



Westchester Times

Serving the communities of:
Coventry, Newcastle and Sheffield

August-September 2007



Hello Westchester Residents By Ellen Faingold, Community Events VP

As of this writing, the 4th of July is just days away and I am so excited about getting our three neighborhoods together for a wonderful day. I am very hopeful that the weather will cooperate with our festivities and everyone has a great time!! Hopefully, this is the just the start of a wonderful year of community gatherings! If you have any pictures or stories from our festival, please email me and we can include them on our website and next newsletter.

Having said that, I want to turn our focus to our next big community gathering which will be our Fall Festival to coincide with Halloween which would be on Saturday, October 27th. We want to have lots of fun and games for Halloween activities as well as a costume contest for various age groups! This was my most favorite community event when we first moved here when our daughter was only 10 months old. Now that we have grown as a community and we now have lots of different aged kids from infants to teenagers, we want to include everyone in the fun Halloween spirit! More info to come later, but **I do need volunteers** to head up their own neighborhood committee to keep all three neighborhoods up to date and aware of upcoming events.

Another activity I am thinking for us to do is a winter festival to include Santa in the park, wintry type games and other holiday traditional festivities. (Any holiday tradition ideas would be much appreciated!) And it would be lots of fun to have community Christmas caroling during the Christmas holidays. More to come on this one as time goes and, if anyone has any ideas for any of these festivals, please don't hesitate to email me or call.

What??? Don't know your neighbors? How about bringing back the neighborhood monthly get-togethers. I know it was a little weird before to try and meet and greet people who live in different neighborhoods, so I offer this suggestion. Have a volunteer from each of our three neighborhoods to act as a coordinator for their own neighborhood and line up a resident each month to volunteer their yard, driveway or home for a once a month get together of fun in each neighborhood! Everyone brings a little something to drink or eat and pulls up a chair and starts chatting away. The kids always had a blast and it is really a nice fun thing to look forward to. And you can always add flair to it with a fun theme for the time of year, or sports related or even an international flair. I know there are some very talented drink makers out there for some wonderful adult frozen fruity drinks and perhaps sno-cones for the kiddies? The sky is the limit... BUT the remember the main objective is to have fun and to get to know those people down the street or two doors down or one block over! Who knows, you may just find your neighbor is a real estate agent, doctor, lawyer, babysitter, police officer, teacher or even awesome radio morning show hosts!

(Continued on page 4)

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Check out the Westchester website at www.westchesterhoa.com. It's loaded with information including newsletters, board meeting agendas and minutes, business recommendations, our Deed Restrictions in a fully text-searchable PDF file, Property Alteration Form and the Design Review Manual and Color Selection Book, Classified Ads, Contacts Page, Community Information, and a resident Forum.

August / September 2007

Westchester Committees

Westchester Home Owners Association is managed by:
The Property Group of Central Florida
11902 Race Track Road Tampa, FL 33626
Phone: 813-855-4860 ext. 16 ~ Fax: 813-855-5692
Manager: Leigh Slement Email: Leigh@pgcf.com

Board of Directors

- E-mail: board@westchesterhoa.com
- Don Blake - President (Coventry)
- Tony Surber - Vice President (Sheffield)
- C. J. Baier - Treasurer (Newcastle)
- Michelle Clark - Director (Newcastle)
- Kim Melendez - Secretary (Sheffield)
- Ellen Faingold - Committee Director (Sheffield)

Design Review Board

- E-mail: johnw@davisbews.com
- John Wagner, Chairperson Newcastle
- Ron Guido, Newcastle
- Wendy Samuels, Sheffield
- Ryan Schneegold, Sheffield
- Jesse Kline, Sheffield

Newsletter

- Email: newsletter@westchesterhoa.com
- Heather Papolos, Editor
 - Karen Uhlig, Designer/Publisher
 - All Residents, Article Writers

Grounds

- E-mail: grounds@westchesterhoa.com
- Roy Carwile, Chairperson
 - Ken Leonard
 - Ellen Faingold
 - Roger Akerman

Garage Sale

- Arnie Korshin
- Judy Kunkel
- Shauna Trower
- Chantel Reda
- April Reinhart
- Jennifer Welch
- More Volunteers Needed!

Welcoming

- E-mail: welcomes@westchesterhoa.com
- Heather Papolos, Chairperson
 - Bridget Stasonis



Upper Tampa Bay Library Hours

Monday through Wednesday
9 am to 9 pm

Thursday and Friday
9 am to 6 pm

Saturday
9 am to 5 pm

Sunday
12:30 pm to 5 pm

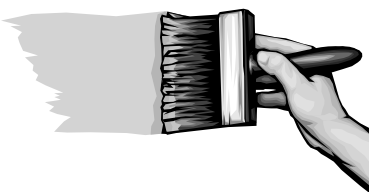


WESTCHESTER BOARD MEETING

HOA Meeting is August 1, 2007

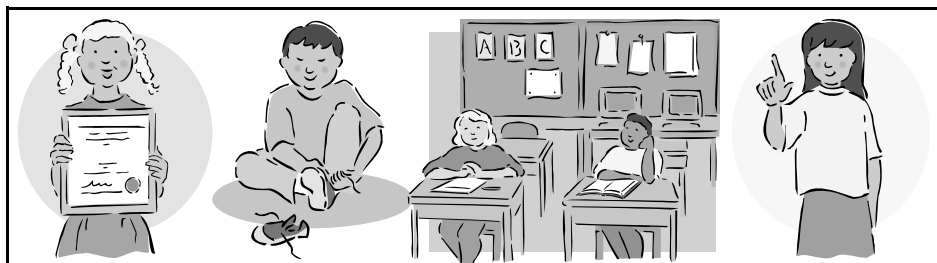
Directions to The Property Group From Westchester

Turn left on Race Track Road. Pass Repron Blvd. on the right. Turn right at 2nd driveway access to Tri-County Business Park. Make an immediate left and proceed to the building directly behind Ellies Restaurant (formerly Bizzy Bites). The office is on the corner, #11902.



More Home Color Choices, Instant Approvals!

Repainting your home? Check out the Westchester Color Selection Book, AND a new Sherwin Williams color wheel with hundreds of combinations, at The Property Group. Residents may choose their colors, complete an application, and receive approval on the spot! The color books may also be borrowed for up to one week, with a \$25 refundable deposit. If your chosen colors are not in the color books, a 2' square color sample must be painted on your home for approval.



Sheffield Perimeter Wooden Fence

By Leigh Slement

Pursuant to numerous homeowners inquiring about the condition of the wooden fence which abuts Lynmar and spans from the rear of 11312 Cypress Reserve Drive through to 11424 Cypress Reserve Drive, we advise as follows. The fence was originally requested by Lynmar and although it was installed by the Developer, Ryland Homes, it was funded by Lynmar and was never intended to be an HOA responsible common area element. Furthermore, it has never been an HOA budgeted item. With this all said, the Board has discussed this at their last meeting and determined appropriately that the fence will be each homeowners responsibility – specifically the section that spans the rear property line of each of the above lots. Therefore, if you wish to replace, then the specified Lot Owners have permission to do so, included but not limited to changing it out for another fence type. We trust this clarifies responsibility.



Facing The Facts

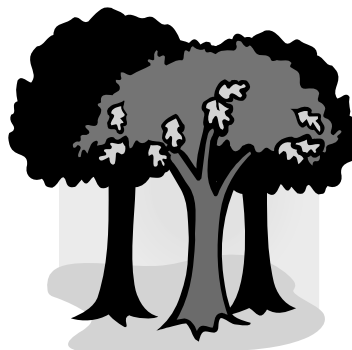
- The death rate on residential streets is over twice that of highways – measured per miles driven (NHTSA – 2005)
- Speeding triples the Odds of Crashing (AAA Foundation for Traffic safety – 2006)
- A pedestrian hit by a vehicle traveling 30 mph is three times more likely to die than one hit by a vehicle traveling 25 mph (General Estimated Database of Police Reported Accidents – 1999)

Summer is underway and we are all aware that the number of children playing in yards, riding bikes, crossing neighborhood streets increases greatly. We can all do something to make these same streets safe for us all. Let's commit to:

- Observe the posted speed limit, or go even slower when we see children present. Remember to Be Aware! Drive with Care.
- Stop! Take Three to See. This means to come to a complete stop at each and every stop sign. Then, look left, look right, and look left again. Make sure the coast is totally clear. You can use these same steps to teach children to cross the street safely.
- Monitor your children's whereabouts. Know where they are and who they are with. Establish safe places to play. The street is not a playground.●

New Landscaper For Common Areas

By Leigh Slement



The Board has approved the proposal for a new landscaping company to commence servicing the community's common areas effective August 1, 2007. We look forward to working with them and ask homeowners to advise if in error they omit an area customarily done. The Company is Nase

Landscaping and the owner Brian will be actively involved.

Street Trees

Street Trees need pruning again! Please review the street trees under your responsibility to check that they are 7 ft above sidewalk grade and 12 ft above roadway grade. Shaping of street trees (ball-like or other) is not permitted – the intent of the street trees is that they mature with a natural canopy shape.●

Hello Westchester Residents...

Cont'd from Page 1

Remember, our social committee is 100% behind all our community events and, if there is ever anything you need or think we should do as a community, please let me know. I'm glad to help!

I am looking for people to offer their services of daycare, babysitting and petsitting. Please send me your name, number and what you're interested in doing and we'll get it on the website and next newsletter. HOWEVER...if you are under 18, please include your age, and parents name so I can confirm that this is okey dokey with them to have your information out there!!

Please email me at ellen_westchesterhoa@faingold.com or call 925-1902 to volunteer for any of these upcoming events or if you just have a suggestion. Thanks!●

Property Manager's Corner By Leigh Slement

Compliance

The maintenance item, which prominently stands out at this time of year, is weeds! WEEDS IN GRASS; WEEDS IN BEDS and WEEDS IN CONCRETE: Weeds in grass requires treatment; weeds in beds needs labor followed by an install of fresh mulch and weeds in concrete areas needs some roundup or even boiling water works.

Please remember to place garbage containers out curbside for pickup IN SEALED CONTAINERS. It is recommended to take curbside on the morning of garbage days rather than the night before. All recyclables particularly paper should be tied down to avoid littering the neighborhood.

Reminder

ALL HOMES have reached the age where repainting is required. The deadline for each home to be painted is by the end of this year!

Street Parking

Street Parking is not permitted – if a vehicle is established as Owner owned and is street parked in excess of two nights it will be towed! – all repeat offenders will be towed without notice.

Look out for signage with tow company details.

COVENANT OF THE MONTH
ARTICLE VIII SECTION 10...No LOT SHALL BE USED FOR THE STORAGE OF RUBBISH. TRASH, GARBAGE OR OTHER WASTE SHALL NOT BE KEPT EXCEPT IN SANITARY CONTAINERS PROPERLY CONCEALED FROM PUBLIC VIEW.

Please note new telephone extensions at the management office

Accounting - 317
Leigh Slement (Manager) - 316
Reception - 300
Emergencies - 325



Welcome!

All the Governing Documents for the Association are on the website and, if you were not supplied a set before you closed on your home, it would behoove you to take a moment and at the very least review the Restrictions sectors. It is most unfortunate when we have to greet a new homeowner with a notice relative to a Covenant infraction – we'd much rather allow you time to settle in, meet your neighbors and enjoy your new home with the knowledge that you are aware of the rules and regulations which you agreed to at closing

Please contact Management to arrange gate access.

March 2007 Crime Report

8 CALLS: 1 x criminal mischief; 4 x false alarms; 2 x auto burglaries and 1 x information call

Reminder:

July 1st WAS the due date for the second and final payment of your Association Dues! (\$300)

New Homeowners

Michael Phillips	12127 Bishopsford Drive	04/27/07
Mary Brinker	12205 Bishopsford Drive	04/28/07
William & Erin Milam	12028 Northumberland Drive	05/16/07
Carole Barone	12008 Northumberland Drive	05/24/07
Yvette Haran	11527 Cypress Reserve Drive	06/05/07





Babysitters

Kirsten Akerman - 854-2253
Red Cross Certified

Pressli Champion - 855-2028

Meagan Gross - 855-9775
Red Cross Certified

Elizabeth Lewis - 818-9152

Megan Luginsland - 854-3409

Nicolas Luttmann - 818-0990

Lucille McCann - 891-0523



Petsitters

Megan Luginsland - 854-3409
Nicolas Luttmann - 818-0990
Alex Singleton - 818-4518
Chelse Singletary - 818-4518



Dylan Quick
925-8938

Lawn Mowers



Approved Mailbox Post and Trim Colors

Body Color: Sherwin Williams, Behr Brand Elegant Ivory PWN-40
Trim Color: Sherwin Williams, Behr Brand SW 2258, Ivy Wall

A Sheffield resident, Nicole Quick, is offering free Notary services to Westchester residents.

Phone 813-477-3226, email nicolemquick@yahoo.com.

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Deer Park News
By Principal
Louis J. Cerreta

Deer Park Families,

The Deer Park PTA and uniform committee has been very busy making a few minor changes to the Deer Park uniforms. The ultimate goal was to give parents more choices as well as make purchasing uniforms easy and hassle free.

Tops-

All shirts must be uniform style polo shirts with a collar or a solid colored T-shirt. The color choices are: Hunter Green, White, Gold. Capped shirts are also available for girls.

Bottoms-

Khaki or Navy Blue trouser, pants, shorts, jumpers, capri pants, skirts.

The school spirit shirts this year will have the same logo as last year, but is now available in ash grey. Children can wear either the gold or ash grey spirit shirts on Friday of each week.

Children may wear uniforms with or without the school logo. If you are purchasing uniforms without the school logo, it can be purchased at any store such as Target or Old Navy. If you want to purchase uniforms with the school logo, you may order it through the Deer Park PTA. The Deer Park PTA will have several opportunities for parents to purchase uniforms throughout the summer. Our first opportunity to purchase uniforms will be on Friday, July 13 at Westchase Elementary in Room #316 from 7:00 am -9:00 am. If you have specific questions regarding uniforms, you may contact Julie Banks via e-mail at jndbanks@yahoo.com.

My last e-mail had the wrong phone number listed for Westchase Elementary. The correct phone number for Westchase Elementary is 631-4600. If you are unable to reach us at Westchase Elementary, you can also contact me on my cell phone at 956-6636. I apologize for any inconvenience this may have caused.

I just returned from the new school site and we are right on schedule for us to move in the first week of August. The A/C is on, floor tiles installed and cabinets installed in many of the rooms.

DEER PARK RANGERS LEAD THE WAY!•



Get On The Ball ... Part 2!!!

By Phil A. Lalli / phil@sunfitpt.com

Originally, I was going to write the article this month about the importance of regular exercise for children – especially since now they are fully engrossed in the usual summertime activities. I received however, a larger amount of questions than usual from Westchester residents about additional exercises for the Swiss Ball and how to intensify the ones I gave to you in the last edition. Therefore, this article will be Part 2 of how to effectively use the Swiss Ball and safely increase the intensity of your workout.

Remember, check with your physician first and give yourself a thorough warm-up of at least 10 minutes of cardiovascular exercise to allow your muscles to be adequately prepared for the following strength training exercises. All of these exercises can be found illustrated on our website (look for our ad in this issue). Have a great workout and I'll see you in the fall!

There are a few general guidelines to follow when using the balls:

1. Learn how to sit squarely on it with proper posture before you even think of using free weights with it.
2. Keep the ball under your center of gravity and don't support it by pressing your heels or the backs of your legs up against it while sitting on it. Your heels/legs will act as a brace and defeat the purpose of learning how to stabilize on the uneven and unsupported surface.
3. Use the ball to enhance athletic performance and activities of daily living (ADL's) by mimicking the motion you are trying to strengthen. Don't turn it into a circus act by trying to stand on it or balance on your knees and swing a golf club. You will only succeed in busting your head and making your friends laugh at you while you lay in pain on the gym floor.

Keep doing the exercises from last month and add the following to your routine:

Abdominal Chop- Sitting on the floor, extend your legs and lift your feet up off the ground. Assume a slight forward lean to your posture and swing the Swiss Ball from side to side banging it on the ground next to your hips. Hitting the floor on your left side and then your right side equals one repetition. Perform 20 reps.

Single Leg Hamstring Curl- Lying on your back, extend your legs and place your heels firmly on the ball. Lift your buttocks off the ground and in one motion roll the ball back towards your hips. Lift one leg straight up in the air up above your hips and keep it there while continuing to roll the ball back and forth with the other leg. Perform 8-10 reps before allowing the buttocks to touch down and then switch legs and repeat.

Swiss Wall Squat- Place the ball against a wall and lean against it with the small of your back comfortably supported along the curve of the ball. Feet should be hip width apart and heels firmly pressed to the ground. Begin to squat down without leaning forward and maintain the weight over your heels, not your toes. Pause at the bottom and then push slowly back up. Perform 10-15 repetitions.

Medicine Ball French Press- Use a 4-10 pound medicine ball or a single dumbbell of equal weight. Sitting on the ball, sit up straight and hold the ball/dumbbell over your head with your arms close to your ears. Slowly bend the arms (from the elbows, not the shoulders) until the weight passes behind your head. Pause for one second and then extend the arms straight back to the starting position emphasizing an upward, not forward pressing motion. Perform 10-15 repetitions. ●

Step Into Better Parenting – Classes Starting By Leigh Slement

Hillsborough County has scheduled several STEP classes throughout the year and at various convenient locations throughout the area. Systematic Training for Effective Parenting (STEP) is taught nationally to parents of children of all ages. It emphasizes improving communication skills, understanding children's behavior, and discipline that makes sense, among other topics.

The Parents Handbook by Dinkmeyer and McKay is the book required for the class and costs about \$18. The book is available at: amazon.com, bestbookbuys.com, or half.com

The \$36 registration fee is due at the door on the first day of class.

For more information or to register, contact Hillsborough County Children's Services at 264-3807X128 or on the Children's Services section of www.hillsboroughcounty.org

July 14 – August 18, Saturdays,
9:30 am – 12:30 pm for 6 weeks and

Sept 8 – October 20, Saturdays,
9:30 am – 12:30 pm for 6 weeks and

Oct 27 – Dec 8 (no class Nov 24),
Saturdays 9:30 am – 12:30 pm for
6 weeks

At Family Support and Resource
Center, 7520 W. Waters Ave.,
Suite 8, Tampa, FL. ●



LIMITED PROXY

WESTCHESTER OF HILLSBOROUGH HOMEOWNERS ASSOCIATION

The undersigned, owner(s) of _____ (address) at Westchester appoints the Secretary of the Association, on behalf of the Board of Directors, OR

_____ as my proxyholder to attend the Annual Meeting of the members of Westchester held April 4, 2007, & RECONVENED JUNE 20TH at 7:00pm. at 11902 Race Track Road. The proxyholder named above has the authority to vote and act for me to the same extent that I would if personally present, with power of substitution, except that my proxyholder's authority is limited as indicated below:

I SPECIFICALLY AUTHORIZE AND INSTRUCT MY PROXYHOLDER TO CAST MY VOTE IN REFERENCE TO THE FOLLOWING MATTERS AS INDICATED BY CHECK MARK BELOW:

The full text of the Proposed Amendments, enclosed in this mailing, to be referenced for voting purposes

1. I approve the proposed amendment to Article VIII, Section 6 to the Declaration of Covenants, Conditions & Restrictions which amends with substantial change to the section relative to business use permitted/not permitted from homes.

YES _____ NO _____

2. I approve the proposed amendment to Article VIII, Section 21 to the Declaration of Covenants, Conditions & Restrictions to add this section relative to defining "occupancy" and "single-family" for residences/ Units.

YES _____ NO _____

3. I approve the proposed amendment to Article VIII, Section 22 to the Declaration of Covenants, Conditions & Restrictions to add this section relative to rented/leased Units, specifically restricting the number of Units to be rented/leased to 7% of the total Units and demanding "full service" landscaping contracts for all rented/leased Units.

YES _____ NO _____

4. I approve the proposed amendment to Article VIII, Section 23 to the Declaration of Covenants, Conditions & Restrictions to add this section relative to restricting the rental/leased period to not less than 1 year.

YES _____ NO _____

5. I approve the proposed amendment to Article VIII, Section 24 to the Declaration of Covenants, Conditions & Restrictions to add this section relative to rented/leased properties acknowledging Covenants.

YES _____ NO _____

DATE SIGNATURE(S) OF OWNER(S) PRINT LAST NAME

THIS PROXY IS REVOCABLE BY THE UNIT OWNER AND IS VALID ONLY FOR THE MEETING FOR WHICH IT IS GIVEN AND ANY LAWFUL ADJOURNMENT. IN NO EVENT IS THE PROXY VALID FOR MORE THAN NINETY (90) DAYS FROM THE DATE OF THE ORIGINAL MEETING FOR WHICH IT WAS GIVEN.●

Friends of Upper Tampa Bay Regional Library Newsletter

By Maureen B. Gauzza, President
<http://www.uppertampabaylibrary.org>



The following were elected at our Annual Meeting to serve as the Friends of UTB Regional Library Officers and Executive Committee for 2007-2008:

Maureen B. Gauzza, President
Mary Hamrick (Interim Vice President)
Mike Edgerley, Secretary
Angela Ogden, Treasurer
Dan Johnson, Tree Chair
June Valva, Membership Chair
Heather Papolos, Corresponding Secretary
Amanda Coughlin, Public Relations, and
Patricia A. Jasiulevicius.

Our Friends Gazebo Book Store has been very busy since opening May 3 on the "Honor System." In order to keep the Book Store open the same hours as the Library (except closed on Monday), we are looking for more volunteers to help with the large volume of donated material. All proceeds from the Book Store go to the UTB Library for programs and other items not in the budget. We receive a large amount of books to sort and shelve in the Book Store, and we welcome volunteers! Please call 926-4008, if you can volunteer or e-mail mgauzza@verizon.net

We appreciate all of the great donations of books, but it seems that we haven't received as many Children's books, and our supply is getting depleted. When you start cleaning out books your children have outgrown, please remember to donate them to the Gazebo Book Store to pass them on to other children to enjoy.

The UTB Library is also looking for volunteers in the Library. There will be a Volunteer Recruitment Day on Tuesday, July 10th from 1:00 p.m. to 5:00 p.m. at the UTB Library for both Volunteers for the Book Store and the Library. Light refreshments will be served. ●



Deer Park Reminder

By Kim Melendez

Well, our school is coming along beautifully. From the last update from our Principal, Mr. Cerreta, the A/C was on, cabinets have been installed and floor tiles are in (and this was as of the end of June). The staff is planning to be able to move in the first week of August. As for the kids... summer is disappearing fast!!! First day of school is August 20th!!!!



As a reminder to Mr. Cerreta's article in this newsletter, the school uniform is: Tops- All shirts must be uniform style polo shirts with a collar or a solid colored T-shirt. The color choices are: Hunter Green, White or Gold. Capped shirts

are also available for girls. Bottoms: Khaki or Navy Blue trouser, pants, shorts, jumpers, capri pants or skirts

The school spirit shirts this year will have the same logo as last year, but are now available in ash grey. Children can wear either the gold or grey spirit shirts on Friday of each week.

Children may wear uniforms with or without the school logo. If you are purchasing uniforms without the school logo, they can be purchased at any store such as Target, Old Navy or A Children's Place to name a few. Order forms for the school shirts will be available on the Deer Park PTA website: www.deerparkpta.org.



Additionally all parents should sign up the Hillsborough County Public School system website for ListServ to receive any communication from Mr. Cerreta about the school. Just login at: <http://www.sdhc.k12.fl.us/ListServ/> and sign up.

See you August 20th! ●

2007-2008 SCHOOL YEAR CALENDAR

Note: All dates subject to change. Please contact your student/s school/s for more information.

Indicates Student Half Day
Indicates District Holiday

Indicates School Holiday
Indicates Teacher Holiday

2007

District Teacher Training (<i>Continuous Improvement Training at School Site</i>)	August 13
Professional Study Day	August 14
Teachers in Schools - Pre-Planning Days	August 10, 15, 16, and 17
Students First Day of School	August 20
Labor Day	September 3
End of First Grading Period	October 18
Professional Planning Day/Non-Student Day	October 19
Conference Night - First Semester	TBA by individual schools
Thanksgiving Holidays	November 21, 22, and 23
End of Second Grading Period	December 21
Winter Holidays	December 24 - January 4, 2008

2008

Teacher Work Day	January 7
Students Return to School / First Day of Second Semester	January 8
Martin Luther King Jr. Day	January 21
Students' Day at the Fair (<i>* East Hillsborough celebrates Strawberry Festival in lieu of Fair Day*</i>)	February 8
Presidents Day Holiday	March 3
Strawberry Festival (eastern Hillsborough County)	February 18
End of Third Grading Period	March 3
Conference Night - Second Semester	March 11
Spring Holidays	TBA by individual schools
Students Return to School	April 7 - 11
Non-Student / Non-Teacher Day	April 14
Memorial Day	May 2
Last Day of School	May 26
Post-Planning Day	June 4
	June 5

Early Release Days

End of Grading Periods

October 18, 2007 December 21, 2007
March 11, 200 June 4, 2008

Report Card Distribution Dates

Elementary

Secondary

Holidays for Twelve Month Personal

Thank You So Much Westchester Families!!!

By Ellen Faingold, HOA Community Events VP



Although we had a little scare of thunder and lightning, our 4th of July parade went off without a hitch! The kids had a fabulous time and did a great job of decorating their bikes, wagons, scooters and strollers! We had kids of all ages, parents, grandparents, aunts and uncles out there! Fun was had by all! Thanks to Lois and Dave Thomas for providing the American flags! It really was great to see such patriotism on such a great day!

Back at the tot-lot, the kids had a ton of fun jumping on the bouncy house graciously provided by our own Newcastle resident, George Annuziata... THANK YOU!!! It was a huge success! Then the kids had some fun with face painting, sack races, water balloons and some sidewalk chalk. Although the thunder and lightning was getting closer and closer, our Sheffield resident Tom Destefano, cooked up some great tasting hot dogs (with his own grill he hauled over) for everyone to enjoy before the deluge hit! Thanks to our friends at Sweetbay, they provided the hot dog buns and bags of chips!



The best thing was the wonderful sweet table with all the great items that were

donated by many of our residents! It was awesome! Thanks to all of you who brought those yummy sweets! And thanks also to all of you who donated money towards our community events fund. This will help to provide future fun events to be had by all!!



If only the rains could have held off an hour or so, we all could have enjoyed a longer fun filled afternoon! But, I must say, even though some of us got a bit wet, it really was a fun time, although short!

Thanks to Kim Melendez for the wonderful posters at all the gates and also thanks to Beth Edwards for the cool red flyers for each house. Also thanks to Sheryl Destefano for

doing all the shopping for our party and distributing the flyers with her hubby, Tom. And, lastly, thanks to Erin Stern for checking out all the possibilities for entertainment. These ladies really helped make my HOA board "job" easy! I knew what I wanted to do to jazz up the community events, and they were all right on board with me from the get go and organized things to the TEE while I was on vacation! (Please thank them, if you see them.) AND, we are always looking for more people to join our committee to plan events for all three neighborhoods together and also individual neighborhood events. We need more Newcastle and Coventry volunteers!

Watch your mailboxes for newsletters and flyers about upcoming events, and you can always check out our website at www.westchesterhoa.com .

It was a pleasure!●

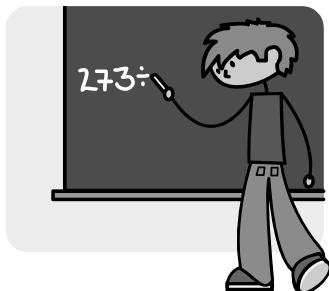


Back to School Tips

By the American Academy of Pediatrics (AAP)

Making The Day Easier

- Remind your child that she is not the only student who is a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school: It will be fun. She'll see old friends and meet new ones. Refresh her memory about previous years, when she may have returned home after the first day with high spirits because she had a good time.
- Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
- If you feel it is appropriate, drive your child (or walk with her) to school and pick her up on the first day.



Backpack Safety

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slings a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may also increase curvature of the spine.
- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

Traveling to And From School

Review the basic rules with your youngster:

School Bus

- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus
- Check to see that no other traffic is coming before crossing.
- Make sure to always remain in clear view of the bus driver.



Car

- All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.
- Your child should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when she has reached the top weight or height allowed for her seat, her shoulders are above the top harness slots, or her ears have reached the top of the seat.
- Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, not the stomach; and the child is tall enough to sit against the vehicle seat back with her legs bent at the knees and feet hanging down.
- All children under 13 years of age should ride in the rear seat of vehicles.
- Remember that many crashes occur while novice teen drivers are going to and from school. You may want to limit the number of teen passengers to prevent driver distraction. Do not allow your teen to drive while eating, drinking, or talking on a cell phone.



Bike

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility.
- Know the "rules of the road." <http://www.aap.org/family/bicycle.htm>

Walking to School

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- Bright colored clothing will make your child more visible to drivers.

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Eating During the Day

- Most schools regularly send schedules of cafeteria menus home. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.
- Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.

Bullying

Bullying is when one child picks on another child repeatedly. Usually children being bullied are either weaker or smaller, shy, and generally feel helpless. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.



When Your Child Is Bullied

- Help your child learn how to respond by teaching your child how to:
 1. Look the bully in the eye.
 2. Stand tall and stay calm in a difficult situation.
 3. Walk away.
- Teach your child how to say in a firm voice.
 1. "I don't like what you are doing."
 2. "Please do NOT talk to me like that."
 3. "Why would you say that?"
- Teach your child when and how to ask for help.
- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

When Your Child Is the Bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

When Your Child Is a Bystander

- Tell your child not to cheer on or even quietly watch bullying.
- Encourage your child to tell a trusted adult about the bullying.
- Help your child support other children who may be bullied. Encourage your child to include these children in activities.
- Encourage your child to join with others in telling bullies to stop.

Before and After School Child Care

- During middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and watch over them after school until you return home from work.
- Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.
- If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.
- If you choose a commercial after-school program, inquire about the training of the staff. There should be a high staff-to-child ratio, and the rooms and the playground should be safe.

Developing Good Homework and Study Habits

- Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.
- Set aside ample time for homework.
- Establish a household rule that the TV set stays off during homework time.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- To help alleviate eye fatigue, neck fatigue and brain fatigue while studying, it's recommended that youngsters close the books for 10 minutes every hour and go do something else.
- If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.●

