

Around the Bend

"The File of Life"

"The File of Life" is a program managed by the Leon Springs Fire Department . This program had been around for many years, but then it went quiet as there was no one to run it. The program has recently been reinstated by a young paramedic, Katie Robinett. This program will assist you in preparing a document containing all the information EMS personnel will need, if they are called to your residence. Katie will come to your home and help you construct a file that goes on the side of the refrigerator. That file has all the info paramedics need when they come to your house for an emergency; medical issues, medications, allergies, pacemaker, diabetic, insurance info., hospital preference. The info can also be put in the fire department's data base, if a person wants it there. This is helpful if you are out in the Leon Springs area and have an emergency issue. They can look up your information to see what medical issues you may have. She will even perform an EKG to provide a baseline. Give her a call at 210-827-5178 , krobinett@bcesd4fr.org



CBHOA Board Nominations

The CBHOA Board, as a totally voluntary organization, consists of Country Bend residents, your friends and neighbors. The most important function of the Board is to establish and implement a budget. The Board identifies activities / events projected for the next year and related costs. Normal activities / events are the annual picnic, annual yard sale, maintenance of the entrances to include the upkeep of the decorative fences, lawn and tree maintenance, and the web site. It is the responsibility of the Board to maintain committees to keep the residents informed, new residents welcomed and to encourage neighborly activities such as game days, book clubs, etc..

The Board meets when needed, about once a month except during the summer. The meetings last about one to two hours and topics are often coordinated by email. Any organization will benefit by new members that bring new ideas and recommendations to it. Therefore, if you haven't been a member of the Board or haven't served in quite a while, please consider becoming a nominee. Who knows, you may get elected and find out its a great way to meet neighbors and to have an hour of social enjoyment. **E-mail CBNews@GVTC.com to volunteer.**

Fireworks Safety

- Always have water ready if you are shooting fireworks.
- Teach children not to wave sparklers, or run, while holding sparklers.
- Sparkler wire and stick remain hot long after the flame has gone out. Be sure to drop spent sparklers in a bucket of water.
- Parents should not allow young children to handle or use fireworks.
- Know your fireworks. Read the caution label before igniting.
- Wear safety glasses whenever using fireworks.
- Never relight a “dud” firework. Wait 20 minutes and then soak it in a bucket of water.
- Soak spent fireworks with water before placing them in an outdoor garbage can.

Thoughts for Today

*Most people are about as happy
as they make up their minds to be.*

(Abraham Lincoln)

*Friendship is the golden thread
that ties the heart of all the world.*

(John Evelyn)

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