



# The BAN Quarterly

**BAN SALUTES COMMUNITY**  
**VOLUNTEERS**  
**SPOTLIGHT ON...**

**Ann  
Dyches**

**Background:**

Ann Dyches was born in South Carolina and arrived in Brooklyn NY in the early 1950's. Later she returned to South Carolina to complete her education. During this time Ann experienced the segregation and racism of the Jim Crow South. However, Ann emphasizes the message from her family was, "There is nothing that you can't do. Don't let the ugliness and cruelty of racism stop you."

Upon graduation, Ann worked in varied positions, before coming to work for Verizon and she continued there for 35 years. In 2006, Ann retired. Her stated objective was to enjoy about 6 months of well deserved rest and relaxation. Yet, this was not in the cards.

**Community Involvement:**

Upon a friend's suggestion, Ann attended a Community Service Society meeting held at Queens Borough Hall. This was an event designed to welcome retired seniors to the world of volunteerism. (Disclosure—this was the occasion when my husband and I first met Ann Dyches although she lived only one block away from us). Here Ann learned about RSVP Retired Senior Volunteer Program and PRP, Prejudice Reduction Program.

For the next few years, Ann worked with a team of volunteers in several schools presenting the PRP curriculum which deals with overcoming prejudice based on race, ethnicity, age, disability etc. When this program was discontinued, Ann moved on to work in another program which focused on the educational needs of children. She came to volunteer at the African Center for Empowerment. Here children, ages 5 - 12, receive mentoring and homework help. The program is proving to be very successful as the children often move on to attend elite High Schools and colleges.

All this while Ms. Dyches has been working consistently and loyally in support of Briarwood Action Network (BAN) and the Briarwood Community. Ann served on the BAN Board of Directors and continues as an active member of the Membership Committee and can be counted on to do her part in publicizing BAN events. Routinely, she will be hitting the streets distributing hundreds of flyers, interacting with passers by and spreading the word about BAN plans and projects.

Always true to her commitment to children, Ann will be found actively working with young artists at BAN's It's My Park Day, where she assists with arts and crafts and at BAN's many community service activities for the children living at Briarwood Family Residence.

**Greatest Achievement:**

When asked about her greatest achievement, Ann replied "Obtaining a good education for my two children."

**Biggest Challenge:**

"Continuing to take good care of myself, to maintain my health and activity, as I age."

***(Continued on Page 2)***

## **BAN SALUTES COMMUNITY VOLUNTEERS SPOTLIGHT ON: ANN DYCHES**

***(Continued from Page 1)***

Greatest Inspiration:

Ann answered without hesitation, "My Grandparents - I remember my Grandpa going to the polls to vote and being asked some ridiculous question, impossible to answer, about counting marbles in a bowl, and going home having been denied the chance to vote." She explained she will never miss a chance to vote, knowing what her ancestors suffered in fighting for their civil rights.

**Sylvia Sherman  
Vice President  
Briarwood Action Network**

## **WHO IS YOUR HERO**

The day of September 11th has been designated as Patriot's Day, a National Day of Service and Remembrance. For BAN this is a call to action in line with our mission of community service. For 09/11/2015, BAN volunteers prepared a program for the children living at Briarwood Family Residence.

The theme was the Helpers and Heroes who served on that day in 2001 including the First Responders, medical personnel and the regular folks who did all they could, bringing blankets, water, donating blood etc.

We volunteers arrived at the Residence, supplies in hand and met the children who were ready for their afterschool activity. We addressed the assembled children, referred to the helpers of all kinds coming from everywhere, on that September 11th, 14 years ago. We asked the children to think about the important people whom they turn to for help in their own lives, whom they count on and to whom they go when times are tough. We suggested that these people can be considered their personal heroes.

The children readily responded, telling us all they had learned about 09/11. They were excited to share their stories of special people in their own lives. We distributed the art supplies, construction paper, markers, crayons, scissors, decorative hearts and flowers stickers.

Soon they were writing, drawing, pasting, asking for spelling help, creating their statements, pictures, cards of every design. The completed art work showed the children's feelings, passion, emotion. For some the hero was Spider Man, but more often the true hero turned out to be Mom, Grandma, Dad or Pop Pop (Grandpa). Upon completion, each child spoke about why and whom they had chosen.

One musically talented young lady offered to sing for us (after very gentle prodding). She flawlessly performed The Star Spangled Banner. Children, Staff, Volunteers united in applause.

We concluded by sharing sweet snacks and distributing many useful and greatly appreciated gifts.

For BAN volunteers and friends, it was time to say farewell for a while. We know we will be back to serve and enjoy time with these young Briarwood residents. We look forward to our return with more gifts, treats, lessons, support and friendship.

Once again I thought of how these BAN volunteers, friends and neighbors exemplify community spirit and are some of Briarwood's and my own special Heroes.

**Sylvia Sherman  
Vice President  
Briarwood Action Network**

Do you have a submission for the BAN Quarterly? We would love to hear from you!  
Go to the 'Newsletter' section of the website for submission guidelines.

**[WWW.BRIARWOODACTIONNETWORK.COM](http://WWW.BRIARWOODACTIONNETWORK.COM)**

## LEGGINGS

Everyone knows that leggings are sleek, slick, comfortable and oh-so-trendy. They come in a multitude of colors and styles. They look fantastic with short dresses, long tunics and long sweaters. Every female in New York must have at least four pairs in different styles and textures.

But, now I will tell you of my long time experience with leggings. And, by the way, we called them leggins, no 'g' in the word.

They came in one color --- navy blue. They came in one fabric --- reprocessed wool. They were heavy, thick and starchy because they had no linings. You pulled them on and stuffed your school dress down into them. You took them off when you got to school and put them on when you were ready to leave school.

Oh, did I forget to mention that these were only worn during the winter months.

Since parents were thrifty, you only got one pair to last you for two winters. The second winter you ended up looking like you were awaiting the Great Flood. If there was a particularly big growth spurt, the leggings ended up being six inches up from your ankle bone. Of course, there was no escaping the much-dreaded leggins and we were all doomed to look like morons from November to March.

Some very interesting things came about after my years of wearing leggins. I am unable to have any sort of wool garment touch any part of my body. If my coat is wool, my neck and wrist has to be covered with a scarf and a long sleeved sweater (artificial fibers, of course).

The days of leggins are all gone now and I move on with my leggings, ballet flats and whatever rationalities are deemed appropriate.

**Barbara Pramberger D'Ambrosio**  
**Board Member**  
**Briarwood Action Network**

## Briarwood Word Search

### Words List:

'Briarwood' 'BAN' 'Park Day' 'Manton'  
 'Hoover' 'Main Street' 'F Train' 'Van Wyck'  
 'Alba' 'Mall' 'Flagship' 'Queens'  
 'Borough' 'Construction' 'Community'  
 'Friendly' 'Hillside' 'Neighborhood'  
 'New York City' 'Library'

D P X Q P S U R Y C V I B C V E D I G L  
 P Y R Z T E E R T S N I A M I K T K O G  
 V G J L E A A W U R V W N N F D Z I H C  
 R O V O G M F F V P Z G D F T C K P N P  
 P N A L J Q U E E N S E H G R R K F A R  
 H R N G V X T B D P Q D V U A J X F Z L  
 U O W Y G Y D N E V X K V P I R N W N L  
 P O Y D O O H R O B H G I E N O F F S A  
 A B C O M M U N I T Y Y F A J Y A P I G  
 O L K U S G S D B I V P E I A R U F X P  
 Z D H A D I Y J J P I J Z Q Q A N R B K  
 G I D J K L E Z P I N Z J K O R H I J N  
 W J R P F I A O Q H K N G A B B O E I L  
 H Q O A A Q C O N S T R U C T I O N B Z  
 U A P R B O R O U G H H M A L L V D A Z  
 S O I K L G K R X A Q A Y E Q I E L S X  
 J T F D A U H I L L S I D E B W R Y I R  
 X I M A N T O N M F Y Y U Y X N N F T Y  
 X R O Y T I C K R O Y W E N X P T O Y L  
 L H F R B H N D O O W R A I R B K Y L T

### **Autumn Movement**

Carl Sandburg, 1878 - 1967

*I cried over beautiful things knowing no beautiful thing lasts.*

*The field of cornflower yellow is a scarf at the neck of the copper sunburned woman, the mother of the year, the taker of seeds.*

*The northwest wind comes and the yellow is torn full of holes, new beautiful things come in the first spit of snow on the northwest wind, and the old things go, not one lasts.*





BAN will soon begin collecting New, Unwrapped toys as part of our **4<sup>th</sup> Annual Toy Drive** to benefit the children of the Briarwood Family Residence, A non-profit organization providing temporary housing for over 90 families. Check our website often, or contact BAN for details on how to donate a toy and spread some cheer!



## ***Tips and Information – Fall Edition***

### **Halloween Safety**

- Kids should avoid trick-or-treating alone. Children should walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see trick-or-treaters.
- Examine all treats for choking hazards and tampering before eating. Limit the amount of treats eaten.
- Have children hold a flashlight while trick-or-treating to help them to see and help others see them.
- Pay Close Attention When Driving: Slow down and be alert in residential areas. Eliminate any distractions you might have and keep your eye on the road for any Halloween activity and trick-or-treaters.

### **Holiday Safety**

#### ***Kitchen Safety***

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food. Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit a candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

#### ***Travel Safely***

- Start out with a full tank of gas, check the tire air pressure and make sure the windshield fluid is full.
- Make frequent stops. During long trips, rotate drivers. If the driver is tired, stop and get some rest.
- Give one's full attention to the road. Avoid distractions such as cell phones.
- Observe speed limits – driving too fast or too slow can increase the chance of being in a collision.
- For people traveling by air, bus or train, the Red Cross reminds them that the seasonal flu can occur as early as October. Handle one's own belongings as much as possible. Wash hands often with soap and water. Carry hand sanitizer and anti-bacterial wipes and use them to wash hands or wipe down surfaces such as armrests.

***\*\*For all occasions, ALWAYS designate a sober driver and plan a way to safely get home at the end of the night if you plan on celebrating with alcohol. \*\****

### **Volunteering during Thanksgiving and the Holidays**

It's great to make time to volunteer during the holidays, but volunteers are needed all year round. If you cannot find a volunteer opportunity during the holidays, please consider supporting a nonprofit after the holidays or any time during the year. Some places to find service opportunities are:

**NYC Service ([www.nycservice.org](http://www.nycservice.org)), New York Cares ([www.newyorkcares.org](http://www.newyorkcares.org)), Corporation for National and Community Service ([www.nationalservice.gov](http://www.nationalservice.gov)) and, OF COURSE, Contact BAN if you'd like to volunteer with any of our activities anytime throughout the year!**

BAN continually strives, via emails, community meetings, and our website, to keep our neighbors informed. Check our website - **[WWW.BRIARWOODACTIONNETWORK.COM](http://WWW.BRIARWOODACTIONNETWORK.COM)** -, facebook page, and twitter feed -**@BriarwoodAction** - for neighborhood information. Please also use those forums to make us aware of any news. You can also email us at **[briarwoodactionnetwork@gmail.com](mailto:briarwoodactionnetwork@gmail.com)**. Or send mail to: **Briarwood Action Network**, PO Box 356068, Briarwood, NY 11435