

# The Brookshire Grapevine

JULY 2020



Co-Editors:  
Betty Stewart  
Mike Stewart

*There will not be a July HOA Quarterly Meeting ~~ Please see notes from the HOA Board below.*



## **BOARD OF THE HOMEOWNERS ASSOCIATION QUARTERLY REPORT:**

We welcome two new members to the Board. As of July 1, 2020, the two new members are Fred Sample and Gary Paparello. We thank them for stepping up to take the two positions which were available. We thank Teresa Paporello and Bruce Augenstein for their service to the community as members of the Board.

We also thank Mike Stewart. Through his efforts the number of trespassers fishing in our pond has been reduced. With Police efforts, after being called on several occasions, citations were issued at about \$300 per offense and this appears to have stopped the practice of fishing in our pond by non-residents. It has taken several months but it seems that word has spread that our pond is off limits. Residents are reminded that they must accompany any guests they have to fish in our pond.

At our request and after several mentions by residents, Nelson has power washed both the upper and lower patios to make them usable by residents. Nelson will also be trimming street trees of lower branches. No ducking when walking on the sidewalks will be necessary.

It had been mentioned that the trees at the top of the dike at the pond have grown to the point of forcing walkers to walk on uneven ground. Trees will be removed, branches cut and the area under the trees cleaned to make this area usable by all residents.

Residents are also reminded that if grass accumulates in the gutters in front of their homes to please sweep it up and put it in with their trash. This will prevent it from getting into the drainage system and eventually our pond.

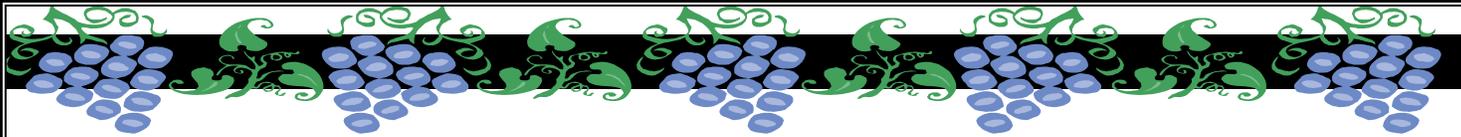
At our June meeting it was decided to cancel the July Quarterly meeting. Caution is the byword at this time, and we will monitor the situation over the coming months. Hopefully, we can get back to being together again at our October Quarterly Meeting.

David Juszynski, President



## **WELCOME NEW NEIGHBORS:**

John and Michelle Serechia, 627 Auburn Drive, were born in Mount Holly, NJ, and moved to Brookshire from New Egypt, New Jersey. They have three children and seven grandchildren. John is a Navy veteran, retired from the Department of Defense. Michelle worked in real estate as an office administrator for 27 years. They enjoy the company of their pet cat, Holly. John enjoys walking, antiquing, riding his Harley motorcycle, and traveling throughout the U.S.A. Michelle enjoys walking, antiquing, and traveling to national and state parks.



John and Michelle were high school sweethearts and have been married for 40 years.

**? LOST AND FOUND:** The following items are in the Lost and Found located in the Community Newsroom. A purple umbrella with a red band that says Misty Harbor; a navy sweat shirt type jacket with Architect Jean Co., size M on label; a black Totes umbrella cover; a gray glove, small; a Canon battery charger; a mailbox key with pink wrist band and name tag with 301 W. Maple St, Lititz on it; a flag with "Give Thanks" and scarecrow graphics. These items will stay for one more month before being donated or discarded.

**LIBRARY COMMITTEE:** We will get back to our regular schedule. Newly acquired books will be available the second Thursday of every month. Thank you.

**SUNSHINE FRIENDS:** We are saddened by the recent loss of our Sunshine Friends member, Carolyn Spicknell. She was truly an asset to our group and community.

As our county slowly reopens, a decision will be made about resuming our annual Weaver sub coupon sales. We will keep everyone informed. The money raised goes into our Community Center funds.

New resident visits also have been put on hold, but we welcome all who have chosen Brookshire as their new home.

Please contact Toni Saghirian if you know anyone who needs a comfort card.  
[tonisa12@windstream.net](mailto:tonisa12@windstream.net) or 717-665-9004.



**MOVIE NIGHT:** Our community mourns the loss of Nick Bitzer, our movie

man. He truly had a passion for movies of all types and shared that enthusiasm with all of us. We will miss his contribution to our community.



**BROOKSHIRE SINGLE WOMEN GROUP:** We have not been able to gather safely these past months. It is my hope we will be able to resume our get-togethers in September. I will send out an email as we get closer to the fall. Debbie Cornelius



**COFFEE SHOP NEWS:** The Coffee Shop will continue to remain closed at this time. The Coffee Shop Committee will meet in two weeks to discuss options for opening the coffee shop in the future.



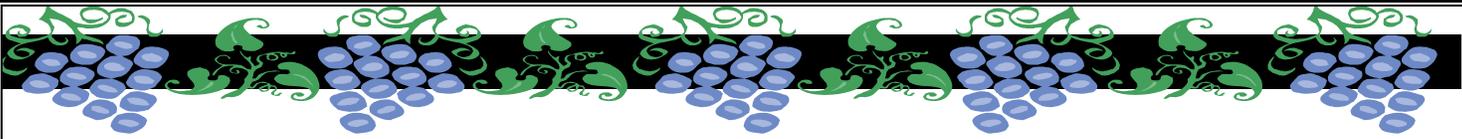
**WATER BRIGADE UPDATE:** Thanks to the following who volunteered to water for the month of June: Richard Kita, Susan Robinson, Trudi Sine, Sylvia Shelly and William Ankeny.

These are the volunteers for July; Ellen May, Richard Kita, Trudi Sine, Eileen Wasson, William Ankeny & Earl Kreider.

Volunteers are still needed for August to water the plants in pots in front of the community building and annuals in the ground at the main entrance of our community. The plants and pots need to be watered on a daily or every 2-3 days depending on temperature and rain.

There are gallon jugs available to help transport the water and each volunteer will pass it onto the volunteer for the next week.

Please email Doris Wenger or call 717 669-4638 if you can help. [wengerd39@gmail.com](mailto:wengerd39@gmail.com).



**WELLNESS COMMITTEE:** I would strongly urge Brookshire community residents to not let your guard down on protecting yourself and your neighbors from the COVID 19 virus. It is not over -- our risk is not gone. Since we are in the high-risk population for more serious illness and complications from the virus, we need to continue to wear masks and use social distancing when in public places.

The data gathered so far on victims of this virus show that certain diseases may predispose one to be at higher risk for complications - those with cardiovascular disease, diabetes, overweight and respiratory problems may have a harder time fighting the virus. All of these can be influenced by a healthier eating plan that leads to lower glucose & insulin levels and weight loss if needed. This can be accomplished by following the Mediterranean diet, paleo diet or low carb/keto diet.

These diseases are also impacted by lifestyle changes to decrease stress, improve sleep habits to 7-8 hours of sleep each night and get more exercise. Having an adequate level of Vitamin D (40-60 ng/ml) will help your own body's immune system to fight the virus and other illnesses.

Three websites (and their YouTube channels) that I have found to be very helpful in my journey to improve my health and decrease my risk of chronic disease and illness are: Dietdoctor.com, Dr Mark Hyman, Dr Eric Berg. They all have a free program to learn a better way of eating to decrease or better control medical illnesses.

Doris Wenger RN CPNP  
Wellness Committee Chair.

Please contact me at [wengerd39@gmail.com](mailto:wengerd39@gmail.com) for further questions.



**PUTTING THE 'YOU' IN UKULELE:**

Do you play an instrument or maybe always wanted to but thought it was too late or too hard to learn? Did you know that music, even more specifically playing an instrument can help to keep our brains healthier as we age?

Since we haven't been able to hold regular events during these crazy times and we are all finding ourselves at home a lot more these days, why not use this time to learn to play one of the happiest instruments on earth, the ukulele.

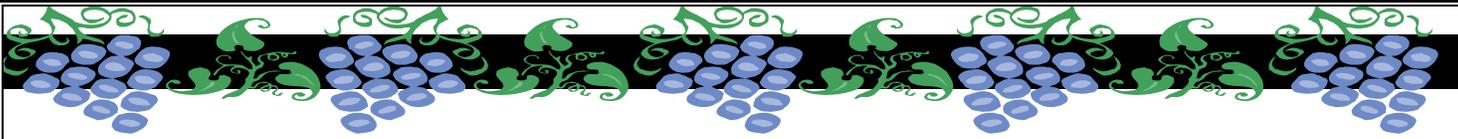
Teresa Paporello is putting together a group of folks of all skill levels from those who have never touched an instrument in their lives to people who have played other instruments for years. For now, the hope is to choose a time that is best for the majority and hope that the weather cooperates so that we can be outdoors for fun, no-pressure group lessons and play-alongs.

No uke? No problem! Teresa can also help you find an inexpensive but nice sounding ukulele if you need one. If interested, call Teresa at the number listed in your resident directory.



**OFF THE BEATEN PATH *By Mike Stewart:*** The walking trail around Brookshire is a unique way to enjoy the fresh air and wooded areas that are part of the common area available to the residents of Brookshire.

It is recommended only if you are in good physical condition. There are steep grades in some areas.



Access is from several locations. An easy access to the trail is beside 884 Cambridge Drive. The walk from that location is relatively easy. There is a Trail Marker at that location. You can walk south along the trail for a good distance, and a walking stick is nice to have in some areas.

There are several areas along the stream to stop and listen to nature, like the bubbling of the waters in the stream, the shrill calls of the red-winged blackbirds, or you may hear the distinct sound of a wren singing to its mate. If your timing is good you might see a bald eagle flying over perusing the area for a meal.

There are some furry critters along the way, such as the ground hogs, who take one look at you and run. You might on occasion see a feral cat slinking along looking for a mouse.

You may also access the trail to the rear of the boat house. Great bird watching is available in this area, but be aware, it is a steep incline to go up and down. It is an area also known as Rosie Park. An additional access is near the Township Pumping Station just off Cambridge Drive in the 1000 block

Before you embark on this enjoyable adventure, be prepared to encounter uneven ground and some holes in places. It would be good to take a friend with you.

Our pond and boat dock are areas to relax and enjoy. There are benches placed around the water to sit and take in the activity, such as neighbors fishing, or the several duck broods this time of year which can be seen paddling through the water. Along the water's edge you may observe the Great Gray Heron, and on a much smaller scale the Green Heron. Kingfishers dart around the lake looking for food. Tree Swallows fly low and fast, as they skim the water capturing insects.

The upper and lower patios at the Community Center are great spaces to enjoy in the early morning if you are an early riser, or any time of day.

We all look forward to the time when our Coffee Shop will open again, since it is a great place to greet neighbors and enjoy a great cup of morning brew!

Is it time for you to discover your own Brookshire adventure?