

Bomber Heights

NEIGHBORHOOD ASSOCIATION

October 2010
5th Year, 10th Edition

P.O. Box 123204 Fort Worth, TX 76121
www.bomberheights.org

Bomber Heights Neighborhood Association General Meeting

Monday, October 18th
6:30pm Meet & Greet
7:00pm Meeting

Agape Baptist Church, Faith Hall
3900 Southwest Blvd.

Speaker: Barbara Ewen
Topic: "Tarrant County Food Bank"

Coyotes in the wild?

Sightings in our own neighborhood have neighbors alarmed.

Tarrant County has reported new sightings due to the increase in construction. Find answers to questions and possible solutions from Animal Control at our next monthly meeting Monday, October 18th.



Dawn's Dialogue

Woo Hoo...Fall is finally here, our local high school football team (Western Hills) is undefeated in district, and we have the greatest baseball team in history with the Texas Rangers. Could this year get any better for us?

I would like to give a GREAT big THANK YOU to everyone that joined us at our annual National Night Out on October 5th. It was our biggest turnout ever and there were activities for all ages. The riding bull even enticed our own Audra Andrews to walk on the wild side and take a ride. Our volunteers were awesome and allowed Audra and me to greet our special guests and neighbors as well as take pictures to document this monumental night.

Thank you for being the great neighbors that you are and joining in our festivities that we hold throughout the year. Make sure to bring a canned food item to our October meeting for our holiday food basket and to be entered into our drawing at the end of the meeting.

Your Neighbor and President,

Dawn Fain

Fall Fest

Friday, October 29th 4pm - 6pm

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September General Meeting - Where were you?

Brian Kriss and David Dodson with the Fort Worth Firefighters Association gave an informative presentation on services provided by the Fort Worth Fire Department. Residents were alerted of carbon monoxide poisoning, encouraged to install and maintain smoke detectors in homes and to create and practice an escape plan with the family.

Don't miss the next general meeting on
Monday, October 18th!!



Congratulations October 2010 Yard of the Month!!!



As cooler temperatures arrive, fall foliage appears, painting a beautiful portrait of the neighborhood. With just a little extra effort, this resident created a landscape for all to enjoy. Located at 4404 Penrose, on a busy street, this home rests in the middle of our neighborhood. A lush, green and neatly trimmed lawn softens the entrance enhanced by large shade trees, surrounded by deep green ground cover.

Thank you for being a good neighbor and helping to brighten our neighborhood!

Welcome to BHNA, Jeff and Crissy Ingram!

HOLIDAY FOOD BASKET

Help us help those in need during the Holidays!

BHNA will once again be participating with a local school in hosting a *Canned Food Drive*, collecting canned food items and monetary donations to provide a holiday meal for a neighboring family in need. Donations may be given at an upcoming general membership meeting in October or November.

For more details you may contact Audra Andrews at (817) 763-5453 or via the BHNA website.





Heart Healthy Recipe

Southwestern Black Bean Cakes with Guacamole

(Power Food #4 “Avocado”)

Makes: 4 servings

Prep: 20 minutes

Grill: 8 minutes

Ingredients

- ½ of a medium avocado, seeded and peeled
- 1 tablespoon lime juice
- Salt
- Ground black pepper
- 2 slices whole wheat bread, torn
- 3 tablespoons fresh cilantro leaves
- 2 cloves garlic
- 1 15-ounce can black beans, rinsed and drained
- 1 canned chipotle pepper in adobo sauce
- 1 to 2 teaspoons adobo sauce
- 1 teaspoon ground cumin
- 1 egg
- 1 small plum tomato, chopped

Directions

For guacamole, in a small bowl mash avocado. Stir in lime juice; season to taste with salt and black pepper. Cover surface with plastic wrap and refrigerate until ready to serve.

Place torn bread in a food processor bowl. Cover and process until bread resembles coarse crumbs. Transfer bread crumbs to a large bowl; set aside.

Place cilantro and garlic in the food processor. Cover and process until finely chopped. Add the beans, chipotle pepper, adobo sauce, and cumin. Cover and process using on/off pulses until beans are coarsely chopped and mixture begins to pull away from the side of container. Add bean mixture to bread crumbs. Add egg; mix well. Shape into four ½-inch-thick patties.

Lightly grease the rack of an uncovered grill. Place patties on rack. Grill directly over medium coals for 8 to 10 minutes or until patties are heated through, turning once halfway through grilling.

To serve, top the patties with guacamole and tomato.

<http://my.hearthealthyonline.com>

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**Tired of Crime in Your Neighborhood?
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**2010 Remaining Class
8am to 4pm**

October 16th

Contact Officer Ladd
Phone (817) 851-9627

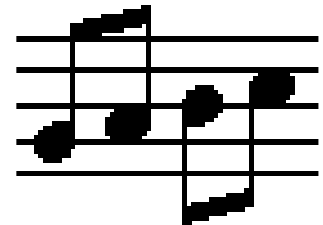
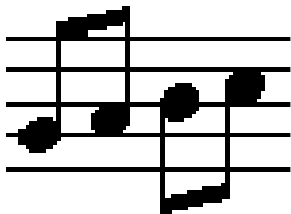
Email brent.ladd@fortworthgov.org

See How You Can Team Up with Your Neighbors and the
Fort Worth Police Department to Deter Crime and Make the
Bad Guys Go Somewhere Else!

BHNA Meeting Minutes, *once approved*, are available to anyone upon request from the BHNA Secretary. Email secretary@bomberheights.org or call (817) 692-0072.

**BHNA Treasurer's Report for
September 2010**

Balance as of September 1st	\$5,889.07
Deposits for September.....	\$ 0.00
Expenses for September	\$ 531.00
Ending Balance as of September 30th.....	\$5,358.07



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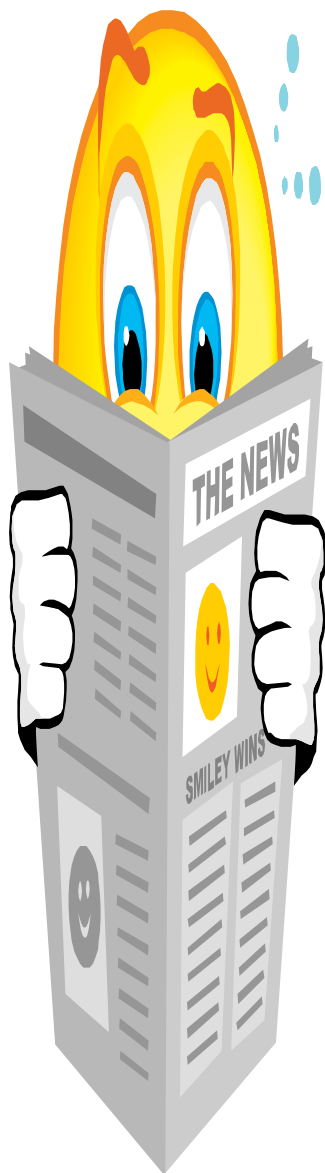
Health Fair & Flu Shot Clinic

Tuesday, November 2nd
3:30pm – 7:30pm
Luella Merrett Elementary

The PTA is hosting a free health fair. Representatives from Concentra, JPS, R.D. Evans Community Center, Family Smiles Dental and other agencies will be there to provide information about available services.

Flu shots will be available for those 4 years old and up for \$27.00.

For more information, call
Suzy Fisher at (817) 455-9245.



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-BBNA Business Member and Advertiser-

School News

Luella Merrett Elementary

1st PTA Meeting

Program - Fort Worth Nature Center
October 21 5:15 p.m.

Leonard Middle School

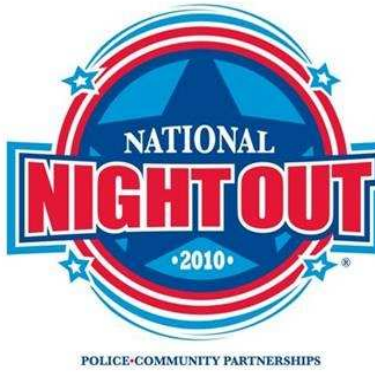
Recently recognized with invitation to present at the upcoming
Texas School Improvement Conference (TSIC).

Leonard 6th Grade Center

Red Ribbon Week Celebration

October 25-29.

Students will participate in related activities throughout the
week to increase awareness of violence prevention and pledging
to be drug and alcohol free.



BHNA Hosts Largest Event Ever

The annual BHNA National Night Out held on Tuesday, October 5 was a huge success! A special thanks to all who came out to join us in taking a stand against crime! With over 200 neighbors and business members attending, our chefs, the Barcenas, could not keep the hot dogs coming fast enough. The Lasasters waited patiently at the serving table and kept the crowd calm as the second round of hot dogs were grilled. Everyone received a goody bag, along with brochures and handouts, thanks to the Schultz', to educate and remind the residents of city guidelines and tips on keeping our neighborhood safe. We extend thanks to our special guests including: Engine 30 from our local FW Fire Department, NPO Ladd, Mounted Patrol, and the City of Fort Worth Neighborhood Relations. Children enjoyed the games and playing in the bounce house while children and adults enjoyed a ride on the bull and a game or two of chased ensued as the evening got underway. For the first time in the history of this event, no rain was in sight. Beautiful Fall weather allowed for an enjoyable evening.

A Special Thanks to Chad at Sunbelt, Tracy at My Garage, and the Fort Worth Police Department for the wonderful support in helping make this event happen!

To our awesome volunteers....Thank you so very much! We couldn't do it without you!



BHNA Calendar of Events

November

Election
Volunteer Recognition

December

Holiday Lawn Decorating Contest
Holiday Basket Canned Food Drive

Important Numbers

BHNA City Council Member:

Zim Zimmerman District 3 (817) 392-8803

Email: district3@fortworthgov.org

Neighborhood Police Officer:

Officer Brent Ladd (817) 851-9627

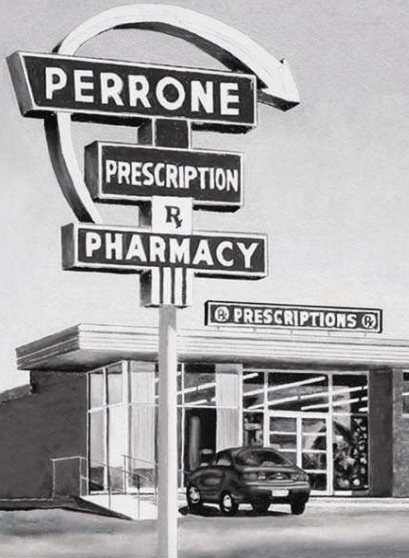
Email: brent.ladd@fortworthgov.org

Code Enforcement Officer:

Autumn Jacobo (817) 965-6840

Email: Autumn.Jacobo@fortworthgov.org

CHEERS and a special thanks to *Rick Presley* for an outstanding job posting BHNA meeting signs each month!!! Rain or shine, the signs are placed in a timely manner alerting neighbors and we appreciate your dedication.



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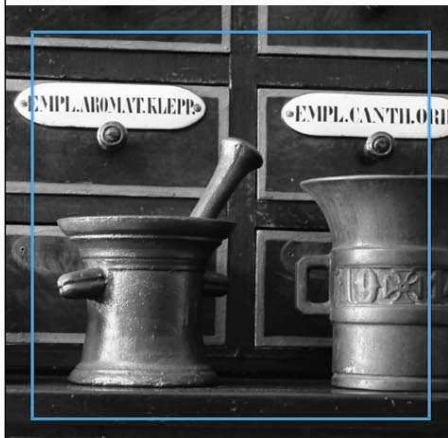
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BHNA Officers

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Audra Andrews (817) 763-5453
volunteer@bomberheights.org

Hispanic Liaison

John Barcenas (817) 735-8350
liaison@bomberheights.org

BHNA Volunteers Needed

If you are interested in volunteering for BHNA events, cleanups or any other activity please email Audra Andrews at volunteer@bomberheights.org.

BHNA is in need of a Vice President and Treasurer on the Executive Board. If you are interested please email Dawn Fain at president@bomberheights.org.

*Volunteerism is highly encouraged.
Everyone has a place to serve and be a
great neighbor in our community.*

The Purpose of Bomber Heights Neighborhood Association

To provide an organized framework that promotes, enhances and solidifies the quality of life in the Bomber Heights community through the active involvement of its residents through educational and charitable endeavors.

Check out our website!

www.bomberheights.org

Give us your feedback at newsletter@bomberheights.org