

# NEWSLETTER

## HOA Board Meetings

Regular Board of Directors meetings are held from 7:00PM to 9:00PM on the following dates: Tuesday, April 5; Tuesday, June 7; Tuesday, September 6; and Tuesday, November 10. Until the coronavirus crisis is over, these meetings will be held via teleconference. Contact the HOA president for access information. All homeowners are welcome to attend. ❖

## Accomplishments for 2021

At the February Annual Meeting, a summary of the major accomplishments for the past year were presented. They are outlined below:

### Architectural Committee

- Projects approved: 1 screened-in porch, 2 decks.

### Landscaping Committee

- Hemlocks were planted on Lot #1 to replace trees and shrubs that were lost.
- Improved landscaping was made to the West entrance. Thirteen cherry laurels replaced the bushes on the North side. Six boxwoods were planted on the South side.

### Communication Committee

- Six HOA newsletters were published and distributed by email.
- A richer Brookeville Farms Welcome Package for new homeowners was created. It contains:
  - Welcome letter
  - New Neighbor Profile letter (two new neighbors are highlight in the September newsletter)
  - Montgomery County Noise Control
  - Montgomery County Emergency Alert System
  - Montgomery County Recycling Basics
  - Montgomery County - Reduce the Risk for Trash Fires
  - Montgomery County - Don't Dump. Donate
  - Brookeville Farms Notepad
- Welcome packages were sent to three new homeowners.
- The HOA web site was kept up to date.

Other

- B&B Refuse was selected as our new trash service provider.
- Three pet waste stations were installed by the County along Bordly Drive.
- CCOC annual survey completed. ❖

## Dog Waste

The Montgomery County Department of Environmental Protection (DEP) installed three pet waste stations in common areas of our community. The DEP sends reports summarizing the results of the collection effort. Here are the latest results.

Month	Pounds
1 June 2021	62.1
2 July 2021	50.9
3 August 2021	49.3
4 September 2021	77
5 October 2021	41.8
6 November 2021	23.7
7 December 2021	26.2
8 January 2022	19.5
9 February 2022	
10 March 2022	
11 April 2022	
12 May 2022	
13 June 2022	
<b>Total</b>	<b>350.5</b>

### Waste collected by month

#### Totals by station

Station 1 (West): 72.4 pounds  
 Station 2 (Mid): 122.7 pounds  
 Station 3 (East): 155.4 pounds  
 Total: 350.5 pounds ❖

## Do These Things Now to Prep for Your Spring Garden

Occasional warm days in February are a teaser for spring. You can get started on some of your spring gardening tasks right now.

### Mark your calendar

The exact dates to plant, harvest, and do other gardening chores will vary according to your local climate. That means you should look up your area's USDA plant hardiness zone if you don't know it already. Higher numbers are warmer:

Northern Minnesota is zone 3, and the southern tip of Florida is zone 11. Then look up your zone—or, better yet, check with your local university's cooperative extension—to find out what you can plant when. At the very least, mark your calendar with the date that you can expect the last frost of the season. Many plants shouldn't be planted outdoors until after the danger of frost has passed.

Look up the plants you'd like to grow—the specific varieties, like “Scarlet Nantes,” not just “carrots”—and see how many days they require to germinate and from planting to harvest. Work backwards to figure out what you'll need to plant when.

### Take inventory

Consider what you'd like to grow this year, and figure out whether you have all the supplies and equipment you'll need. What seeds and seedlings will you need to buy? Do you need to replace any tools? Rent a rototiller? Stock up on fertilizer and mulch?

### Start your tomato seedlings

Work backwards from your planting dates for tomatoes, peppers, and other warm-weather crops to figure out when you can start planting seeds indoors. Some plants grow well from seeds plopped in the ground in May (like squash and beans), but others (like tomatoes) really benefit from getting an early start indoors so they'll be big and healthy when planting time rolls around. The colder your climate, the shorter your outdoor growing season, so northern gardeners tend to start more seeds indoors than people in warmer southern climates.

### Prep your garden beds

You can start getting your hands dirty as soon as the ground can be worked, which usually also means the snow has melted and you're only expecting light flurries and frosts from then on.

As soon as you can, get out there and pull up any dead plants, weeds, and leftover stakes or cages. The next step, once you can get a shovel into the ground, is to prepare the soil with any fertilizers or amendments you might need, and set up any new planters or beds. Now is also a good time to get a soil test (at your local extension or by using an at-home test kit) if you aren't sure what, if anything, you'll need to add to the soil.

### Plant early-season crops

This is the fun part, and one that many folks overlook. While you may need to wait a few months to plant your warm-weather crops, plenty of vegetables love cold weather and can be planted as soon as the ground can be worked.

Lettuce is one of these, and it gives nearly instant gratification, since you can start enjoying baby lettuce in just a few weeks. Carrots, radishes, spinach, potatoes, and peas can go into the ground now or very soon, and you'll be able to eat a whole homegrown salad before your neighbors have even gotten their tomatoes in the ground.

(Source: [lifehacker.com](http://lifehacker.com)) ❖

## **Suggestions for Healthy Eating**

Eat this, or not? We are bombarded with information on healthy eating, but what's for dinner, NOW? It's a process beyond fast food and ready made foods we have on speed dial or an app. Start by getting a health assessment from your doctor. Your prescribed diet depends on your age, any current health issues, or those that can jump up and bite you down the road. Your doctor can advise you on the best strategy for your needs. So let's get real and get some ideas for a healthy life. If your doctor says you must limit carbs due to pre-diabetes or onset diabetes, then your doctor may recommend a Keto or Atkins type of diet. Look carefully at the carb count on food, such as fruits, yogurt, cereal, etc. Here is also some “food for thought” to get the proper vitamins, fiber, and healthy fats to make you “unstoppable”.

Add healthy fats, within your carb allowance. Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart. Good sources of fat include olive oil, nuts, seeds, certain types of fish, and avocados. Avocados are full of healthy fats. Top a salad or try some avocado in your morning smoothie. Or, try this: Top lean meats with sliced avocado, or try some avocado in your morning smoothie. Sprinkle nuts or seeds (like slivered almonds or pumpkin seeds) on soups or salads. Add a fish with healthy fats, like salmon or tuna, into your meals twice a week. Swap processed oils (like canola or soybean oil) for oils that are cold-pressed, like extra-virgin olive oil and sesame oil.

Cut the sodium, which can increase blood pressure. This raises the risk for heart disease and stroke. About 90% of Americans 2 years old or older consume too much sodium. For most people ages 14 years and older, sodium should not exceed 2,300 mg a day. Avoid processed and prepackaged food, which can be full of hidden sodium. Make sure to check the actual sodium count on foods purchased.

Bump up your fiber. Fiber in your diet not only keeps you regular, it also helps you feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber. Slice up raw veggies and keep them in to-go baggies to use as quick snacks. Start your day off with a high-fiber breakfast like whole grain oatmeal sprinkled with pecans or macadamia nuts. Steam veggies rather than boiling them. When buying frozen veggies, look for ones that have been “flash frozen.” Add half a cup of beans or peas to your salad to add fiber, texture, and flavor. Are you eating healthy to help you get to a healthy weight? Aim for a variety of colors on your plate. Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.

(Source: CDC.gov) ❖

## Helping a Dog You Find On the Street

As a dog lover, you’ve no doubt experienced that tug on your heart — and your conscience — when you’ve spotted a dog roaming the streets, running around a parking lot, or wandering alongside a busy strip mall. But perhaps you’ve kept walking or driven by because a) there was too much traffic to stop and get to the dog before it moved on; b) you were afraid the dog would be aggressive and bite; or c) you didn’t really know how you could help, even if you could coax the animal to come to you.

You don’t have to waffle between your conscience and your actions anymore. With the right strategy in place, you’re in a good position to help a homeless dog you encounter. And by “help” we don’t just mean feeding an animal and moving it away from traffic. Each year, more than 600,000 dogs brought to shelters as strays are returned to their owners, reports the American Society for the Prevention of Cruelty to Animals (ASPCA). Many more are adopted into new homes. And lots of dogs found on the street never even have to reach a shelter. They are wearing ID tags and have dispositions calm enough for a stranger to gain their trust and return them to their human family without using a shelter or animal rescue as a go-between.

Here’s what you need to know to effectively get a dog off the street and give him a chance to be reunited with the people who have always taken care of him — or be matched with new people who will love him for the rest of his life.

To always be at the ready, keep the following in your car:

- A tasty, easy-to-smell treat like dried liver to lure a dog to you and perhaps win his trust.
- An animal first-aid kit in case the dog is injured.
- Bottled water and a bowl to put it in.
- A blanket for warming or for the dog to rest on.
- An extra leash and collar.

Also be prepared to call the animal control officer or the police station — or the local shelter — of the area in which you find the dog. These things are quick and easy to find on your cell phone.

Never, ever chase the dog. That will only send a potentially scared dog in the opposite direction, and a dog can definitely outrun you. Even a small one can run about 15 miles an hour. Instead, try to coax the animal to come to you. Some dogs will come readily. For others, you may have to put the water in the bowl, toss the treat, and take it from there. Make soft clicking or kissing noises so the dog knows you come in peace. Also, avoid making direct eye contact, and don’t move in a hurried fashion.

It’s best if your reassuring manner coaxes the dog to come to you rather than the other way around. That means you’ve earned a modicum of trust, and he might be more cooperative. You’ll be able to get near his neck so you can tug a bit on his collar and read his identifying information.

In the best-case scenario, the dog will hop in your car and you can take him back to the address on his collar or to the local shelter (where a microchip might be found beneath his skin with all his contact information). But if you’re not able to convince the dog to jump into your vehicle, or if you have any sense that his fear or disorientation will make him aggressive and possibly bite you, it’s best not to get too close. Instead, call one of the resources recommended above. Then keep an eye on the dog as best you can until a properly trained official arrives.

Bear in mind that if you’ve parked your car at a busy intersection or perhaps by the side of a highway (homeless dogs do not necessarily pick convenient spots), you should have your hazard lights blinking the whole time so other drivers know you are staying put. You don’t want your efforts to save a dog to cause an accident.

### Is the dog stray or feral?

A stray dog is one who had a home but got away or was abandoned. Either way, he knows what it is like to be with people but has “strayed away.” A feral dog, on the other hand, is unsocialized to people (and might be more apt not to trust people as well as to lack vaccinations against organisms that can cause serious diseases). There are not that many feral dogs in the U.S.. Feral is more of a cat thing. ❖