



# MAYTOWN VILLAGE SQUARE COURIER

## Homeowners Association Newsletter

Spring 2009

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## President's Message

Spring is in the Air!

This is the time of the year that we have great anticipation. We look forward to the beautiful colors of spring, the sounds of returning feathered friends, and of course, warmer temperatures. It is with that same anticipation that our community comes alive again.



Maytown Village Square is truly a beautiful place to live. We have an expansive community with a lovely pond to stroll around, playgrounds to enjoy and a community center to house special events. If you are like me, I sometimes forget these amenities because I become too involved in my professional life or I sometimes just take things for granted. With that recognition, your Board of Directors has a special focus this year; we would like to place a greater emphasis on maintaining these amenities and creating a greater sense of "community."

With respect to creating that greater sense of community, we have had several ideas expressed recently on how we might achieve that goal. They have ranged from a community picnic to possibly a jazz concert by the pond. What a great way to highlight the beauty of our area and share some good times with your neighbors! We would like to hear your ideas, as well. Please share them at our website or drop a note.

In closing, I hope that each of us takes some time to appreciate and enjoy our community. Remember, this community is where we live. It defines who we are. So let's all make a special effort in making it the best place to live in Lancaster County!

Respectfully,

Terry White, President  
Maytown Village Square Homeowners' Association



## Editorial - Building Our Community

### My home is not a place, it is people.

Lois McMaster Bujold,  
"Barrayar", 1991

People are meant to be together. It is our nature to live in small groups, and we have an ideal opportunity to become a close knit community.

Our little Commons can be a safe, fun place to live, raise children, retire or start out on your own.

Say hello to your neighbors ~ don't be shy. Wave when you drive or walk past. Remember, a

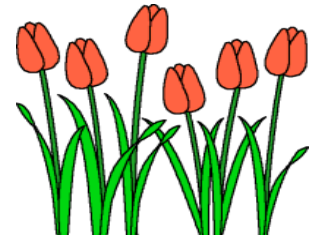
stranger is just a friend you haven't gotten to know yet.

We are living in uncertain times. It is nice to know we are all in this thing called life together. Don't be afraid to extend your hand...you may receive a heart in return. Our lives touch each others' in ways we may not always understand.

It is the season of planting and watching our gardens grow. Let us plant seeds of kindness and watch the beauty of its rewards in bloom!

Donna Welsh

Newsletter Committee



## Spring - a time for planting

Although spring officially begins on March 20, it is in April when many of us think about planting flowers and vegetables, and generally sprucing up the piece of land on which we live.

When buying plants, many have a planting zone guide on them. Planting zones are used as a guideline to determine the hardiness and survivability of various trees and plants

in geographic areas. We are in hardiness zone 6.

A lot of cool season crops like broccoli, cabbage, lettuce and will tolerate a light frost, but warm weather crops like squash, cucumber and basil will be killed by frost if the seeds come up too soon. The same goes for warm season transplants - tomatoes, peppers, eggplants, etc. A late frost will kill them.

The [National Climactic Data Center](#) is the best place for finding average frost dates.

Info provided by Mother Earth News



[Make your own bouquet](#)

## Be Ready for Summer

Look for the Primer on Summer Safety



## Neighborhood Etiquette

Children will be playing more frequently outside and there will be lots of fun and laughter. There is a concern with children screaming. A scream is usually taken as a cry for help and/or means there is an emergency. Keep in mind that we are in a close community and although we welcome children at play, let's teach them the reason why they should not scream unless they are hurt or something is seriously wrong.

Members that live in townhomes need to keep in mind that these are shared walls. These walls are NOT sound proof.

Pet owners should be courteous of your neighbors and control your pets as to not allow them to roam freely in your neighbor's yard.

When you walk your pets, please pick up after them. Picking up after your pets is not only respecting your neighbors and keeping our grounds beautiful, but a requirement which can be found in our "Dwelling Units Declaration of Easement and Restrictions" document which can be found on our Website. [www.maytownvillagesquare.com](http://www.maytownvillagesquare.com)

Tip: Zip lock baggies work great for pick up. Clean and easy!

Recycling is very important, we all know how windy it is in our community, therefore keep in mind that if it is windy the evening prior to our pick up, try to keep your recycling inside until the following week. Recycling bins can be picked up at the East Donegal Municipal Building if you need an extra one. More than one recycling bin put curbside is fine. This will be very helpful in controlling the litter throughout our neighborhood. It is also recommended that we mark our bins with our house #.

The Merchandiser (local paper) is usually delivered on Tuesdays, they are in a plastic wrapper, and it would be appreciated if we would all do our part and pick them up when delivered and disposed of properly.

Garbage cans should be taken from curbside after pick up and placed in your back yard or inside the home. This is in our deed restriction document "Dwelling Units Declaration of Easement and Restrictions" which can be found on our website: [www.maytownvillagesquare.com](http://www.maytownvillagesquare.com)

Cigarette butts should be disposed of properly. When tossed on the ground or street they tend to end up in your neighbor's yard.

If you see unwanted debris/litter – please pick it up, this is our community and our home, let's take pride and keep it beautiful!

These are some of the concerns and complaints that circulated throughout our community.

Many thanks and appreciation for everyone's cooperation....

Susan Nicholson  
Board Member Treasurer



## Walking Exercise

"Walking is the best possible exercise," said Thomas Jefferson.<sup>1</sup> Our third President believed at the turn of the 19<sup>th</sup> century what science confirms today—walking can improve physical and mental health.

Walking is a healthy activity that can make us feel better and improve how we feel. Scientists have confirmed what many of us knew already—that these effects take place right away—often within 30 minutes. With that kind of discovery, it's time to get up and go for a walk! What can walking do for you and your family?

### Walking can show you ways to manage stress.

Your kids likely can tell when you're feeling overwhelmed or tense. How you deal with those feelings sends them a powerful message. Perhaps you have your own set of positive stress-busters like listening to music, reading a book, taking a bath, or working in a garden. Add walking to the list! It's a fun, free, easy activity.

Here are just a few benefits of regular physical activity for growing children:

- Helps build and maintain healthy bones and muscles.
- Helps control weight, build lean muscle, and reduce fat.
- Reduces feelings of sadness, stress, and anxiety.
- Promotes positive mental health, including higher levels of self-esteem.
- Increases flexibility and aerobic endurance.<sup>2</sup>

Tell your kids, "I'm having a rough day. I'm going for a walk." See if 30 minutes of brisk walking helps you feel better and improves your outlook. Your kids will notice the positive change in you! When they see how you use walking as a tool to manage stress, they are more likely to use it themselves.

**Walking and other physical activities can give your children a great foundation for a healthy life.** Children who lead active lifestyles are likely to remain active as adults and pass on healthy lifestyle habits to their own children. Kids who exercise sleep better at night and can handle challenges more easily during the day—from carrying a heavy backpack to finding lost homework.

**Walking together as a family provides a chance to “get in step” with your child.** When you go for a walk, you leave distractions like the TV and Internet at home, and you may find that this makes it easier to talk with your child. It also may be easier for some kids to open up as they walk. Have you ever tried to

talk with your child and all he could do was shuffle his feet and look at the ground? Just like it can be hard for you to start a conversation about certain topics, it can be hard for your child to tell you when something is bothering him. When you go for a walk, the change of scenery and the natural rhythm of exercise can help you both relax. You may find that you're better able to bring up tough topics and talk with your child without him feeling "put on the spot."

When you're walking with your child, make sure you give each other your full attention! Don't let music devices or cell phones interrupt this special time.

If you have more than one child, try to set aside time so that each gets a one-on-one walk with you on a regular basis. Having some special time with mom or dad can help your child develop a close bond with you.

**Walking can strengthen you and your family.** Walking—whether you do it alone or with your children—can strengthen your family. You'll build your physical and mental health as well as your family bonds. Look for ways to make walking part of your family's routine. Instead of watching TV after dinner, put on your sneakers and step outside. If your child is up early, go for a morning walk. By walking together, you'll show your child how to manage stress, maintain physical health, and connect with the people you love.

**WebMD Public Information from the U.S. Department of Health and Human Services**

## Just for laughs

### Father Fatigue:

*The dad in the supermarket clearly had a bad case of parental burnout. His toddler would not sit down in the grocery cart, and finally he snapped.*

*"If you fall and break your leg," he scolded her, "don't come running to me."*

### Marriage Joke:

*I got so excited when my husband expressed interest in my meditation sessions. "You don't have to close your eyes," I explained. "You can keep them open and focus on something like a candle or a spot in front of you."*

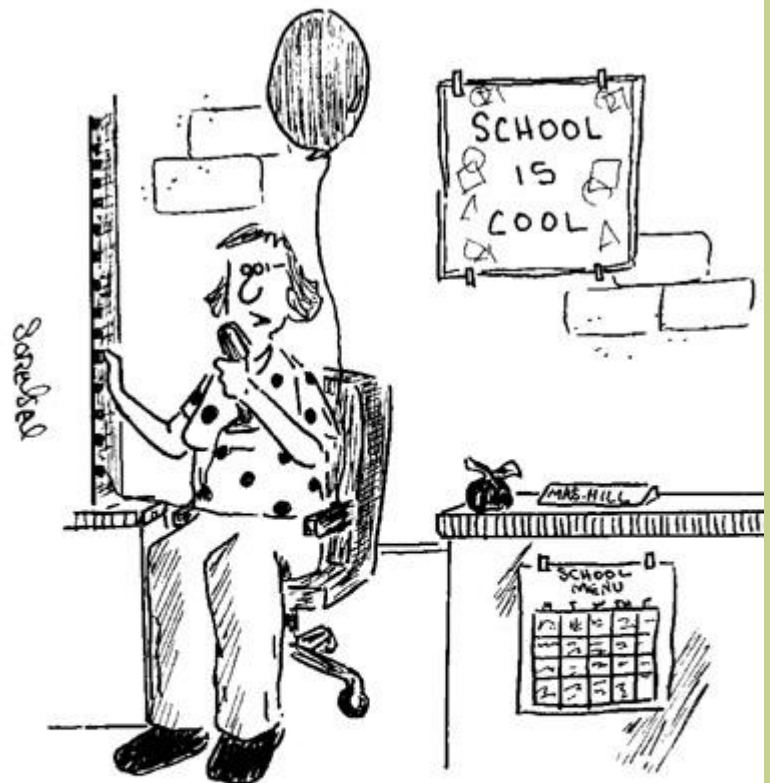
*He nodded thoughtfully. "Could it be a TV?"*

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire.

Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper."

Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"

People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring. ~Rogers Hornsby



"Have a great summer and please do not throw your books in the air or run through the halls -- wait until the students have left the building."

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phone: 216.371.8600 / email: ft@funnytimes.com

Does your spring water expire when summer arrives???

## Some holidays in Spring

### Flag Day

[Information on Flag Day from the Library of Congress](#)



Poster commemorating the 140th Flag Day on 15 February 1917

### Earth Day

[Information from Earthsite](#)



Tomb of Unknown Soldier photo by Terry Buckwalter, © 1993 [Smithsonian Institution](#).

### Memorial Day

[Comprehensive information](#)

## Children's Corner

Click [HERE](#) for coloring pages

Click [HERE](#) for a dot to dot



Click [HERE](#) for a maze



Click [HERE](#) to sing a patriotic song



### SAFETY

We need to make sure all our children stay safe. A few weeks ago something happened to me on my way home from work one evening which prompted me to write this. Six to eight children (approx ages 7-10) were playing in the middle of Alexandria Ct., as my car got closer they began to scatter to the side of the streets; I actually came to a stop to give them time to get out of the way. As I began to proceed at a "snails" pace, a young girl ran from the side and JUMPED in front of me, made a face and laughed. Unfortunately this type of behavior could result into an injury and we need to let children know how important it is to behave in a safe manner and this should not happen again.

Sue Nicholson

**The test of the morality of a society is what is does for its children.**

*Dietrich Bonhoeffer  
(1906 - 1945)*

### KIDS SHOUT-OUTS

This is where we would like to ask all of you for help.

It would be nice to share special events in our community such as when a child is:

Graduating, performing in a music recital, involved in little league All Stars, etc...

New babies, too!



## Happenings/Events -

### EARTH DAY - WEDNESDAY, APRIL 22

#### EARTH DAY LINKS for Kids of all ages

Kids Crafts - <http://holidays.kaboose.com/earth-day/>

Learn about Earth Day - [http://www.education-world.com/a\\_lesson/lesson174.shtml](http://www.education-world.com/a_lesson/lesson174.shtml)

Activites - <http://www.dltk-kids.com/crafts/earth.html>

#### EARTH DAY LINKS for Grown Ups

Earth day Network - <http://www.earthday.net/>

Portal for U.S. Events - <http://www.earthday.gov/>

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

*Margaret Mead  
(1901 - 1978)*

## In the News (letter)

This is your newsletter ~ please consider contributing. If you would like to add to the newsletter or make suggestions, just send an email through the contact link on the website. We are looking for articles, suggestions, recipes, news, clean jokes, etc.

- anything a homeowner may find interesting. We welcome your input. Just keep in mind that we are a family-oriented publication and will edit our content to reflect that. Please be aware of the limited space a newsletter has so that you may guide your offering size appropriately.

Articles must either be your own original writing or properly cited. We cannot publish plagiarized material. Anything that is considered of an offensive nature will not be published. We look forward to your becoming a part of the newsletter offerings. Thanks!

## Good Things

My mother was the luckiest person. She was always winning things, even when she didn't expect it. It came to be one of the little things we joked about. She never won anything huge - just many little things here and there all throughout her life of 92 years.

When she passed a way in July a few years ago, I took a walk the evening of her passing. Along my walk I found six four leaf clovers! Six...what could it be but a gift from my mother letting me know she was just fine? For the next few weeks I found at least one four leaf clover every day, often more than one. I am sure it was her way of letting me know she was with me.

The gifts tapered off after that, but I still find them. I have a book full of dozens of four leaf clovers, and now I give them away, so don't be surprised if you are walking down the street someday and someone gives you a four leaf clover...

Donna Welsh



Photo author Kelly Riha (W) Phyzome

## From our kitchens

### Breezy Spring Recipes



#### *Tropical Chicken Salad*

2 cups cubed cooked chicken  
 1 cup chopped celery  
 1 cup mayonnaise  
 ½ to 1 tsp curry powder  
 1 can (20 oz) chunk pineapple, drained  
 2 large firm bananas, sliced  
 1 can (11 oz) mandarin oranges, drained  
 ½ cup flaked coconut  
 Salad greens, optional  
 ¾ cup salted peanuts or cashew halves

Place chicken & celery in a large bowl.  
 Combine mayonnaise & curry powder,  
 add to chicken mixture & mix well.  
 Cover & chill for at least a 30 minutes.  
 Before serving, add the pineapple, bananas, oranges, & coconut; toss gently. Serve on salad greens if desired.  
 Sprinkle with nuts. Yield: 4-6 servings.

These recipes from  
 Susan Nicholson...send  
 in yours!

#### *Mexican Relish*

8 medium ripe tomatoes  
 6 red sweet peppers \*  
 6 green sweet peppers \*  
 \* *remove seeds & core*  
 8 medium onions  
 3 hot peppers (with seeds)  
 4 cups chopped celery

Grind all together & soak over night  
 In water with ½ cup of salt  
*drain in colander*  
 add 2 cups red "cider" vinegar  
 1 box mustard seed  
 4 cups sugar

Put in jars.  
 Makes 8 pts and absolutely no cooking!

#### *Cucumber Tuna Boats*

3 medium cucumbers  
 1 can (6 oz) tuna, flaked  
 2 hard boiled eggs, chopped  
 ½ cup shredded cheddar cheese  
 ½ cup diced celery  
 ¼ cup mayonnaise or salad dressing  
 2 Tbsp sweet pickle relish  
 1 Tbsp finely chopped onion  
 1 tsp lemon juice  
 ½ tsp salt

Cut cucumbers in half lengthwise; remove & discard seeds. Cut a thin slice from the bottom of the cucumber if necessary so they sit flat. In a bowl, combine the remaining ingredients. Spoon into the cucumbers. Serve immediately.  
 Yield: 3 servings

#### *Quick & Easy Dumplings*

4 Granny Smith apples or Peaches  
 (may use the fruit of your choice)  
 2 cans crescent rolls  
 2 cups sugar  
 1 ½ cups water  
 1 stick of butter  
 cinnamon

Quarter the fruit. Wrap each piece in A crescent roll & place in a large 10 x 13 baking pan sprayed with Pam (or similar)  
 Place the wrapped fruit in pan & sprinkle with cinnamon. Melt butter & sugar in water until dissolved. Pour liquid over the dumplings. Bake @ 350 approximately 25 minutes or until golden brown.

### The Maytown Village Square Association, Inc.

1630 Manheim Pike,  
Lancaster, PA 17601

Billing and Payment  
Mailing Address  
Maytown Village Square  
Association, Inc.  
Hollinger Services Inc  
PO Box 347  
Elizabethtown, PA 17022

We're on the Web!  
See us at:

<http://maytownvillagesquare.com>

## Join the mailing list?

If you would like to receive your newsletter directly in your inbox, please email us with the subject header "**email subscription**" and you will be added to the distribution list. Your email address will not be shared with ANYONE! We value, respect and honor your privacy.

Use the "contact" link through the [website](#). You can also be notified of association announcements (snow removal, meeting reminders, etc) if you wish.

Just state your preferences...



## Reminders

Meeting Monday, April 20, 8:00 PM Community Building

Wednesday, April 22 - EARTH DAY

Lots of good things going on in the Website - check it out [HERE](#)

## Residents' Forum

Check out the new [Residents' Forum](#) on our website and communicate with your neighbors!

## About Our Organization

Our association serves Village Square Townhouses, Village Square at Maytown, Bridle Path at Village Square and Village Square Commons developments.