



The Current



The Official Newsletter of the Seatack Community Civic League

November 2015

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Congratulations to E. George Minns on his Award from the New Journal and Guide Impacting Lives Breakfast Ceremony

Dear Family and Friends:

It is extremely humbling for me, when others ... take a moment to ... acknowledge my over 30 year commitment and dedication to the NAACP and other civil rights work, in our Hampton Road community. It has been my personal privilege and pleasure ...to be in godly service to others; trying to make life **better for all of us as a people**; not just myself ...as a person. Civil rights work and ...some times civil rights [fights] ... unfortunately... are sometimes necessary. I understand that there are some who will not agree **with my "old fashion 1950s-60s civil rights fight - approach", speaking [raw truth] to the issue and to power.** I hereby agree ... *to disagree with those individuals.* Like many of you, "I am sick and tired of being ... sick and tired". Seeing things for us as a people that... should not ... take 20 years to improve (horse and buggy pace); while things are improved for other non-African Americans in a day, in a week, month (jet like speed). You know the rest of that story. Notwithstanding, I believe my overall "30 year track record" of civil rights [victories] ...speak for themselves (i.e., lead the fight to change the VB old 1963 election system; fought to get the first black judges in VB courts; lead the fight to establish a VB Minority Business Council; fought to have Joseph V. Grimstead, Sr.'s name, the first black man's name put on a city building in VB; won the fight to get a [highway turn-opening] for Rehoboth Baptist Church and St.



Hon. Terry McAuliffe, the 72nd Governor of Virginia, E. George Minns, President of the Seatack Community Civic League, and Gary McCollum, Candidate for 7th Virginia Senator seat.

Stephen COGIC, so those two churches could freely turn in and out their church's [front] parking lots). With that said, I wish to thank Brenda Andrews, owner - Publisher of the 115 year old New Journal and Guide Newspaper Co. and the people of our great Hampton Roads community for [honoring] my years of [civil rights work], along with 10 other Hampton Roads "Great Community Workers", such as Senator Kenneth Alexander, Senator Louise Lucas, Gary McCollum and Father Green, on Saturday, October 24, 2015 at the Murray Center - Rev. Dr. Murray, Senior Pastor and the First Baptist Church Family of Norfolk, Va. for hosting that grand affair.

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2015 Seatack Community Celebrations

All Nations Parade, Gospel fest and the Black Tie Image Award



On behalf of the Seatack Community Civic League, the Board of Directors thank you for your continuous support and participation in our community celebration events. Please take a few minutes to provide feedback on our 2015 celebrations: All Nations Parade
Gospel fest
Black Tie Image Award Gala

Use the QR code listed here or the following link:

[https://
www.surveymonkey.com
/r/FBVFQN8](https://www.surveymonkey.com/r/FBVFQN8)



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.

2014 Seatack Community Civic League Yearbook

Now 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.



FALL HARVEST WORD SEARCH

BLESSING

CELEBRATION

COLLARDS

CRANBERRY

FAITH

FAMILY

FOOTBALL

LEAVES

PUMPKIN

STUFFING

THANKSGIVING

TURKEY

PFPYJFLYJYNTHZRGGBP D

YAOGOEFFRNFBTUANGUA

ZEZOAXDPJRHPIISIIFMH

RZKVTJIGNEETA FUSCEPR

CIERPBP C FOHBFBSLYKA

WSHPUMAKJATUNLREFHIO

DQWSKTVLNOTBKABLKDNT

NSJMGCVKLSURDARBGZYI

IEOFTXSCOLLARDSCRDPA

THKXDGAPOVDYOYYLIMAF

SRIZIXNVXHAGUHKIMVDI

TGLVZKRJBXGPOBBIZEYJ

YCITOCZRJYUFWLQWTMRM

WNQZQTJZJOGTDEPCBSIE

GNOITARBELECHZZETMAK



Seatack Community Civic League Reading Fun Festival



Time: 11:30-1:00

Date: 11/14/2015

**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 November 9, 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

- **Teen Empowerment**—Every Thursday, 4:30-7pm
- **Youth Empowerment**—Every Mon. & Wed 4:45-6:15pm
- **Intermediate Archery Clinic**— November 15th, 9am to 1pm
- **Family Pickleball**—November 6th, 6:30-8:30pm
- **Intermediate Archery**—November 15th, 9am-1pm

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



Oceanfront Area Library November Activities

- Yoga Story time, November 4 4:30, Grade K-2
- Preschool Science, November 9, 16, 23, 30 @1:30, Ages 3-5
- Just 2s, November, 10, 17, 24, @ 9:30, Age 2
- On My Own, November 10,17,24, @ 10:30, Age 4-5
- Bricks on the Beach, November 10, @ 4:30, (K - 5th)
- 3s Please, November 18, 25 @ 10:30, Age 3
- Combined Rhyme Time, November 12, 19 @ 9:30, Ages 6-24 months
- Onesies, November 12, 19 @ 10:30, Age 1
- Pawsitive Reading with Therapy Dogs, @ 10:30, Grades K - 5th
- Thanksgiving Make and Take, November 21, @ 10:00, All ages



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

REMINDER:

**2nd POLICE PRECINCT
CITIZENS' ADVISORY
COMMITTEE
Next meeting
November 11, 2015**

Step Outside with Girl Scouts

Sunday, November 8, 2015

2:00pm-4:00pm

Virginia Beach Farmers Market (Princess Anne Rd and Dam Neck)

For more information contact: Heather Gilbert
(757) 548-2702 or Heatherg@gsgccc.org

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 acetaminophen.



General Election

November 3, 2015

Don't Forget to Vote!



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

Mount Olive Baptist Church Happenings

- Flu Shot Drive - November 7th - Time: 9am to 1pm. Open to the public. Price of shot based on insurance & income. Some will be provided for free on a case by case basis.
- Mount Olive Baptist & Enoch Baptist - Thanksgiving Homeless Feeding - November 21st - Time: 10am - 2pm. We will feed all homeless we can feed on that day. A full course Holiday meal will be served.

FREE FLU SHOTS! Saturday, November 14, 2015 from 9am to 12pm

New Jerusalem Church of God in Christ, 118 Bishop Thoroughgood Drive, Virginia Beach, Virginia 23451, sponsored by the City of Virginia Beach Department of Health.



**Enjoy a short stack
for a TALL Cause.**

You're invited to an
Applebee's®
Flapjack Fundraiser Breakfast

to support
**Rehoboth Baptist Church
Youth Ministry**

Tickets Cost: \$10.00
November 7th, 2015 8am - 10am

Applebee's
1756 General Booth Boulevard
Virginia Beach, VA 23454
757-880-4861
evamaeh@cox.net



2nd Annual Justin Hunter 300 Turkey Giveaway

November 7, 2015 at 11:am in the front parking lot of New Jerusalem Church, 118 Bishop Thoroughgood Drive, Virginia Beach, Virginia 23451, that will directly benefit 300 families of Seatack. Includes direct hand delivery of turkeys to homes of our Seatack home-bound, senior citizens, elderly almost 100 years old and many (if no all) of our disabled citizens of Seatack! Please contact Seatack Community Civic League for further information at (757)575-8109.





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, November 2, 2015

6:30pm at Seatack Recreation Center

Join us Today!

Email: seatackcivic@gmail.com