



Happy New Year! Neighborhood Newsletter

Winter 2014

Volume 4, Number 4

VOLC: the Transition Begins

By Kitty Heston

In preparation of the Village of Long Creek Corporation being turned over to our community, a Transition Committee was formed to research management companies based in Delaware and to seek appropriate legal representation. This committee includes Kitty Heston, Jim Davis, Joe Doto, Nick Inglisa and Paul Wellborn.

Following the VOLC community meeting with Benchmark on 10/29/13 at the State Police facility, the Transition Committee members have been busy. Every effort was made to attend all meetings and to support each other as they worked their way through this process. Each member came prepared to work and spent much of their personal time researching and making contacts.

Along with looking into management groups and attorneys, the Committee has acquired a rapid education in what this turnover entails and what we, as a community, should be focused on. The next step in this process is the development of a VOLC Board of Directors, and the Transition Committee stands ready to present their findings and recommendations to a VOLC Board of Directors once it is elected. The Committee has consulted a highly qualified attorney with much HOA experience who is willing to work with us. He is also agreeable to waiting until our community has control of its assets before billing us for services rendered. This attorney will be available to assist the new Board of Directors by reviewing all documents throughout the transition process.

A Nominations Committee (Joe Strasser, Joe Doto, Don Doto, Cheryl Werner, Patti Abernethy, and Sharon Dickol), was formed in early December to prepare a slate of nominees for the new VOLC Board of Directors. A slate will be presented to the community for a vote in early January. More information will be distributed as it becomes available.

So, what does it take to operate a maintenance corporation?



New Castle County has very specific requirements regarding homeowners associations and maintenance corporations. These are spelled out in the County's Maintenance Corporation Manual, most recently revised in September 2011. You can view this manual in its entirety online by clicking [here](#).

In 1965, the Delaware General Assembly mandated that New Castle County government regulate the development of land in the County. Included in this mandate was the County's duty to insure the conservation of property values and natural resources. In response to the mandate, the County issued the first regulations controlling subdivision and land development in 1967, when the Unified Development Code was adopted. Article 27 of the UDC focuses entirely on maintenance corporations, how they are formed, and requirements for operation. More information on HOAs and maintenance corporations is provided on page 4 of this newsletter.

REMINDER:

VOLC Board of Directors election is this month!

Ballots must be submitted no later than 1/18 at 12 noon.

Send comments and suggestions to Sharon at sdickol@verizon.net
Or call: 836-8575

VILLAGE COMMITTEES

CLUBHOUSE BOARD

Patti Abernethy, Co-Chair	836-8447
Paul Wellborn, Co-Chair	836-8524
Marty Lyon, Secretary	838-1631
Jim Haefner, Treasurer	836-8714
Jim Davis, At Large	908-295-1001
Maria Tricarico, Liaison	595-2712
Sam Ferrara, Liaison	834-3205

ACTIVITIES COMMITTEE

Kathleen Karthaeuser	365-5067
Christine Killian	454-1098
Carol Thompson	595-2717
Maria Tricarico	595-2712

LIAISON COMMITTEE

Sam Ferrara	834-3205
Don Doto	832-2118

COMMUNICATIONS

Sharon Dickol	836-8575
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Caffeine for Your Health — Too Good to Be True?

by [Candy Sagon](#), [AARP](#), October 30, 2013
Submitted by Cheryl Werner

Picture it: 624 million cups of coffee. A day.

That's about three cups per coffee drinker in the United States, where 83 percent of adults can't imagine life without their favorite cup of java. Add to that tea, caffeinated soft drinks and those infamous energy drinks, and you won't be surprised to read that 90 percent of us consume caffeine in some form or another each day. Is this a bad thing? Not entirely.

"Coffee is an amazingly potent collection of biologically active compounds," Walter Willett, M.D., of the Harvard School of Public Health, told the National Institutes of Health's newsletter.

Caffeine, a mild stimulant, also provides benefits: It's been linked to lower risks of Alzheimer's disease, for example. But when it comes to caffeine, there really can be too much of a good thing. Those who study caffeine's lesser-known effects point to studies that indicate it can be worrisome for people with high blood pressure, diabetes and osteoporosis. Plus, caffeine can interact poorly with some common medications, and it can worsen insomnia, anxiety and heartburn.

It would make things easier if the caffeine content were listed on food labels so you would know if you've exceeded the 300 mg level that most health experts say is a safe, moderate amount for the day — about the amount in three 8-ounce cups of coffee, depending on how strong you brew it — but so far that's not happening. So before you turn on that coffeemaker or grab a grande cup from your favorite cafe, here are some things to keep in mind.

Remember: Caffeine is a drug, says Steven Meredith, a researcher in behavioral pharmacology at the Johns Hopkins School of Medicine.

While low to moderate doses are generally safe, caffeine is addictive and users can become dependent on it and find it difficult to quit or even cut back, he says. (Caffeine dependence was even named as a new mental disorder this year.) Anyone who's ever quit cold turkey knows it can trigger pounding headaches, mental fuzziness and fatigue for a couple of days until the body adjusts.

Other effects of too much caffeine:

- It increases anxiety and disrupts sleep patterns, leading to a vicious cycle of restless sleep, relying on caffeine to help with daytime fatigue, followed by more insomnia.



Drinking three 8-ounce cups of coffee a day can have positive health benefits, depending on the strength of the brew. — Ines Perkovic/Getty Images



YUMMY! Kelsey, age 5, licks the bowl clean after baking Christmas goodies with her grandmother, Christine Killian.

Continued on next page

Caffeine (continued from page 2)

- Caffeine interacts with some medications, including thyroid medication, psychiatric and depression drugs, the antibiotic Cipro and the heartburn drug Tagamet.
- It increases blood sugar levels, making it harder for those with type 2 diabetes to manage their insulin, according to a number of studies; it also can slightly raise blood pressure. If you have difficulty controlling either your blood pressure or diabetes, switching to decaf may help, says Rob van Dam with Harvard's School of Public Health.
- Caffeine potentially leads to some spinal bone loss in postmenopausal women if they typically drink more than three cups, or 300 mg of caffeine, a day, but don't get enough calcium in their diet, says Linda Massey, emeritus professor of nutrition at Washington State University. An older woman should make sure she gets at least 800 mg of calcium daily — through food or supplements — to offset caffeine's effect on calcium, adds Bess Dawson-Hughes, M.D., director of the Bone Metabolism Laboratory at Tufts University in Boston.

Coffee itself can also mess with your stomach. If you have problems with acid reflux or heartburn, then coffee and even tea might not be right for you.

If you have high cholesterol and you don't want your coffee adding to the problem, you need to use a paper filter to trap the cafestol, a compound in coffee that raises LDL cholesterol levels, says van Dam.

CAFFEINE COUNTS!

The amount of caffeine in a particular coffee drink depends on the brew and beverage size:

- Restaurant espresso (1 oz.) 40-75 mg
- Instant coffee (8 oz.) 27-173 mg
- Typical brewed coffee (8 oz.) 95-200 mg
- McDonald's brewed coffee (16 oz.) 100 mg
- Starbucks brewed coffee (16 oz.) 330 mg



Source: Mayo Clinic

Notes from Afghanistan

Thanks to the generosity of VOLC residents, U.S. soldiers in Afghanistan were the happy recipients of numerous food items and personal supplies to help brighten their holiday season. Between October and December, VOLC sent more than 7 cartons to the soldiers of the 198th and the 150th National Guard, most of whom are from Delaware and surrounding states

This effort was spearheaded by Barbara and Joe Strasser and is expected to continue into 2014. In gratitude, these soldiers have sent letters of thanks (below) and presented VOLC with a Citation of Appreciation, which has been placed in the clubhouse for all to see.



Barbara reports that some soldiers have returned home, but others will remain for about a year. Because VOLC residents have been so generous with donations, the plan is to continue to send "care packages" in 2014.

Mrs. Strasser,
My Soldiers just received your care package. Thanks again for the support! We really enjoyed the cookies, thank you to everyone for the hard work.

1LT Joshua Thill

Hi, Barbara,
.. I want to say we appreciate everything you have sent and we have shared with others that have a need. We received so much and we will never be able to thank everyone for the things, the thoughts, and prayers we have received.

CSM Reggie Powers



Homeowners Associations and Maintenance Corporations

Some frequently asked questions

From the [*New Castle County Maintenance Corporation Manual, 2011*](#)

What is a maintenance corporation?

A maintenance corporation is a legal entity comprised of all lot owners in a subdivision. It is required in communities that have open space or other common facilities that are to be owned jointly by the homeowners. The Corporation is responsible for maintaining the open space and common facilities specified on the record plan and in the maintenance declaration.

When should a community accept responsibility for its maintenance corporation?

The transfer of control of the maintenance corporation from the developer to the homeowners is a legal and mandatory process. The Office of Community Governing may serve as a resource for the developer and the homeowners to ensure the process is completed correctly.

Transfer of control of the governing body from the developer to the homeowners, should be initiated by the developer prior to the issuance of seventy-five (75) percent of the building permits within the subdivision. The transfer of control, however, should not occur prior to the issuance of fifty (50) percent of the building permits within the subdivision.

When should the community accept responsibility for the common facilities?

After the deed has been legally transferred, the maintenance corporation becomes responsible for maintaining the land. However, if the community is controlled by the Unified Development Code, which means it received approval after December 31, 1997, in addition to the above requirements, the homeowners must also have governing control of the corporation.

How does a community set up a maintenance corporation governing body and run elections?

The bylaws of the corporation provide the election procedures. Maintenance corporations operate similar to any corporation. Generally, the members of a governing body are elected by the other members. Positions of the governing body usually consist of a President, Vice President, Secretary, and Treasurer. However, the bylaws for your individual

community should be reviewed prior to the election.

Prior to the election, nominations for the governing body should be solicited. Many communities have formal resumes submitted. To ensure equality, the election must be open to all lot owners of the community. The entire community must be properly notified and be given information about each candidate. This can be achieved orally at a meeting or in writing to each lot owner.

Generally, each household has one vote. If two parties are listed on the deed, each party has one-half (1/2) vote. The amount of votes given to each lot may vary in older developments - check the bylaws. If a lot owner cannot attend the meeting, a proxy vote may be sufficient. The proxy transfers the voting rights to another eligible voter.

Is there a minimum maintenance standard for storm water management facilities?

Yes. There are four routine maintenance operations that must be performed. The four tasks are: grass mowing, grass trimming, minor debris removal, and minor sediment removal. These tasks are outlined in greater detail in the section of this manual entitled "Stormwater Management Facilities."

How does a maintenance corporation make assessments?

Once the budget has been approved according to your bylaws, the collection of assessments may commence. Written notice is sent to the owner of each lot indicating the amount owed. If the governing body does not have the names and addresses of all of the lot owners, this information can be obtained from the developer or County Tax Assessment Office.

What if a homeowner does not pay the annual assessment?

By accepting the deed to a lot in a subdivision with a maintenance corporation, an individual automatically becomes a member of the maintenance corporation. Thus, the homeowner is now obligated to pay the annual assessment. If the homeowner fails to pay the annual assessment or any "special" assessment, the maintenance corporation may place a lien on the homeowner's property.

Carmel is closer to a permanent home!

By Patti Abernethy

Months ago I sent out a picture of Carmel to see if anyone knew the cat or wanted a cat. I got no takers at that time. Here is the update on our gorgeous cat...

Carmel began visiting VOLC in August close to Jo Ann's and Richard's home. They would watch him by the pond hiding by the plastic when it rained. Sometime in October, Carmel was behind my home, Alice's, and Kay's and George's. Here is what she did: Carmel would sun herself on Alice's deck and scratch her back against the wooden plank; Carmel came to my home to eat on the deck (she must have followed my Encore as they were seen walking together in the common area); and Carmel would come in the morning and at night. Now, when I was not home, Carmel went over to see if Kay had any food for her, and lo and behold, Kay did! So, Carmel would visit us neighbors almost daily.

As the cold weather set in, I began to open my slider and put food two feet inside and Carmel came in to eat and left immediately. As of last weekend, Carmel came to my slider six times in one day and wanted to come in for a short while, even though she did not eat. It was cold and we all were afraid for her. I called our Marty who called her friend, Cheryl Dean, who has fostered about 500 cats, and was told that if I could capture Carmel by Tuesday, there was now room in the shelter to take her in since so many kittens had been adopted over Christmas. OKAY--I just had to capture her. Soooo, I put chicken in a large cat carrier and on Monday she came into the carrier and ate it and left right away. I knew I could do it with a little more planning. On Tuesday morning Carmel was at the slider at 5:30 a.m. wanting to get in. I no sooner opened the slider a little than she was almost pushing to get it. After she ate food from my cats' dishes, she then sat down close to the slider, noticed it was closed and began to cry. I put a large throw over her and she did not fight at all, but allowed me to pick her up and put her in the carrier and close it. Now at 6:10 a.m. I called Marty (she did not expect me to be her alarm clock), she called Cheryl, and by 8:15 a.m. Carmel was on her way to the shelter with Cheryl.

Here is what we know: Carmel is a dilute calico female weighing 9.7 pounds and about two years old. She has already been neutered, but had a flea treatment and deworming and as of yesterday afternoon is already listed for adoption--no issues in her blood work. The Center agrees that she probably was a domestic cat who began to be feral at least for the time we have known her, but she is in great condition. The Center believes she will be adopted quickly.

So, thanks to all who helped by caring for her, checking on her, even enjoying her beauty and following her antics at times. Carmel is almost in her new home!



The Music Man!

By Sam Ferrara

I was very busy during the month of December enjoying one of my favorite retirement activities -- "**Music**". Busy, but had great fun playing 7 Christmas/Holiday concerts in the three concert bands that I belong to: The Chesapeake Brass

Band (I play euphonium), The First State Symphonic Concert Band (I play trombone), and The Newark Community Concert Band (euphonium).

Originally 9 Christmas concerts were scheduled, but 2 were canceled by Mother Nature. All the concerts had great audience turnouts and were very well received.

I hope some of our VOLC neighbors can attend some of the 2014 spring/summer concerts for the 3 bands. I'll try and post our schedules in the club house when they become available.

Above, is a photo of our three Chesapeake Brass Band euphonium players after a Christmas concert at the Music School of Delaware. Pictured left to right are: Rocky Snyder, Phil Hessler, and me



Hmmm. . . If it doesn't work as a bio-retention swale, perhaps we can use it for a VOLC swimming pool next summer. . .

Submitted by Carol Thompson.

HAPPY BIRTHDAY!

JANUARY

Justine Gilbert 1st
 Lois Inglis 17th
 Bob Greenblatt 30th

FEBRUARY

Maria De Armas 2nd
 George Middleton 9th
 Alice Clabaugh 27th

MARCH

Bob Dickol 10th
 Paul Karthaeuser 17th
 Donnie Thompson 28th



Neighbors Helping Neighbors

If you need assistance from your neighbors, contact anyone on the list below. Call Barb Carter for more information.

Patti Abernethy (31)	302-836-8447
Barb Carter (49)	302-836-3023
Richard & JoAnne Skidmore (18)	302-595-4348
Jim & Judy Davis (5)	908-295-1001
Jackie & Eric Dean (47)	302-838-1805
Sharon & Bob Dickol (62)	302-836-8575
Barb & Joe Doto (37)	302-836-3262
Nancy Ferrara (25)	302-834-3205
Dick & Lois Hallett (50)	302-838-0652
Kitty Heston (73)	302-595-2902
Don & Grace Hobson (24)	302-838-1771
Kathy Karthaeuser (119)	302-365-6067
John & Christine Killian (70)	302-454-1098
Valerie Landon (35)	302-365-6685
Marty Lyon (96)	302-838-1631
Anna & Vinnie Moricone (101)	302-595-4688
Ginny Pelachick (59)	302-834-8504
Joan Rowland (54)	302-595-2090
Dennis & Joann Sabato (43)	302-365-6713
Donnie & Carol Thompson (58)	302-595-2717
Lenny & Maria Tricarico (9)	302-595-2712
Peg & Paul Wellborn (55)	302-836-8524

We've got books!



Looking for a good read by the fire? Check out the terrific selection of books at the VOLC clubhouse! Thanks to some very generous donations and to Cheryl Werner's expertise, we now have a well-stocked, well-organized library. Books are checked out using the honor system. Borrowers are asked to return books to the book cart in good condition. Questions? Contact Cheryl Werner.

