

Catrine Fredrikson

From: Deercreek Owners Association [donofrio12@aol.com]
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To: ~~catrine@catrine.com~~
Subject: January 2010 Newsletter



Newsletter December 2010

Deercreek Owners Association
 Volume XIV Issue 1

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 October Board Meeting
 Highlights



EVENTS

DCCOA
 January 7,
 Thursday
 7 PM-ARB

January 13,
 Wednesday
 6 PM-Access Control

January 13,



Home and Garden Club

On December 10 members gathered at the club for their annual Holiday Brunch. The large tree in the foyer and festive holiday decorations all added to the spirit of the season. Fifty members and friends enjoyed a social hour and "thank you" buffet for all the volunteer luminary sales captains.

The next highlight of December was luminary night itself. Funds raised from luminary sales are spent throughout the year on projects that enhance our community, including purchasing a new deer, decorating the gatehouse for the holidays and maintaining the window boxes, lighting up the magnolias, and, recently, enhancing mailbox areas with pavers and adding benches throughout Deercreek. The Garden Club is always contributing to plantings throughout the community and continues to seek other projects that can benefit from its involvement.

The next Garden Club meeting will be on January 28 at 1 PM. Lucy Buckner, Life and Wellness Coach and author of "Health Tips by Lucy" on the Deercreek website, will speak on "How Your Health Can Blossom and Thrive." Plan to be there and find out how to get your New Year off to a good start health-wise.

If you are not a member of the Home and Garden Club, but the programs sound interesting, please join us for a meeting. Membership is only \$15.00 annually. Membership Chair Mary Lou

Wednesday
7 PM-Common
Property

January 20,
Wednesday
7PM-
Communications

January 21,
Thursday
6:15 PM-Covenants
Enforcement

January 21,
Thursday
Finance

January 28,
Thursday
7 PM-DCCOA Board

EDGEWATER
January 21,
Thursday
7 PM-HOA Board

COMMUNITY

January 18,
Monday
10 AM-Literary
Circle meets to
discuss Dava Sobel's
"Wine and War"

January 28,
Thursday
1 PM-Home &
Garden Club: "How
Your Health Can
Blossom and
Thrive", presented
by Lucy Buckner,
Life and Wellness
Coach and author of
"Health Tips by
Lucy" on the
Deercreek website

Roberts (519-6690; marylouroberts2@aol.com) would like to provide information and applications to potential members, active or supporting.



Karen Rutland (left, background), Nancy Thompson, Helen Zapf, Nancy Jantz, Nancy McTighe, Ruth Chastain and Dottie Patterson

DID YOU KNOW...CITY OF JACKSONVILLE RULES AND REGS FOR GARBAGE DISPOSAL



Residential Garbage, Yard Waste and Recycling

Separately place your garbage, recycling or yard waste curbside **no later than 6:00 a.m.** on your scheduled collection day. Wastes should not be placed curbside earlier **than 6:00 p.m.** on the day before collection day. All

inappropriate waste and empty containers should be removed from the curb **no later than 6:00 a.m.** the day after scheduled collection.

All residential waste must be placed at curb or roadway within 5 feet of the edge of the traveled portion of the street.

Residential garbage and yard waste must be in standard 20-32 gallon cans or sealed plastic bags with each container **weighing no more than 40 pounds.**

Collection of **building material** is limited to 1 cubic yard weekly, not to exceed 5 feet in length (filling approximately 2 construction wheelbarrows) and **only** if the work is performed by the

homeowner. Building material is collected on the same day as household garbage, but should be separated from the garbage.

Place **furniture** and other bulky items (excluding Used Appliances) curbside separately from your household garbage. Furniture items are collected on the same day as household garbage.

Propane gas tanks must be empty and have valves removed. Yard waste is collected separately from garbage.

Yard waste includes only vegetative matter such as grass clippings, leaves, shrub trimmings, palm fronds and tree limbs. Any limbs must be cut 5 feet or shorter, no larger than 6 inches in diameter, and stacked in piles parallel to the curb. Please do not include lawn furniture, fencing, garden hoses or treated landscape timber or rocks.

Collection of **yard waste** is limited to 5 cubic yards weekly-- approximately a standard pickup truck load or 30 bags



Many of my clients have asked me to share (or re-send) healthy and easy recipe ideas to support them on their journey to better health. Therefore, this issue is dedicated exclusively to healthy recipes and hints for true nourishment. No matter what meal or snack you may be planning, always aim for whole real foods, and try to limit sugar and processed, refined carbohydrates. Experiment with the recipes below to see what works for you. Wishing you a healthy 2010!

Breakfast:

o Power pancake: take ½ cup oatmeal (not instant) and blend or grind to flour like consistency. Add 1 TBSP wheat germ and 1 TBSP flax meal, in small bowl. Add ½ cup egg beaters, egg whites or eggs (your choice), cinnamon and stevia to taste. I love to add some fresh berries too. Stir together and cook in skillet, flipping over to cook both sides. Makes one large pancake.

o Healthy French toast: take ½ cup of egg whites, egg beaters or whole eggs, stir in 1 tsp vanilla extract. Add cinnamon and stevia to taste. Soak 2 slices of whole wheat bread (I like Ezeikel which is very low glycemic) in egg mixture, once absorbed cook in skillet on both sides until a bit crunchy on the outside.

o Breakfast pizza: take one whole grain tortilla or "Flat Out", heat in skillet or the oven for a few minutes to make it firm. Meanwhile, scramble $\frac{1}{2}$ cup eggs, egg whites or eggbeaters mixed with 1-2 TBSP salsa. Spread tortilla or Flat Out with 1 TBSP guacamole (optional, but a very heart healthy fat) I like to use wholly guacamole brand which comes in individual packets. Spread the egg mixture on top of the tortilla, if you like you can also add grilled or sautéed veggies on top.



Lunch:

My favorite healthy lunch is a big green salad with some protein added. Other ideas:

o Whole wheat wrap spread with 1 TBSP hummus or guacamole, cover with fresh spinach leaves and 2-3 ounces of your favorite protein. For extra nutrition and flavor add vegetables of your choosing. I like to add roasted asparagus or red peppers. Roll up, cut in half and enjoy

o Curried chicken salad: To 3 ounces cooked chicken, add 1 TBSP Greek yogurt, 1 TSP low fat mayonnaise, $\frac{1}{2}$ TSP curry powder, $\frac{1}{2}$ TSP cumin, salt and pepper to taste. I place this on a big bowl of lettuce and or spinach. I find it does not need any salad dressing. You may experiment to find what works best for you.

Dinner:

o Sautéed broccoli slaw or angel hair cabbage with protein: spray skillet with non stick spray and add in 1 tsp of canola or peanut oil, heat over medium high heat. (If you prefer you can healthy sauté in chicken broth instead) Add in broccoli slaw or shredded cabbage (amount will depend on number of servings) and sauté over heat for 3-4 minutes until it gets soft. For more flavor add minced garlic, ginger and $\frac{1}{4}$ tsp red pepper flakes. Use this as a base for protein and or vegetables of your choice for a healthy and light meal. You can also create a variety of sauces by experimenting with ingredients that you like such as equal parts low sodium soy sauce, chicken broth, rice wine vinegar and 1 TSPB peanut butter.



o Healthy pizza: Bake a whole wheat tortilla in the oven for about 5 minutes at 350 degrees. Then top with tomato sauce, 1 ounce low fat cheese and roasted veggies. You may add 2 ounces of protein if you like, such as soy crumbles, turkey, etc. Return to oven, bake for about 10 minutes.

o Turkey vegetable chili: Sauté chopped onion, garlic, celery and carrots in a soup pot in 1 TBSP chicken broth until partially cooked.

Add in taco seasonings of your choice (I prefer lower sodium or home made spice blends) and 12-16 ounces of cooked low fat ground turkey. Add in 4 or more cups of chicken broth, depending on how thick or thin you like it. Then add in 1 can of beans (black, kidney etc) and additional vegetables of your choice, experiment and have fun. Simmer until cooked through. You can also add some salsa to make it a bit spicier.

If you are starting off the New Year with a few extra pounds, resist the temptation to diet!!! Diets don't work (which is why they have a 95% failure rate) and are very stressful to our bodies. Instead consider adopting a healthy lifestyle for long lasting results!



Lucy Buckner is a professionally trained Life and Wellness Coach, a graduate of Coach U, and a member of the International Coaching Federation and the First Coast Coaches Association. She also holds certifications as a yoga instructor (RYT200) and personal trainer. She is passionate about coaching and offering private yoga instruction. For more information contact her at 904-302-9600, or visit www.easywellnesstoday.com.

November Board Meeting Highlights

At the November 19, 2009 meeting, all board members were present, except for Rosemary Tutt and Joe Cernigliaro. Bernard Vargas Vila, Property Manager was also present.



Property Managers Report - Bernard Vargas Vila:

- It was recommended and approved to send three (3) properties to the Covenants Enforcement Committee for hearings.
- It was recommended and approved to clean the guardhouse for a cost not to exceed \$250.

Finance Committee - Judd Schwartz, Liaison:

- October 31st Financials include, To date:
 - Revenue: \$667,901
 - Expenses: \$643,790
 - Balance: \$ 24,111
 - Current "projected" Year-End balance w/prior year carryover: (\$5,390)

- Reserve "projected" Year-End balance \$150,595.
- Committee recommended and board approved unanimously: Wayne Givens as Chair and John Joyce as Vice-Chair of Finance Committee.
- It was recommended and approved to increase the "Maintenance Labor" budget for FY2009 in an amount not to exceed \$850.

Access Control Committee - Doug Klippel, Liaison:

- Committee reported that in October approximately 18,211 non-resident cars entered the community--8,566 were visitors, 5,521 were commercial and 4,124 entered as club guests.
- It was recommended and approved to provide FY2009 holiday bonuses to the Allegiance Security Officers on a pre-allocated basis, cost of \$1,000.

Architectural Review Committee - Joe Cernigliaro, Liaison:

- It was recommended and approved to increase the "ARB" budget for FY2009 in an amount not to exceed \$500.
- Committee is in need of new members with architectural, building design or landscaping experience or expertise. Please consider joining this very important committee who meets once a month on the first Thursday of each month at 7pm at the Deercreek Country Club. Interested individuals should contact: Skip Yauger @ 363-2809 or ryauger@bellsouth.net.

Covenants Enforcement - Ron Peace, Liaison:

- Committee was being held concurrently with this early board meeting. No Report.

Common Property - George Partin, Liaison:

- It was recommended and approved for a FY2009 expense to share in the installation, removal and storage of the 2009 Holiday Decorations at the Deercreek front entrance. This expense is shared with the Deercreek Garden Club each year at a cost of \$1,000.
- Committee seeking new members. Please consider joining this very important committee which meets once a month on the second Wednesday of each month at 7pm at the Deercreek Country Club. Interested individuals should contact: George Partin @ 519-8729 or CreekSideInv@HotMail.com.

Communications - Rosemary Tutt, Liaison:

- Committee is actively seeking new members. Please consider joining this very important committee which meets bi-monthly on

the third Wednesday at 7pm at the Deercreek Country Club.
Interested individuals should contact: Rosemary Tutt @ 519-7919
or rosemarytutt@aol.com.

Legal - Carol D'Onofrio, Liaison:

- Board continues to pursue delinquent residential properties that are accruing unpaid assessments and fines that collectively exceed \$90,422. 11 properties represent \$63,502 of these unpaid assessments.
- It was recommended and approved to deactivate the bar code of (1) resident for delinquent and accruing unpaid assessments and fines that exceed \$1,000.

CPAC - Danny Becton, Liaison:

- Committee has not met for November yet. No Report.

OLD Business:

- Budget 2010 -The FY2010 budget was approved. This budget will include a \$5 per month increase in assessments per homeowner.
- 2010 "Pre-Approval" Expenditures approved by the Board:
 - As requested by the Access Control Committee, \$1,000 to provide Holiday Bonuses to the Allegiance Security Officers on a pre-allocated basis.
 - As requested by the Common Property Committee, \$850 to raise the canopy and remove certain trees near the playground and the pavilion.
 - As requested by the Common Property Committee, \$225 to install a crepe myrtle in the center island of Deercreek Club Road where junipers were destroyed.
 - As requested by the Common Property Committee, \$700 to clean up both center islands on Heather Lake Court.
 - It was requested by the Common Property committee and "approved" to allocate for FY2010, \$1,000 to share in the installation, removal and storage of the 2010 Holiday Decorations at the Deercreek front entrance. This expense is shared with the Deercreek Garden Club each year.
- 2010 "Pre-Approval" Expenditures **NOT** approved by the Board:
 - Requested by the Common Property Committee, \$1,250 to install viburnum bushes to block view of the guard's personal vehicles near gate house where dead azaleas were removed.

- Requested by the Common Property Committee, \$1,000 to push back the tree line in both major natural areas along our roadways.

- The Ad-hoc Committee for Gate Access for Non-ARC Projects reported on their continued progress in developing a structure for assessing fines for the specified infractions.

- The chair updated the Road Paving Project 2009 status: The road resurfacing project has been completed except for some finishing work to complete Heather Lake Court West, perform additional micro surfacing, re-install speed bumps in southern natural area, add road line striping and re-install road reflectors throughout. The project is expected to come in under budget by \$7,259.74.

NEW Business:

Upcoming Board Election 2010 - Community has 3 candidates for the board election.

Annual meeting scheduled for December 8, 2009 at 7pm.

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