



Sardis Forest Newsletter

Sardis Forest Homeowners Association

SFHA Website: <http://www.sardisforest.org>

September 2006

Annual Meeting & Election

As a few of you will recall, our annual September Association meeting last year was attended by just over a dozen homeowners (Board members included). As part of our by-laws, we are required to provide members annual feedback regarding the fiduciary and financial workings of the Board.

This year, our meeting will be held on Thursday, September 21st at Providence Day School (5800 Sardis Road) in the Fine Arts Foyer. Our meeting will begin promptly at 7:00 PM with light refreshments, coffee, etc. Please plan to join us for this annual gathering.

SFHA Board Needs YOU!

Who are the people that make decisions about your Homeowner's Association? How are the annual dues allocated? What have they been working on this year? Are there upcoming items/issues I want to be part of? How can I help make

a difference?

These are familiar questions from members of our community. Therefore, I encourage you to consider joining the Board and spending one day a month investing in your neighborhood.

Expiring and vacant Board positions provide excellent opportunities for individuals who have a desire to serve, can attend monthly meetings, have a "solution seeker" personality, and are willing to assist with association projects, and future plans.

Contact any Board member or send an email to info@sardisforest.org for more information.

Street Parking

It seems that within the past few months, there have been more and more people parking their automobiles, and pickups too, on the streets in our neighborhood, rather than in their driveways. We

request that everyone keep their vehicles off the streets per the Homeowner's Association By-Laws. This not only assists with easy of traffic flow throughout our roadways but also helps with security within our neighborhood.

Support of and adherence to this By-Law is greatly appreciated.



Fall Yard Tips

Colorful plastic golf tees can be stuck in the ground to mark the location of dormant plants such as spring bulbs or perennials.

Since container-grown plants have a limited area from which to absorb water, plants in a sunny location may require watering several times a week. Check plants often to avoid water stress.

Cut strawflowers intended for dried flower arrangements when the blooms are only half open. Tie small bundles of the flowers together and hang them upside down in a well-ventilated place to dry. Hanging in the sunlight may cause fading of colors.

Pinch off onion flower buds from the top of the plants to direct all of the plant's energy into the developing bulb instead of seed production.

Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also insures that the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.

Every weed that produces seed means more trouble next year. Control weeds before they go to seed.

Keep tall flowers staked and cut out dead flower stalks.

Check on water needs of hanging baskets daily in the summer. Wind and sun dry them much more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Pick summer squash and zucchini every day or two to keep the plants producing.

Remove old plants, which have stopped producing to eliminate a shelter for insects and disease organisms.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

Many herbs self-sow if the flowers are not removed. Dill seeds that fall around the parent plant and come up as volunteers the following spring.

To reduce the number of pests on your fruit tree for the coming year, pick up and destroy all fallen fruit.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

Board Meeting Highlights

Highlights from our recent meetings include:

- Discussions about adding new members to our current Board vacancies.
- Goals for the coming year.
- Decision to purchase and install an underground sprinkler system for the Front Island, at the entrance to Sardis Forest off of Sardis Road. This will enhance the overall beauty of the grass and flowers in this area.

New Neighbor?

If you have recently moved into the neighborhood and have not received your key to the park, please contact Irene Suchoza as the address/number above.



Homeowner Membership

If you are not a member of the SFHA, please consider becoming a voluntary member of the Sardis Forest Homeowners Association for only \$50.00/year.

Members are given a key to the park, and fees collected from members are used to help pay for services such as landscaping, general maintenance, and insurance.

Please complete and send in or drop off the following form:

Volunteer Membership Form

Name: _____

Address: _____

Phone: _____

E-mail: _____

Mail or deliver to **Irene Suchoza**, 309 Morning Dale Road. Make checks (\$50.00) payable to the *Sardis Forest Homeowners Association*. Call 704-845-5607 for info.

Latchkey Children

According to the U.S. census, more than one-third of all school-age children are latchkey children. The definition of a latchkey child is one who has no adult supervision. In a world where both parents must work and childcare is expensive, it is important to make sure that a child in self-care is safe.

The following is a list of information the child must know before being left alone:

- His or her name, address, and phone number.
- How to call 911, and what to say.
- Not to enter the house if the door is open when arriving home. Report to a designated neighbor.
- The rules you have set for self-care in regard to eating, having friends over, leaving the house, or getting on the computer.
- What to do in an emergency.

Be sure your child is responsible enough to be left in self-care. Test the child by asking questions such as:

- "What would you do if the power fails?"
- "What should you do during a storm?"
- "What would you do if there were a fire in the house?"
- Role-play different situations so the child will feel secure in self-care.
- Post a list of numbers to call if the child should feel a need. Can the child call a parent, a neighbor, or a close adult friend? This provides the child with a safety net if he or she should feel insecure about something.

A child in self-care may develop a stronger sense of independence and self-esteem—and benefit from doing so. For more information visit:
<http://www.aboutourkids.org/aboutour/articles/latchkey.html>.

The Importance of Knowing CPR

CPR can save a person's life by restoring breathing and circulation until medical care providers arrive to administer advanced life support. Many different emergencies can necessitate CPR, including accidents, near-drownings, suffocations, poisoning, smoke inhalation, sudden infant death syndrome, and electrical injuries.

CPR is a combination of rescue breathing and chest compressions. If a person is not breathing or his or her blood is not circulating, oxygen is not reaching vital organs. This can cause brain damage or death in less than eight minutes.

CPR should be administered as quickly as possible, but it must first be determined to be necessary. It should only be performed when a person is not breathing or circulating blood adequately. Watching the chest for the rise and fall of breaths and listening for the sound of air going in and out of the lungs can determine this. In a CPR course, techniques are practiced that determine whether breathing or circulation is adequate in infants, children, and adults.

The ABCs of CPR are **Airway**, **Breathing**, and **Circulation**. The victim's airway must be open to restore breathing. CPR courses teach how to open the airway and position the victim for rescue breathing. A person performing rescue breathing is breathing for the victim by forcing air into his or her lungs and checking for signs of life. If rescue breathing is properly administered, but there are still no signs of life and no pulse, chest compressions must be started to re-start circulation. This is pushing on the chest to help to circulate the blood. Chest compressions are coordinated with rescue breathing.

The best way to learn CPR is by taking a course at your local Red Cross or American Heart Association.



interested in becoming our Association Newsletter author and editor.

Duties include creating and publishing a bi-monthly newsletter, soliciting local advertisers to defray the publication/distribution costs, and attending Board meetings to share information with our neighbors, etc.

If you like to write, put your creativity to good use and enjoy meeting people, this is a great opportunity for you. Please contact Dennis Logerquist, SFHA Treasurer, at 704-847-0261 for more information. Or inquire at info@sardisforest.org.

YOUR SFHA BOARD

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Secretary / 704-577-1633

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Vacant *

Vice President

Vacant *

Grounds

Vacant *

Newsletter

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Needed: Newsletter Author/Editor



We are looking for someone