:30-9:00pm

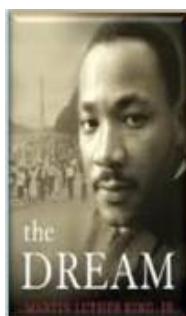
ALL U CAN EAT PIZZA
5:30-8:00PM
SKATING
6:00-9:00PM



\$7 SKATERS
INCLUDES SKATE RENTALS
\$3 NONSKATERS

\$\$\$ CASH ONLY \$\$\$

BE SURE AND BRING THE WHOLE FAMILY FOR THIS SPECIAL FUNDRAISING EVENT!
A PORTION OF THE PROCEEDS WILL GO TO BENEFIT THE REHOBOTH BAPTIST CHURCH
FOR MORE INFO CALL US AT 460-1139. SEE YOU THERE !!
*** HAYGOOD NO LONGER ACCEPTS CREDIT OR DEBIT CARDS FOR ADMISSION OR FOOD SALES ***
HAYGOOD IS LOCATED AT 1036 FERRY PLANTATION RD. VA BEACH 23455



4th Annual Dream Big Essay Contest

OPEN TO ALL HIGH SCHOOL STUDENTS!

Essay Submission Deadline: January 31, 2016!

(Limit 100 Entries)

Sponsored by R₂O Ministries & Take the City National

Dream Big Essay Contest Rules

(Participants must follow the rules listed below)

Essays typed, double-spaced, contain 500 words, be original, and include a cover sheet with the following information (name, grade, age, school name, school address, telephone number and church, *if applicable*). Judged essays based mainly on thought and content; however, spelling, correct grammar, and punctuation is considered.

Submit all essays to oliverralph@hotmail.com NLT Sunday, **January 31, 2016 by 11:59 p.m.** First place winners will read their essays at the Awards Ceremony Banquet.

All participants will receive certificates and must be present to receive all awards.

Judges Grading Criteria

Originality: 25 %; Clarity: 25 %; Spelling: 25 %; and Grammar: 25 %



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Essay Contest Theme

In your own words, explain the importance of the "I Have a Dream," speech by Rev. Dr. Martin Luther King Jr. and its relevance for today. Also, talk about your own personal dream and how it will impact the world."

First Place Prize – Apple I pad



Submit all typed essays to Reverend Ralph Oliver @ E-mail: oliverralph@hotmail.com NLT January 31, 2016 before 11:59p.m.



Seatack Community Civic League
PO Box 4252
Virginia Beach, VA 23454

We're on the Web www.seatackcivic.org

Who?: The Seatack Community Civic League

What?: Are meeting and accepting new members!

When?: The 1st Monday night of the month at 6:30pm

(Exception Monday Holidays—2nd Monday night of the month)

Where?: Seatack Community Recreation Center

Membership is open to all residents, friends, and children of Seatack

Next Meeting is Monday, December 7, 2015

6:30pm at Seatack Recreation Center

Join us Today!

Email: seatackcivic@gmail.com