



Brookside Estates HOA Winter 2008-2009 Newsletter



Visit the official Brookside Estates HOA website for news and announcements

www.Brookside-Estates.org

You'll find meeting minutes, important announcements, HOA documents, and a link to let you e-mail the Board with any questions or concerns



Brookside Estates Homeowners Association Updates

There have been some changes on the Brookside Estates Board of Directors. Paul Galdes and his family have moved to Thorndale, PA and Paul resigned as President at the end of the October 16, 2008 HOA meeting. David MacQuaid has taken over the duties of President. Louis Alexander has agreed to serve on the Board to fulfill the remainder of Paul Galdes' term that ends in June of 2009. Here is the current Brookside Estates HOA Board of Directors list:

David MacQuaid – President
Peny Ward - Secretary/Treasurer
Doris Trader-Moulden – Member
Louis Alexander – Member
Dominic Pirocchi – Member



Tree Planting a Success!

Many thanks to the Brookside Estates homeowners who came out to plant trees on October 18. Brookside Estates received 100 trees through a grant from the Chester County Conservation District and the TreeVitalize program. Shane Kinsey, Jeff Miller, Matt and Jen DiNunzio, David Stoltzfus, Lou Alexander, Chuck Moulden, Doris Trader-Moulden and Peny Ward all put in the time and energy needed to make this project a success. Even the kids got involved with planting and watering tasks. Species planted include silver maple, red maple, sycamore, pin oak, ash, magnolia, and sweet gum. For the coming year we are submitting a grant for native shrubs to plant around the retaining basin and additional trees for the common areas. If you would like to be involved with planting in the spring please contact the Board through the Brookside Estates website (www.brookside-estates.org) or call Peny at 610 220-8743.



Mark Your Calendar

Month of December - Herr Foods Christmas Light Display - Rt. 272 & Rt. 1
- Open to Public

Month of December - The History of Santa

Magical displays and narrative history of the origins of the holiday icon.
Cookies and Hot Cocoa will be served for all patrons and their guests.

Oxford Public Library

Mon - Thurs 9:30 - 8 p.m.

Fri & Sat - 9:30 - 5 p.m.

November 27, 2008–January 11, 2009 - Longwood presents ice skating performances at our outdoor winter wonderland. Obtain additional information from the Longwood gardens website (www.longwoodgardens.org) or by calling 610-388-1000.

Wednesday February 18, 2009 – Brookside Estates HOA meeting.
Oxford Public Library at 6 pm.

March 1, 2009 – Brookside Estates HOA Annual dues deadline.

Sunday, March 1 through Sunday, March 8 - The 2009 Philadelphia Flower Show - "Bella Italia"

Pennsylvania Convention Center

12th & Arch Streets

Philadelphia, PA 19107-2299

Tickets can be purchase online at www.theflowershow.com. For more information contact the Pennsylvania Horticultural Society at 215-988-8800

March 8, 2009 – Daylight Savings Time Begins – Spring Ahead!

Did You Know...

Chinese New Year is January 26, 2009 (the year 4047 in the Chinese calendar) and starts the Year of the Ox. According to the Chinese zodiac traits of the Ox include patience, kindness, and stubbornness. People born in 1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, and 2009 fall under the sign of the Ox. According to infoplease.com, " At Chinese New Year celebrations people wear red clothes, decorate with poems on red paper, and give children "lucky money" in red envelopes. Red symbolizes fire, which according to legend can drive away bad luck."



The Recipe Box

This quick meal idea comes from EatingWell.com. The recipe serves two, so be sure to make the necessary adjustments if you're making it for the whole family. Vary the heat by varying the type of salsa you use. Baked corn tortilla chips and lime wedges are natural accompaniments.

Tex-Mex Taco Salad

Ingredients

*1/2 cup prepared salsa
2 tablespoons reduced-fat sour cream
1/2-teaspoon canola oil
1 small onion, chopped
2 cloves garlic, minced
8 ounces lean ground beef or turkey
1 large plum tomato, diced
1/2 cup canned kidney beans, rinsed
1 teaspoon ground cumin
1 teaspoon chili powder
1/8 teaspoon salt, or to taste
2 tablespoons chopped fresh cilantro
4 cups shredded romaine lettuce
1/4 cup shredded sharp Cheddar cheese*

Directions

- 1. Combine salsa and sour cream in a large bowl.*
- 2. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1 to 2 minutes. Add beef (or turkey) and cook, stirring often, until cooked through, 3 to 5 minutes. Add tomato, beans, cumin, chili powder and salt; cook, stirring, until the tomato begins to break down, about 2 minutes. Remove from the heat, stir in cilantro and 2 tablespoons of the salsa mixture.*
- 3. Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.*

Nutrition Information

Per serving

Calories: 343

Carbohydrates: 26g

Fat: 13g

Saturated Fat: 5g

Monounsaturated Fat: 3g

Protein: 32g

Cholesterol: 81mg

Dietary Fiber: 8g

Potassium: 737mg

Sodium: 851mg

Nutrition Bonus: Vitamin A (150% daily value), Vitamin C (70% dv), Zinc (30% dv), Iron (25% dv), Potassium (21% dv).

In The Garden

This family craft idea comes from FamilyFun.com. It's an easy project that will be appreciated by the birds during the coming winter months.

Backyard birds won't know the difference between a fancy, store-bought bird feeder and one that's homemade, so save your pennies and make one out of an empty milk carton. Cut openings on opposite sides of a clean carton and coat with nontoxic paint. Glue Popsicle stick shingles onto the roof. For a perch, poke holes below the openings and slip a dowel through the holes. Fill the bottom of the feeder with birdseed mix. (You can make your own mix by combining a variety of nuts and seeds, such as sunflower seeds, millet, thistle seeds and yellow corn.) Then hang the feeder with wire in a spot that's easy to view but far enough away from fences or posts to thwart predators.



Every Little Bit Helps – Practical Money Saving Tips

You're not alone if your New Year's resolutions include getting your budget under control. These tips can help you get on the right path:

- ✓ *Enroll in gas and electric "budget" payment plans. These take the guesswork out of anticipating monthly bills. One amount is paid every month, so you don't get blind-sided by February's gas bill or July's electric bill. Check your PECO and UGI bills for information on how to get signed up.*
- ✓ *Try making your major grocery shopping a once-a-month trip. You may have to make small runs for perishables like milk, but you can save money by planning ahead and getting the bulk of your purchases in one excursion.*
- ✓ *Pack a lunch rather than buying fast food. Fast food may be convenient, but it's also expensive and usually not a healthy option. Sandwiches, salads, and soup are less expensive and healthy alternatives to the burgers and fries routine.*
- ✓ *Make your own "100 Calorie Snacks" by buying snack-sized zip lock bags and counting out pretzels, cookies, crackers, or chips. The savings add up quickly, and there'll always be a supply for lunches or after-school snacks.*
- ✓ *Multi-task when you cook. If the oven is already on for meatloaf why not prepare a casserole at the same time that can be frozen and heated up for dinner on another night? This will save time and money.*

