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## ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

### OUR PLATE IS FULL

FPNA has a lot of activities scheduled for the next few months. Better get out your calendars or you'll forget (or maybe that's just me). First on the agenda is our bi-annual garage sale on June 9<sup>th</sup>. Bi-annual, that means every other year, so we may have accumulated enough stuff to make a respectable showing by now. Then comes a membership meeting to be hosted by Kelli Deere on June 30<sup>th</sup>, 6:00 p.m. at 156 Park Avenue. The block party follows on August 7<sup>th</sup>. Then there'll be a Fall membership meeting somewhere, followed by the annual Christmas party---my gosh, it's practically 2019 already, Where did the time go?

### YARD OF THE MONTH

Our first Yard of the Month for 2018 belongs to Tony and Cindy Lainson, 114 Park Ave. The photo (Page 12) was taken a few days ago but spring is advancing at a fast pace and more flowers are blooming now. The block retaining walls enclose a fine mix of spring and summer plantings. Soon the Stella d' Oro daylilies and hostas will be flowering, but the spectacular giant white blooms of the climbing clematis are vying for attention now. Watching over all are the whimsical birdhouses, too cute for birds to occupy, but maybe.

### THEY CAN'T PICK IT UP THEMSELVES

Dog poop. Always an ongoing problem it seems. Are dog owners aware that they can be fined up to \$750 for not picking up the deposits their dogs leave behind? With the advent of warmer weather, there are many folks who walk our hills for the exercise, and some of them bring their dogs along. Naturally, these people won't see this reminder. If you catch someone in the act of leaving behind doggie deposits that are just waiting for an unsuspecting foot to come in contact with it, don't be afraid to call their attention to it. You have the law and FPNA supporting you. Deposits from tiny dogs are just as offensive as those from larger canines because any amount of dog poop, large or small, spreads on the bottom of a shoe in the same way. Ugh!

### HERE'S SOMETHING YOU MIGHT NOT KNOW

If you are involved in a car accident resulting in a car that cannot be driven away, any car, you must stay there until the police arrive. Otherwise, they will ticket you for leaving the scene of an accident, as one of our neighbors recently discovered to her chagrin

# The President's Corner

By Michelle Mutchler-Burns

407 Glen Avenue

**S**pring has finally arrived and neighborhood activities are keeping us busy.

Since our last newsletter, we met at Lookout Point for our annual cleanup. About two dozen neighbors joined us to fill about 11 bags of trash and enjoy a Mad Ox Bakery donut or two. Prized items recovered in our trash pile were an artificial Christmas tree and a cat scratching post; congratulations to the Duitsman family on that score!

We met at 150 Park Avenue on for a Friday evening meeting (thanks Dave and Marie). Topics of discussion included the ConAgra quest to develop their property on the north border of their campus; to be clear, it's the green space on Ninth Avenue, between 3rd Street and Bluff Street. Neighboring residents have some clear opinions on what they would like to see done with that space and the City Council is still debating its future.

We met members of Central Christian Church's SeverFest team at our Pollination Garden on the morning of May 12th. We supplied the donuts and added a band of mulch to the front of the garden. This will keep the plantings off the sidewalk and make watering that basket easier. This will be year two for the Pollination Garden and we have learned that it takes about 3 years to well-establish. We plan to add some bee and butterfly houses for resting places and to welcome our pollinators. When that project was complete, we put up the 15 flower baskets. We welcome neighbors who proudly display a pole in their yard to water the basket; you can't overwater, as they have a reservoir in the bottom and any excess will just run out.

On the 15th, neighborhood residents met at the Glen Avenue Pumping Station with trash bags in hand and picked up trash from the streets and right-of-ways. They managed to fill nearly 6 bags! This was held in conjunction with Celebrate CB's Clean Sweep event.

Wanted!!!! the best yard in the neighborhood to display our "Lawn of the Month" sign. Don't be surprised to find a sign in your yard to let everyone know that you've

earned this honor. And don't forget, we're always looking for ideas and projects to make our neighborhood the best in Council Bluffs.

Mark your calendars! Our next event is the neighborhood Garage Sale and famous Bake Sale to be held Saturday, June 9th., from 8-3. Please contact Kyle (see the flyer in this newsletter) for additional information. Registered participants will receive a yard sign and be listed in our advertising. We need donations for the Bake Sale as well. Even if you don't bake, consider donating bottled water, juice or soda and maybe fruit or purchased baked goods. Perishable items may be dropped off at 407 Glen Avenue the morning of the sale. Beverage donations are welcome any time and may be dropped off at 332 Glen Avenue as well. We ask that participants consider donating a small portion of their profits to help cover our advertising costs.

And finally, our Block Party, in conjunction with National Night Out will be held on August 7. The neighborhood will provide fried chicken, table service and beverages and we ask that neighbors bring the sides. There will be entertainment, games and fun for all! Like last year, we plan to block off High School Avenue between Park and Glen Avenues.

Happy Spring! Michelle

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**"Wake at dawn  
with a winged  
heart and give  
thanks for  
another day of  
loving"  
Kahlil Gibran**

# MASON BEES WHAT ARE THEY

By Sharon Babbitt

200 Park Avenue

**M**ason bees don't make honey, but their pollinating skills are tremendous. Just 250-300 females can pollinate an entire acre of apples or cherries.

They are nonaggressive, tunnel nesting, solitary bees. Every female is a "queen" who lays eggs and raises offspring on her own—a sort of Wonder Woman of the bee world if you will.

Their pollen gathering and egg laying work is done during the early spring months, pollinating flowers, bushes and fruit trees at a fast pace during their 4-week life span.

They can be lured to our gardens by providing specially made nesting boxes (not hives) near tempting flora. These boxes contain carefully measured holes, mimicking "caves" where the females build their nests, lay their eggs, and provide the nectar necessary to nurture their young.

Two of these boxes can be seen in the front and back yard of Rob and Georgie Hoag, 242 Park Ave., near their organic gardens.

So, if FPNA could provide even one nesting box in our pollination garden, we would be advancing our goal of becoming environmentally friendly, but think how exciting it would be if we provided such structures in your gardens, too! Nothing to fear from the Mason bees and everything to gain for the environment.

More detailed information on Mason bees, their habits and nesting requirements can be found on the internet.





# LOOK OUT POINT CLEAN UP 2018



Photos by Kyle Muschall



# POLLINATION GARDEN 2018



Photos by Kyle Muschall



# HANGING FLOWER BASKETS 2018



Photos by Kyle Muschall



# FAIRMOUNT PARK NEIGHBORHOOD 2018

garage  
sale JUNE 9<sup>th</sup>  
8am - 3pm

We would like to invite everyone in the neighborhood to participate. We will be placing ads in the local newspapers throughout the metro area, on the web, in social media and will have ample sinage/flyes/maps to get the word out. All the folks from 2016 commented on how wildly successful their garage sale was and how wonderful it was to see the neighborhood so active. If you are interested in making some walking around money please contact:

Kyle Muschall  
kmuschall@cox.net  
712-323-4047

# DROWNING DOESN'T LOOK LIKE DROWNING

Submitted by Becky Coleman

400 Glen Avenue

**A**s a Safety professional, I see, teach, train, and share everything from Advanced Hazardous Location to Fall Protection, Confined Space to literally hundreds of Safety Alerts and Tool Box Talks. I want to share the following article "Drowning Doesn't Look Like Drowning". from Mario Vittone with everyone I know. It is one of the best articles I have EVER run into. It is outstanding. Please consider sharing as this is related to summer safety. Wishing everyone in the neighborhood a safe and happy summer. - Becky Coleman

As one of the first things I ever wrote for publication was a short article about drowning recognition for a Coast Guard magazine. Summer is coming, folks, and I think the short article below is the most valuable thing I've put together, ever. - Mario Vittone

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim and headed straight for a couple who were swimming between their anchored sport fish and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other, and she had screamed, but now they were just standing neck-deep on a sandbar. "We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard toward him. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears and screamed, "Daddy!"

How did this captain know — from 50 feet away — what the father couldn't recognize from just 10? Drowning is not the violent, splashing call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, learned what drowning looks like by watching television.

If you spend time on or near the water, then you should make sure that you and your crew know what to look for when people enter the water. Until she cried a tearful, "Daddy," the owner's daughter hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing and yelling that dramatic conditioning (television) prepares us to look for is rarely seen.

The Instinctive Drowning Response, so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect it to. When someone is drowning there is very little splashing, and no waving or yelling or calling for help of any kind. To get an idea of just how quiet and un-dramatic drowning can be, consider this: It is the number two cause of accidental death in children age 15 and under (just behind vehicle accidents). Of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In 10 percent of those drowning's, the adult will actually watch them do it, having no idea it is happening, in real life. Drowning does not look like drowning. Dr. Pia, in an article he wrote for the Coast Guard's On Scene magazine, described the instinctive drowning response like this:

Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is a secondary or overlaid function. Breathing must be fulfilled before speech occurs.

Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.



# DROWNING DOESN'T LOOK LIKE DROWNING

Submitted by Becky Coleman

400 GLen Avenue

Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.

Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer or reaching out for a piece of rescue equipment.

From beginning to end of the Instinctive Drowning Response, people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

This doesn't mean that a person who is yelling for help and thrashing isn't in real trouble — they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long, but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, reach for throw rings, etc.

Look for these other signs of drowning when persons are in the water:

Head low in the water, mouth at water level

Head tilted back with mouth open

Eyes glassy and empty, unable to focus

Eyes closed

Hair over forehead or eyes

Not using legs

Hyperventilating or gasping

Trying to swim in a particular direction but not making headway

Trying to roll over onto the back

Appears to be climbing an invisible ladder

So, if a crewmember falls overboard and everything looks okay, don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look as if they're drowning. They may just look as if they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you alright?" If they can answer at all, they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents — children playing in the water make noise. When they get quiet, you need to get to them and find out why.





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By Sharon Babbitt

200 Park Avenue

Continued From Pg.1

## WE PAID OUR DUES

Our annual dues remain \$20/year for single or family membership. The following folks paid their dues after the annual meeting, and we thank them. If you haven't yet paid yours, please remit to our Treasurer, Dave Huggins, 150 Park Ave. Checks should be made payable to FPNA.

Harold Beck  
WillReger/Elizabeth Hostetter

Shari and Mark Hansen  
Elizabeth and Ryan Pozzi (new members)

Betty McKee

## BATS AND WHY WE LOVE THEM

By Sharon Babbitt

200 Park Avenue

Our neighborhood, with its close proximity to Fairmount Park and its wild life, is poised to be one of the important environmentally friendly areas in our City. Our pollination garden is our first step, which over time will provide sustenance to bees and butterflies, but let's expand our horizons a bit to also include the shelter requirements of these creatures. This can include housing structures for butterflies and Mason bees (not honey bees but pollinators nevertheless), and, yes, bats.

The following information is taken from an excellent on-line publication by the Pennsylvania State Extension (<https://extension.psu.edu/a-homeowners-guide-to-northeastern-bats-and-bat-problems>). It deals specifically with little brown bats, and this is the type we have in our area. Recommended reading for all things bat related.

No other mammals in America are as misunderstood as bats. Many people think they are vicious animals that carry diseases and get tangled in hair, while others think they are cuddly animals that need only our love and understanding—misguided on both counts. Bats make good neighbors. They are the only major predators of night flying insects. A single bat can consume as many as 500 insects in just one hour, or nearly 3,000 every night. A colony of just 100 little brown bats can consume more than a quarter of a million mosquitoes and other small insects each night.

Baby bats are called pups. Female bats may only have one or two pups per year. To offset this, bats in the wild can live four to six years. Female bats raise their young in a sheltered place called a nursery, and can sometimes be located in, yes, our warm attics.

The above-referenced website explains in detail how to remove bats who have nested in our homes, a complicated but necessary process as bats are a protected species and must not be killed.

FPNA is considering the construction and placement of environmentally friendly bat houses in our neighborhood. While these bat houses won't prevent bats from entering our homes (only sealing up entry holes can do that) they will provide bats with a much needed resting place during the day after all the work they are doing at night. An enjoyable, mosquito-free evening spent outdoors can be credited, in part, to our little brown bat friends, working hard to gobble up those annoying pests.

Every bat's motto is, or should be, "we don't have to be pretty to be useful."



# FPNA BOARD MEETING MINUTES

By Marylin Abbott

314 Park Avenue

The Spring Fairmount Park Neighborhood Association Board Meeting was held on March 8, 2018, at 6:30 P.M. at the home of Greg and Vicki Myers. After a tour of their lovely home, checking out their beautiful new addition, and filling plates with refreshments (Thank you, Greg and Vicki!), the meeting got underway at 6:40 P.M. All board members were present.

## Items discussed:

1. Look Out Point Cleanup: The cleanup will be held April 14th beginning at 9:00 AM; the rain date will be April 21st at 9:00 A.M. The association will provide donuts, water bottles and juice, napkins, and trash bags. Sheri will get the beverages, and the donuts will come from Mad Ox Bakery. Residents are asked to bring their own gloves.

2. Council Bluffs Pride Parade/Clean Sweep: The Pride Parade will be Saturday, May 19th. Clean Sweep will be Tuesday, May 15th. FPNA residents will be asked to meet at 5:30 P.M. on the 15th at the Water House. We are asked to bring trash bags and gloves as we canvass our neighborhood to pick up trash on the streets. There will be a cookout at Bayliss Park (Sorry, need date and time here.)

3. Garage Sale/Bake Sale: Saturday, June 9th from 8:00-3:00 (no rain date) Michelle will call the city the week before to request street sweeping.

4. Spring Membership Meeting: Tentatively scheduled for Friday, April 27th, at the home of Dave and Marie Huggins (150 Park Ave) at 7:00 P.M. There will be wine and beer. We will be mailing out our next newsletter, and the newsletter and membership meeting will coalesce to form our membership drive.

5. Neighbors' Night Out: There was much discussion surrounding the success of this previous event last summer and the desire to hold another one this year. The date for the event will be August 7th (starting time yet to be determined). We would like to see the event held again on High School Ave. between Park and Glen. Only four houses are required to sign off on permission for holding a block party there, and it seems to be a central location.

We will look into asking 712 if they will sponsor the event. This would save us some costs associated with insurance and barricades. Michelle will speak with Sheryl Garst, CEO of 712, regarding their participation. Other items discussed were potluck (neighbors bring a side or dessert dish); vendors; water balloons and organized games for kids; tents; folding chairs and tables; music (Toni has musical talent she will share!); permit for the event; noise variance; and insurance.

6. Neighborhood Picnic: Because of the low turnout at the last neighborhood picnic and because of the success of the block party, it was decided not to have a neighborhood picnic this year and instead focus our efforts on another successful block party.

7. Michelle reminded us of Neighborhood Leadership Seminar opportunities coming up. Tuesday, April 3rd, at 6:30 P.M. "Neighborhood Leadership Academy" by Christian Grey at the 712 Building Tuesday, May 1st, will focus on grant writing Tuesday, June 5th, will be about neighborhood revitalization

8. Flower Baskets: Michelle will purchase the flowers/plants and plant the flower baskets. We will have them up by Mother's Day. Marilyn volunteered to help Michelle water the flower baskets over the summer.





## MAY Yard of the Month



114 Park Avenue Tony and Cindy Lainson

Photo by Kelli Deere

## Memorial Day BBQ Chicken

by Kyle Muschall 332 Glen Avenue

1/2 cup Worcestershire sauce  
1 tsp. Cajun seasoning  
1 tsp. garlic powder

2 1/2 tblsp. brown sugar  
1 1/2 tblsp. ketchup  
6 skinless, boneless chicken breast halves

- In a large bowl, blend the Worcestershire sauce, Cajun seasoning, garlic powder, brown sugar, and ketchup.
- Place the chicken in the bowl, and coat thoroughly with the sauce mixture.
- Cover, and refrigerate 8 hours or overnight.
- Heat an outdoor grill for medium heat, and lightly oil grate.
- Discard the marinade, and grill chicken 6 to 8 minutes per side on the prepared grill, or until no longer pink and juice run clear.



# THE Fairmount Press

The Newspaper of the Fairmount Park Neighborhood Association

332 Glen Avenue Council Bluffs, Iowa 51503  
[www.fairmountparkna.org](http://www.fairmountparkna.org)

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## Have an Opinion? Please Share!

We welcome any submission from a member that constructively furthers a topic of current public interest. Of course, opinions expressed are not necessarily those of the Association or its membership. Please Contact the Editor:

Kyle Muschall : [kmuschall@cox.net](mailto:kmuschall@cox.net)

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THE 7<sup>th</sup> 2<sup>nd</sup> INITIATIVE



**Yes!** I want to be an active member of the Fairmount Park Neighborhood Association. Please find enclosed a check for annual dues in the amount of \$20.00 per household.

My Name and Spouse's/Significant Other's Name: \_\_\_\_\_

Children's Names and Ages: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Numer: \_\_\_\_\_ Email Address: \_\_\_\_\_

**Remit to:** Dave Huggins, Treasurer, 150 Park Avenue Council Bluffs, Iowa 51503



**Yes!** I want to purchase a Fairmount Park Neighborhood Association banner.

Please find enclosed a check for the Banner fee of \$12.00

(Or additional amounts of \_\_\_\_\_ for additional banners totaling \_\_\_\_\_.)

You must be a paid member to purchase a banner

My Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Numer: \_\_\_\_\_ Email Address: \_\_\_\_\_

**Remit to:** Kyle Muschall, President, 332 Glen Avenue Council Bluffs, Iowa 51503 or

Dave Huggins, Treasurer, 150 Park Avenue Council Bluffs, Iowa 51503