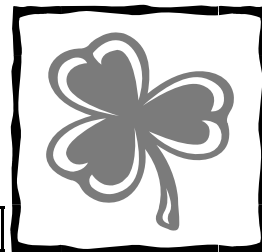




Westchester Times

Serving the communities of:
Coventry, Newcastle and Sheffield



February - March 2008

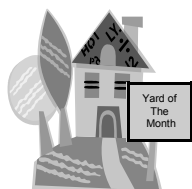
Yard Of The Month

From Property Manager,
Leigh Slement

The Yard of the Month for November was awarded to **12011 Mountbatten in Newcastle.**

The yard of the month for December was awarded to **12203 Coldstream Lane in Sheffield.**

Thank you both for displaying well nourished lawns, pruned plantings, elevated trees and palms, fresh mulch and neat, weed-free, manicure, healthy landscaping and stained fence.



Usually the December award is given to a chosen holiday decorated home, but there were so many beautifully lit homes that it was too difficult to choose. So thank you all for "lighting" up the neighborhood in the true spirit of the holiday season!

We also take this opportunity to thank all Westchester owners for a continued great effort in maintaining homes and yards. I can proudly say that 90% of you have put in the effort and contributed towards a definite and notable higher standard. Hats off to all of you!

There are only two areas which need more attention - street trees need pruning and street parking in Sheffield still needs improving.▲

Applying For Paint Colors

A lot of homeowners are unaware of the process for making application to repaint your home. We have tried to make the approval process as simple and "quick" as possible. If you are going to repaint the original colors of your home, which are all obviously pre-approved – paperwork is necessary for your file but upon receipt we process immediately returning a copy to you for your confirmation and assurance of approval.

In the event you wish to paint your home another color, the Management Office has an additional pre-approved color wheel. Pending availability we have color wheels which you are able to take home for a one-week period but ask for a \$25 refundable deposit in check or cash form. Colors selected from this color wheel also receive immediate approval with the completed application form.

When you repaint your home a color other than the original painted colors, we ask that you choose a color that is not in your immediate surrounding area. We allow homeowners flexibility on door colors but do require to know to ensure compatibility with your house colors. House colors, which are darker than the pre-approved colors will be denied. Approval is mandatory for ALL exterior projects.

Application is required whether you are painting original colors or from the pre-approved color wheel. Many homeowners have implemented painting without this process!

Management Office Hours:
8 am – 5 pm Monday thru Friday

The Property Group of Central Florida is located off Race Track Road:-

From Countryway Blvd., turn left onto Race Track Road; turn right into the Tri-County Business Park opposite the large mound of dirt; make an immediate left and proceed to the separate building directly behind Ellie's Restaurant...#11902 The Property Group.▲

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IKare Publishing, Inc.

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The Westchester Newsletter is published every two months and mailed to all residents.

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1/2 page \$110.00 Full page \$152.00

Inserts (copies provided) \$170.00

Visit our website at www.ikarepublishing.com

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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.

February - March 2008

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)



Design Review Board

- E-mail: johnw@davisbew.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

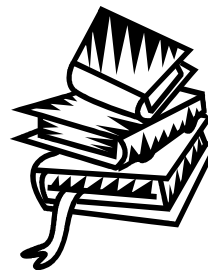
- E-mail: welcme@westchesterhoa.com
- Heather Papolos, Chairperson

Board Meeting Line Up for 2008

March - first Wednesday at 6:30 pm
 May - first Wednesday at 6:30 pm
 Annual Membership Meeting - June
 August - first Wednesday at 6:30 pm
 October Budget and Board Meeting -
 first Wednesday at 6:30 pm
 Check the Notice Boards where Meetings are posted.

Upper Tampa Bay Library Hours

Monday through Wednesday
10 am to 9 pm
 Thursday and Friday
10 am to 6 pm
 Saturday
10 am to 5 pm
 Sunday
12:30 pm to 5 pm



Board of Director/Design Review Board Meeting will be held March 5, 2008.

Want to be included on our Babysitter, Petsitter, Lawn Mower list?

On the first of the year, we delete all names on the lists and start over. To have your name placed back on the list, email Heather at hpapolos@excite.com with your name and number. Kids, be sure to get your parents' permission. Also, we do not publish cell phone numbers of those under 18 years old.

Babysitters



Lawn Mowers

Petsitters



Approved Mailbox Post and Trim Colors

Body Color: Sherwin Williams, Behr Brand
 Elegant Ivory PWN-40
 Trim Color: Sherwin Williams, Behr Brand

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

Phone 813-925-8938, email nicolemquick@yahoo.com.

Property Manager's Corner

By Leigh Slement

October 2007 Crime Report

7 calls:

2 x false alarms

1 x information call

1 x suspicious person

1 x suspicious vehicle

2 x thefts

Covenant Of The Month

Holiday lighting and decorations - all Christmas lighting decorations must be completely removed no later than January 18 of each year.

If you are wanting to improve the look of your concrete driveway, the Architectural Committee has approved a Solid Concrete Stain which has been tried and tested to best resemble natural concrete:
Behr, Solid Color Concrete Stain #806 Pebble Gray.

Article VIII, Section 6. Commercial Uses and Nuisances. No trade, business, profession or other type of commercial activity shall be carried on upon any Lot, except that real estate brokers, Owners and their agency may show Dwellings for sale or lease; nor shall anything be done on any Lot which may become a nuisance, or an unreasonable annoyance to the neighborhood.

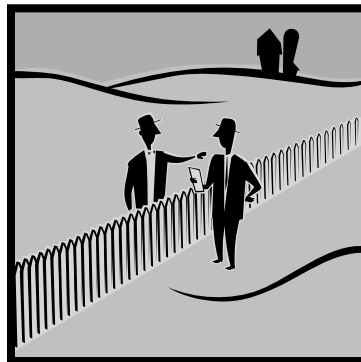
New Homeowners

Linda Sousa 11217 Cypress Reserve Drive 11/28/07

Abhijit & Dayna Datta 11316 Cypress Reserve Drive 12/10/07

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 sections. 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

Thank you Welcome Committee volunteers for extending a "Warm Welcome" to our new residents!

**\$\$
HOA
Assessments
\$\$**

Your first half,
\$300, of the
\$600 Annual
Assessment is
due February 1,
2008.

Please note new telephone extensions at the management office

Accounting - 317

Leigh Slement (Manager) - 316

Reception - 300

Emergencies - 325



Hillsborough County Code Enforcement Tip

Who are they and what they do? Hillsborough County's Code Enforcement Department is responsible for the enforcement of the Minimum Housing Code, which defines standards for the maintenance of existing properties and structures, portions of the Land Development Code, which addresses the uses of property, the Hand Sanitizer Ordinance, and the Shopping Cart Ordinance. Code Enforcement is also the lead agency which identifies and arranges for the removal of dangerous buildings through condemnation and demolition. The Department also administers Hillsborough County's Homeowner Rehabilitation program, which provides assistance to income qualified homeowners in making needed repairs or modifications to their home, and the collection and enforcement of the County's False Alarm Ordinance which provides for a penalty for false alarms registered with the sheriff's Department.

Inoperable Vehicles. Hillsborough County's Minimum Standards Ordinance requires that all properties be kept free from certain conditions which degrade from the health, safety, and/or welfare of Hillsborough County's citizens. Among these conditions are overgrowth, accumulations of junk, trash and/or debris, inoperable vehicles, and improperly secured swimming pools.

Q. What is an inoperable vehicle?

While the answer to this question would seem obvious, it is often misunderstood what vehicles the Code allows us to contend with. The Hillsborough County Minimum Code defines an inoperable vehicle as one which "is in a state of disrepair and or incapable of being moved under its own power." Vehicles which are untagged or have simply sat in one place for an extended period of time may not necessarily meet this definition. The intent of this prohibition is to prevent junk and dilapidated vehicles from having a negative impact on the community.

Q. Why are inoperable vehicles considered to be a violation?

Inoperable vehicles typically leak fluids such as anti-freeze, gasoline, and other automotive fluids onto the ground contaminating the local area. These vehicles also create an attractive nuisance to children by presenting an enticing by dangerous, play thing. There are several

documented incidents of children becoming locked inside a vehicle and succumbing to the extreme temperatures produced within the vehicle. Inoperative vehicles also detract from the neighborhoods appearance and invite an undesirable element into your community.



Q. What about my hobby car?

Vehicles which are kept with a completely enclosed structure are not considered a violation of Hillsborough County Code.

Q. Can I remain anonymous when registering a complaint?

Yes.

Friends of Upper Tampa Bay Regional Library

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



The Upper Tampa Bay Regional Public Library has now been opened for three years, and many of you stopped by to help us celebrate in December. There was a fantastic Harry Potter Children's Program held in the Meeting Room, and our Children's Librarian Susan Johnston did an outstanding job captivating both the adults and children with the Harry Potter Program. Everyone seemed to enjoy the Third Anniversary Cake in the Lobby, and some mentioned that they were at the Dedication of the Library. After refreshments there was an Arts and Crafts time to make Holiday decorations. A special thank you goes to the Children's Librarian, Ms. Susan Johnston, for a wonderful program. Also a special thank you to Charlotte Loiselle, Rita Ankney, Marlene Perez, Heather Papolos, and Angela Ogden of the Friends of UTB for helping.

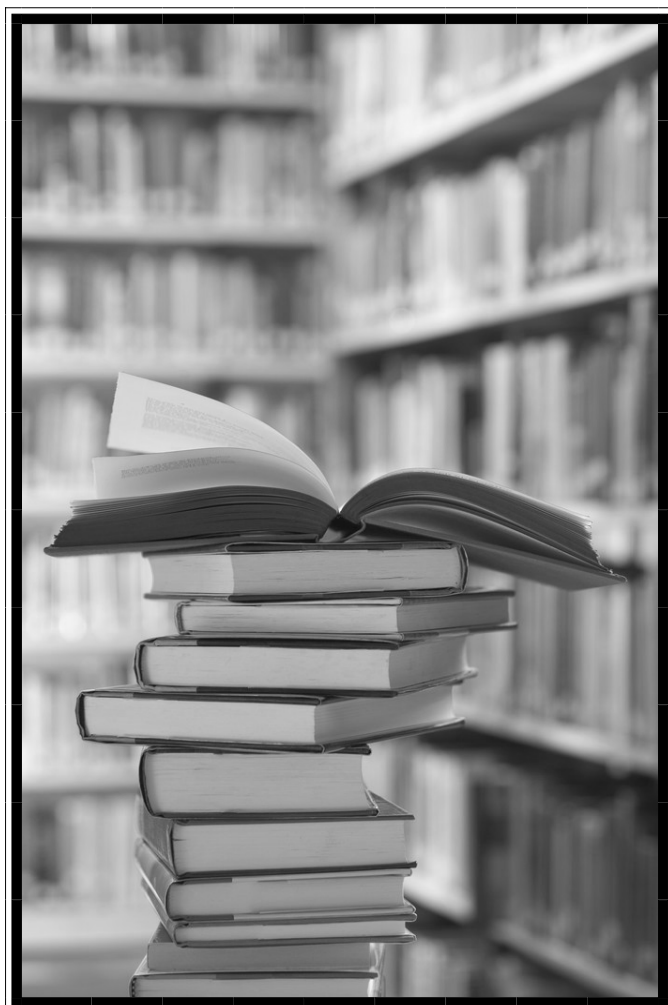
If you or someone you know has a baby born on or after September 1, 2006, and resides in Hillsborough County, they would be eligible for the Imagination Library Program. The web site is at http://www.hcplc.org/hcplc/tech/forms/imagination_library_reg.pdf which explains the program in detail, or you can ask for a form at the Library. This is a fantastic program that encourages reading to your children. After you are registered in the Imagination Library Program, a free book is mailed to your child every month until the age of five by the Hillsborough County's Imagination Library Program. Parents/Guardians fill out the Imagination Library registration form and turn it in at your nearest Hillsborough County Library.

Did you know that for students in grades 4-12 and first year of college Live Homework Help is available? It is a free online tutoring service that connects students to tutors online who are trained to help with math, science, social studies and English questions. This program is available every day from 2:00 p.m. to Midnight. Tutors are certified teachers, college professors, professional tutors and graduate students. You can go to hcpls.org click on Ask a Librarian and Live Homework Help

If you are making up New Year's Resolutions for volunteering, don't forget we can always use some help at the Gazebo Book Store. Some of you have been thinking of joining the Friends of UTB Library, and now is a good time as we start our Membership Drive this month. For your convenience we are printing a form that you can fill out and return to the address indicated. (See page 10 of this newsletter.) Some of you might not have the time to give to volunteer, but by joining your support helps the Friends of UTB continue to sponsor programs for all ages, and purchase items not in the budget at this time for the UTB Library.

We will be having our next Friends of UTB Chapter Meeting on Tuesday, March 11th, 2008 at the UTB Regional Library at 7:00 P.M. We hope to see you there!

We wish you a very Happy and Healthy New Year! ▲



**FRIENDS OF UPPER TAMPA BAY REGIONAL LIBRARY
2008 MEMBERSHIP FORM APPLICATION**

PLEASE CHECK ONE: NEW RENEWAL GIFT MEMBERSHIP DONATION

NAME(S)* _____ DATE SUBMITTED _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ (Home) _____ (Work) _____ (Cell)

Email _____

*If more than one member, please list both names as you would like names to appear on Membership list.

I WOULD LIKE TO VOLUNTEER ON A COMMITTEE -- PLEASE CIRCLE WHICH COMMITTEE:

BOOK STORE DAY TIME SORTER
MEMBERSHIP HOSPITALITY TELEPHONE CORRESPONDENCE BOOK SALE

MEMBERSHIP AND GIFT CATEGORIES - (CHECK A CATEGORY)

\$ 10.00 INDIVIDUAL \$ 20.00 COUPLE \$ 25.00 FAMILY \$ 50.00 SUPPORTING
 \$100.00 PATRON \$250.00 BENEFACTOR \$400.00 LIFETIME \$750.00 CORPORATE
\$ _____ GIFT DONATION \$ _____ GIFT MEMBERSHIP (FILL NAME AND ADDRESS IN ABOVE)

Please complete application and return form with your check made out to:

FRIENDS OF UPPER TAMPA BAY REGIONAL LIBRARY

MAIL TO: Ms. June Valva, Friends of UTB Membership Chair
Upper Tampa Bay Regional Public Library
11211 Countryway Blvd.
Tampa, Florida, 33626-2624

Gifts to the Library and the Friends of the Library are tax-deductible as allowed by law and will be acknowledged in writing when requested. The Friends of the Library, Inc. is an approved non-profit organization under IRS Chapter 501(c), (3) and is registered with the Florida Department of Consumer Services.

Yoga for Weight Loss

By Wendy Samuels

I wrote this for the Yoga workshop I'm teaching and thought I would share here as well since we all like to start a New Year off on the right foot.

Can yoga help you lose weight? Absolutely! I have lost 37 lbs in the last year doing yoga on a regular basis. I've heard from many people who believe yoga is just stretching, that it isn't a "real" workout, and that it can't possibly help you lose weight. My purpose here is to dispel those beliefs.

So what constitutes a "real" workout? People certainly have different views. Some believe you have to completely exhaust your body to the point where you nearly collapse. Others believe you must experience a lot of discomfort ("no pain, no gain"). What most agree on is this: To lose fat, you must bring oxygen to the muscles (aerobic activity) and you must do something to build muscle. Yoga accomplishes both and so much more.

Let's break it down a bit:

- Yoga begins with the breath. Breathing properly is essential to body function. Breathing deeply allows oxygen to enter the blood stream, revitalizing organs and muscle tissue. Breathing deeply also releases toxins from the body. In yoga, we call our breathing "ujjayi pranayama," which, in Sanskrit translates to "ocean breath." The breath concentrates our focus while heating the body so the muscles move easier. Just breathing properly can warm the body, and heat burns calories.

- Movement: Once we are centered and breathing properly, we begin to move the body while constantly maintaining focus on our breath. This movement pulls the oxygen from our breath into our muscles. It further warms up the body, and increases the heart rate.

- Aerobic: Yoga is aerobic. Wikipedia defines aerobic as "Aerobic exercise refers to exercise which is of moderate intensity, undertaken for a long duration." Aerobic means "with oxygen," and refers to the use of oxygen in a muscle's energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time." It goes on to recommend

a minimum of 30 minutes of exercise - so anytime we are moving oxygen into our muscles for at least 30 minutes, we are performing aerobic exercise!

- Strength: Yoga strengthens muscles and builds muscle tissue. The more lean muscle a body has, the more calories it requires to maintain its current weight. So, if we increase our muscle mass without increasing our food intake, the increased muscle mass will help us burn extra fat.



- Yoga eliminates toxins from your body. We all have toxins in our bodies - from the environment, from household chemicals, and from the foods we eat. When we don't eliminate the toxins, our body stores them in our fat cells. Yoga eliminates toxins in three ways: 1. The breath carries toxins out of the body through the lungs. The deeper we breathe for a long period of time, the more toxins we eliminate. 2. Our bodies also eliminate toxins through our sweat glands. It is important for us to sweat on a regular basis to eliminate the toxins. If you have ever done a solid yoga workout, you know it makes you sweat. 3. Twisting postures massage our internal organs, stimulating them to release toxins through the digestive system and the kidneys. Eliminating toxins also results in less fatigue and a sense of well-being.

(Continued on page 13)

Yoga for Weight Loss ...

Continued from Page 12

- Yoga postures stimulate metabolism. Inversions (which include any posture where the head is below the heart) stimulate the nervous system and improve metabolism. In addition, many yoga postures directly stimulate the thyroid, which also stimulates metabolism.

- Yoga focuses the mind. Everything we do in life stems from our thoughts. Our lives are a product of what we think. Positive thoughts and beliefs generate positive outcomes. Yoga requires us to focus on our bodies and brings us into the present. It requires us to be conscious of what we are doing with our body. The more aware we are of our bodies, and the more our thoughts change to nurturing our bodies, the better they will respond.

- Yoga promotes a sense of well-being. Yoga means the yoking of mind, body and spirit. Practicing yoga on a regular basis builds more than muscle and cardiovascular strength - it also strengthens the mind and spirit, resulting in an improved sense of well-being.

The basic structure of a yoga burn class:
While all forms of yoga help the body to burn fat, there are ways to structure the postures to deliver the maximum burn. Following is a summary of how I structure my classes to maximize the fat burning benefits of yoga.

- Centering: Every yoga session begins with a centering. This is where we let go of the outside world and focus on our bodies. It is where we begin to focus on the breath and begin to warm up the body.

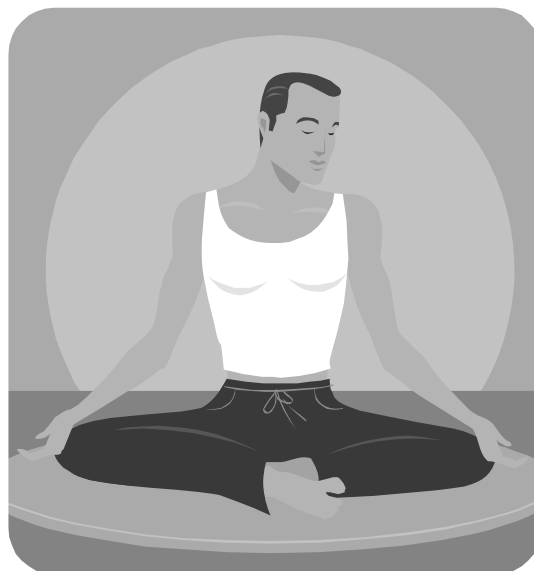
- Warm up: The sun salutations are a series of postures designed to awaken all of the major muscle groups in the body. We go through several cycles of sun salutations to warm up the body and start the aerobic activity. When the warm up is complete, the heart rate is up, we are sweating, and the body is very warm - which means it is safe to move into the deeper postures.

- Standing postures: We next move into a series of standing postures that we hold longer to build the

major muscle groups. Holding the postures strengthens the muscles while still generating heat.

- Seated postures: Our seated postures include twisting postures to remove toxins, stretching to prevent muscle soreness, and postures to stimulate the thyroid.

- Meditation: Meditation is the most important part of the yoga practice. It gives us the opportunity to focus our mind and honor our bodies for working with us. We will use affirmations intended to help move our thinking in a positive direction, leaving us feeling centered, relaxed, and good about all we have accomplished.



While yoga may be different than traditional exercise methods for weight loss, it can be just as effective. Aside from the benefits already discussed, practicing yoga provides us with a safe environment where expectations are left at the door and we only focus on intention. There is no competition, only focusing on what is best for us and for our bodies. Yoga postures can be done by anyone, and there are ways to modify all of the postures to suit any fitness level.

If you have yet to find a way of exercise that works for you, one that makes you feel refreshed and alive, or if you are looking for a way to move your body into new territory, yoga may be what you have been looking for. Regardless of what you choose, my wish for you is that you will honor your body and live in the best of health. ▲

St. Patrick's Day Craft for Kids

from www.familyfun.com

Even if you can't catch a leprechaun this March 17th, you can still make one.

Supplies Needed:

Toilet paper tube or ½ a paper towel tube
Green craft foam
Acrylic paints: green, skin-tone, pink, and brown.
Black permanent marker
Tacky glue
4 brown pipe cleaners
Decorative button



1. For this crafty little decoration, first trace around the end of a toilet paper tube onto a piece of green craft foam.



2. Draw a 2 1/2-inch circle around the first circle, then cut them both out to create a hat top and brim and set them aside.

3. Next, using acrylic paints, paint the paper tube green. Add a skin-tone face and hands, plus rosy cheeks, as well as a band of brown paint around the back for hair.



4. Once the paint has dried, use a permanent marker to draw on facial and clothing details, then use tacky glue to stick on 3 coiled brown pipe cleaners: 2 in the back for hair and 1 around the face for a beard. For feet, fold another pipe cleaner in half, then tightly coil and pinch the ends, as shown.

5. Place the folded pipe cleaner inside the tube and glue the feet to the edge. Glue on the hat top and brim and a 5 1/2- by 1/2-inch strip of craft foam for arms.



6. Finally, glue a decorative button to the hat brim.

Recycle Those Holiday Cards!

Put those holiday cards to good use by donating them to the Upper Tampa Bay Library where they will be used for future kids crafts. Drop them off at 11907 Northumberland Drive where they will be stored until needed for library projects. You'll be putting less into the dump as well as saving the library money in the process!

11907 Northumberland Drive is straight back in the Newcastle development in the cul-de-sac. Just leave them at the door and know that those holiday cards that brought such a smile to your face will bring joy and entertainment to kids in our area.



Last Minute Valentine Accessory

from www.marthastewart.com

The secret to capturing a heart is to use a button -- at least when the heart in question is made of felt. Create this no-sew decoration for Valentine's Day: Cut hearts from pink and red felt based on the size of the shirt's buttons (ours are cut from 1-inch squares). Fold each in half horizontally, and cut a vertical slit, or buttonhole, about the same size as the button. To wear, button up shirt, and then slip hearts over buttons.



Easter Baking/Gift Idea: *Peeps In a Jar*

pulled from www.splitcoaststampers.com

Ingredients in the Jar:
1-1/3 c. Graham Crackers
8 Marshmallow Peeps
1-1/2 c. M&Ms
1/3 c. Brown Sugar
1/2 c. Butter
1 tsp. Vanilla



Reduce 1 sleeve graham crackers (approx 1 1/3 c.) to crumbs and layer 2/3 of the crumbs in a 1 qt. jar.

Place 8 marshmallow bunny peeps standing up, facing out around the inside of the jar pressing them against the glass, but don't squash them. Carefully, spoon remaining crumbs in the center of the jar to support the bunnies, pressing down to keep it snug. On top of this pour 1 1/2 c. Easter M&M's. Spoon 1/3 c. br. Sugar into center of M&M's gently pressing with a spoon. Decorate the lid of the jar however you please...tie curly ribbons around the neck of the jar.

Directions: Empty the jar contents into a bowl. Snip the bunnies into bits with kitchen sheers or cut up with a knife. Return the bunny bits to the mixture and mix well. Melt 1/2 c. butter, add 1 t. vanilla. Pour this over the dry ingredients, mixing well. Pat into a greased 8x8 baking dish. Bake at 350 for 15 minutes. Cool and cut into bars.

*Option: leave the bunnies whole; combine remaining ingredients and place the bunnies on top; then bake as directed.

Calling All Potential Cub Scouts From The Deer Park Elementary

What do these famous men have in common? Neil Armstrong, Bill Gates, John F. Kennedy, Branford Marsalis, Steven Spielberg...



They were all involved with scouts as youngsters! Cub Scouts teaches discipline, character and values. The pack also participates in family camping trips and the Pinewood Derby. Above all, Scouts is a great way to make friends!

Cub Scouts has formed a new Pack with meetings at Deer Park every other week. To learn more, please come out to our next meeting! Contact Cubmaster, Jim Gibson, at gibbycnc@msn.com or 813-920-9129 for meeting times. See you there!

Deer Park Prepares for Spring Golf Tournament

By Julie Banks

Last year Deer Park had a very successful golf tournament that was enjoyed by all who attended. There was great food, fun contests, free give-a-ways, tons of prizes, and of course lots of time to golf with friends and family.



We know this year's tournament will be just as great ... but we need your help. Planning has just begun for this spring event.

Contact Jon Boutelle for more information about how to get involved. dadsclub@deerparkpta.org

Mark your calendars... the golf tournament is on April 19th this year!

Pet Reminders

It is necessary to constantly remind pet owners the mandatory requirement to leash your pets when outside the confines of your dwelling or an enclosed backyard. A lot of homeowners have installed invisible fencing in front yards – this does not mean that you are not obligated to leash your pets in your front yard. All pets outside the confines of the dwelling or outside a fenced-in backyard must also be under the Owner's control at all times.



Keep Westchester pet-poop free!