

NEWSLETTER

HOA Annual Meeting

The Annual Meeting of the Brookeville Farms Homeowners will be held on Thursday, February 24 at 7:00 PM at the Community Room in the Buffington/ReMax Building in Olney. There will be four openings on the Board of Directors to be filled. It is important for the future of the community that these positions be filled. Without your participation, the Board may be forced to hire a management firm. This will force an increase in HOA dues. If you would like to help, please plan to attend. ❖

HOA Board Meetings

Regular Board of Directors meetings are held from 7:00PM to 9:00PM on the following dates: Thursday, April 14 (Sands residence); Tuesday, June 14 (Stine residence); Wednesday, September 14 (O'Loughlin residence); and Thursday, November 17 (Schmidt residence). All homeowners are welcome to attend. ❖

HOA Web Site

The Brookeville Farms HOA web site is located at <http://www.bfmdhoa.org/>. This site includes information pertaining to the HOA such as ARC forms, minutes from previous board meetings, current and previous newsletters, as well as contact information for board members. ❖

Architectural Review Committee

Homeowners are reminded that except for the purposes of proper maintenance and repair, no building or improvements may be made to any structure without prior consent of the Architectural Review Committee (ARC). An application form may be found on the HOA web site (<http://www.bfmdhoa.org/>). ❖

Burglary in Brookeville Farms

A residential burglary occurred in the 20500 block of Riggs Hill Way on Wednesday, December 22 between 1:30 p.m. and 5:30 p.m. Entry was forced and property was taken. Four similar robberies occurred that day. All the houses were in neighborhoods adjacent to Georgia Avenue. The

first took place in Olney. The thieves then worked their way northward. All incidents were similar – outside wires cut (phone, cable, and any other wires); outside lights and electrical outlets were shorted out; forced entry through the front door; ransacked the bedroom looking for jewelry and cash; rest of the house was relatively undisturbed. The estimated time in each house was about 3-5 minutes.

One owner advised not to keep anything of value in your dresser or nightstand, especially your underwear drawer!

Cold Weather Safety Tips

Each year, many residents are injured during the winter months from pedestrian accidents and from exposure in cold water. Skaters fall through the ice, boaters and canoeists overturn their crafts, and pedestrians are struck walking in roadways because sidewalks are snow covered.

Here are a few guidelines for use by winter recreation enthusiasts to lessen their chances for an icy dip or worse. It's impossible to judge the strength of ice by its appearance, thickness, daily temperature, or snow cover alone. Ice strength is also dependent on water depth under the ice, the size of the water and water chemistry, currents, and distribution of the load on the ice.

THE ONLY "SAFE" ICE IS AT A SKATING ARENA!

What to do if someone falls through the ice?

- Act quickly and call 9-1-1 for help immediately. Make sure properly trained and equipped rescue personnel are alerted to respond.
- DO NOT go out onto the ice. Many times would-be rescuers become victims themselves.
- Reach, Throw, or Row. Extend a branch, pole, or ladder to the victim. Throw them a buoyant object, such as a life ring or float tied to a rope. If a boat is nearby, row out to the victim or push it toward them.

How cold is cold water?

- Any water that is cooler than normal body temperature (98.6 degrees F) is by definition "cold water".
- Cold water drains away body heat 25 to 30 times faster than air!
- The lower the temperature of the water, the faster the onset of hypothermia.

What is hypothermia?

Hypothermia is the excessive lowering of body temperature. A drop in core temperature below 95 degrees F, causes shivering, confusion, loss of muscle strength, and, if not treated and reversed, leads to unconsciousness and death.

Safety experts estimate that half of all drowning victims die from the fatal effects of hypothermia and cold water, not the fatal effects from water filled lungs.

Pedestrian safety

- Slippery driveways and sidewalks can be particularly hazardous in the winter. Keep them well shoveled, and apply materials such as rock salt or sand to improve traction.
- Be especially careful crossing the street and wear appropriate shoes and brightly colored (not white) clothing while walking in snowy conditions.
- Use reflective clothing or stickers for maximum protection, especially at dawn and dusk. ❖

Succeed In The New Year With The Right Goals

Is this the year you're going to lose that weight, finish that novel, or get that promotion? It can be. January is the perfect time to re-examine and renew your goals. Here's how get on track and stay there:

- Explore your motivation. How will achieving your goal make you happy, or satisfy your needs? Dig deep. A promotion may mean more money, but what does that do for you? Other related rewards may provide greater motivation to succeed.
- Know what you really want. Don't assume that losing weight will change your personality or make you magnetically attractive to the opposite sex. Be realistic about the pros and cons of getting what you think you want so you won't be disappointed.
- Focus on just one factor. Instead of a complete makeover, try to improve in one area at a time. Give

yourself enough time to make real, sustainable progress. You may not be able to change your personality overnight, for example, but you can become a better listener over time. Then move on to something else.

- Hang out with the right people. Make connections with people who support your goals, but challenge you to do more. Or who offer new insights and perspectives. You need to have inspiring people around you.
- Take risks. Don't stay in your comfort zone. If your goals are really worthwhile, you'll need to push yourself to try new things. Accept that you're going to feel uncomfortable, at least in the beginning, but get into the habit of challenging yourself.
- Take charge of your life. You don't have to do what you've always done, or what everyone else expects. Think about what you really want to achieve, and why. Question your assumptions. You don't have to necessarily reject everything in your life, but start with what's really important to you and go from there. ❖

Don't Get SAD During The Winter Season

The skies turn gray, days are shorter, cold weather sends us indoors – for most people, the winter months are a long slog, but a manageable one. For some people, though, it's a different story. Seasonal Affective Disorder (SAD), a form of depression that typically begins in the fall and lasts until spring, may affect up to 5 percent of American adults. Though many of us suffer from some form of "winter blues," the symptoms of SAD are deeper and more serious. They include:

- Depression, including feelings of sadness, anxiety, or irritability
- Fatigue and a need to sleep more than usual
- Weight gain
- Increased appetite, particularly for carbohydrates, like pasta and bread
- Loss of interest in familiar activities
- Difficulty with concentration and processing information

Because SAD is associated with diminished sunlight during the fall and winter, therapy includes treatment with bright light. Patients sit in front of a light-emitting box for a half-hour or so, usually in the morning. Antidepressants and counseling are also used to help sufferers control their symptoms.

For more information, see Dr. Norman Rosenthal's book *Winter Blues* (Guilford Press), which is recognized as the definitive work on the subject.

Babysitting List

Maggie Craig (age 16) 301-260-2847

Chezley Polk (age 16) 301-924-1908

Justin Stine (age 15) 301-570-4261

To be included in the next newsletter, please send the names of others interested in babysitting to David Sager at davids4001@gmail.com. ❖