

From: Homeplace III Homeowners Association hp3newsletter@gmail.com
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February 2021 Issue 8

Homeplace News

A Neighborhood Monthly

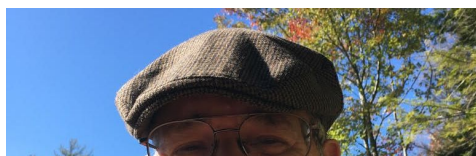
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In This Issue:

Meet Your Neighbor, Community Listening Sessions, Shout Out to Our Neighbors, From the Prez, Wellness in 2021, Veg Curious?, Links to HP3 Information

Meet Your Neighbor: David Newman



What do you like about living in HP3? When we first started looking for a future retirement area in 2008, Mary and I were struck with the setting



and frankly the availability for single-floor units. The more we looked around Durham during summer trips from Arizona, the more we focused on the Homeplace communities. We love the trees, the walking trails, and having a group of neighbors in our courtyard without the endless side-by-side togetherness of the newer townhomes.

What is your passion/work? All of my working life revolved around music. First as a performer (opera, classical), and then, when I realized that there was an endless supply of talent, I ended up with a masters in arts administration. This took me to the Santa Fe Opera and then to running a Festival with the London Symphony Orchestra. When we moved back to Arizona to care for my parents, I ended up being an elementary music teacher for 20 years. I still play the flute a little for fun—and breathing practice—during the pandemic.

What is one of your favorite things to do or special interests you have?

I'm a self-taught handyman (my father was an inspiration in this) so, living in the hardwood capital of the U.S., I've taken up more serious woodworking and have made a lot of our furniture. Mary and I love to travel, both by car and abroad when we've saved enough. In 2014, just after retiring, we took an 11,000 mile trip in our Prius. In 2017, we spent a month in Paris.

Tell us something interesting about your life. We moved around some when I was young and have been doing so since I became an adult, and the jobs I've had have given a lot of flavor to my life. Singing was a joy, but presenting a world class orchestra with people like Michael Tilson Thomas, Itzhak Perlman, and Mstislav Rostropovich was astounding. None can be outdone by the 5,000 or so students who came in and out of my classroom. Big and ungainly as I am, I loved teaching them to sing **and dance!** I've had a fortunate and interesting life.

We Are ALL Ears

Save the Date to Participate in a Community Listening Session





Please save a date to participate in an HP3 Community Listening Session. Currently, two sessions are planned, so we hope one of these works for each and every member (owners & renters). The purpose of these sessions is to invite and gather input from residents on what we most value about living in this community now and our dreams for our future. Input received from residents will inform our HOA Board's short- and long-term planning and decision-making.

Session 1: Saturday, March 13, 11-1 pm

Session 2: Saturday, April 10, 1-3 pm

Please stay tuned for more information and a registration link around mid-February.

HP3 Board Contact: Denise Frizzell, deniseaf8@gmail.com

THANK YOU
NEIGHBOURS

The Mighty Duo Strike Again!

A heartfelt shout-out of appreciation to our neighbors Denise Frizzell and Bev Wedda for their hard work filling in wood chips on the side of building #80 where there's been bad erosion (see the before and after photos below).

Thank you, Bev and Denise, for your dedication to our neighborhood!





Before



After

From Our HOA President & Neighbor

by Kat Moran



Welcome to 2021! Phew! 2020 was a lot. 2021 doesn't feel like it is going much better yet, but I've been hearing pretty steadily about friends and neighbors who have gotten their first (or even second) COVID-19 vaccine. I feel a glimmer of optimism that things will eventually be getting back to normal! When I reflect back on 2020, it's pretty amazing how here in Homeplace III we were able to pivot so quickly to working virtually and getting the business of our neighborhood done. I'm really appreciative of our board for all the effort everyone has put into figuring out ways to make this work. I never thought I'd be looking forward to having a meeting in Suite K!

Updates

Painting - Actual painting probably won't start until April, but the behind-the-scenes preparation is already underway. As soon as we have information about which buildings will be painted this spring, we will announce it.

If you are having financial difficulties related to the COVID crisis, please remember to reach out to Grandchester Meadows (manager@grandchestermeadows.com). I love to talk with owners and residents. You can reach out to me if you have questions/comments/concerns (or want to talk about cats, knitting, or Bridgerton!) My email is <kat.mh.moran@gmail.com> [Click Here to learn more about HP3 HOA Website](#)





Mindfulness not complicated, but also not easy!

By Bev Wedda

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. I then sometimes add, in the service of self-understanding and wisdom.” — Jon Kabat-Zinn

In 1979, Jon Kabat-Zinn PhD, Professor Emeritus of Medicine, developed an 8-week program at the University of Massachusetts Medical Center to help terminally ill people to reduce their stress and anxiety. This program is now widely known as Mindfulness Based Stress Reduction (MBSR), and is widely available through health-care systems, with modified programs also available in school systems, prisons and correctional facilities, various community organizations, and within the U.S. Military.

Kabat-Zinn describes the following 9 core attitudes of mindfulness: non-judging, acceptance, patience, beginner’s mind, trust, non-striving, letting go, gratitude, and generosity. Simply paying attention to the moment—what you are seeing, hearing, tasting, touching, smelling, feeling, and thinking—may not sound complicated, but that doesn’t mean it’s easy. For example, an average smartphone user unlocks their device 110 times a day, and evidence suggests it takes 67 seconds to refocus after being distracted by a message. Results from a 2015 study by Microsoft Corp. found that while the average human attention span in 2000 was 12 seconds, by 2015 it had dropped to 8 seconds, highlighting the effects of an increasingly digitalized lifestyle on the brain. An article in *Time Magazine’s* Health section written in May 2015 stated that the average attention span of the notoriously ill-focused goldfish is 9 seconds!

Having read both medical literature and books about Mindfulness practice, I was cognitively aware of the benefits and comfortable recommending it to patients that I serve. But it wasn’t until I had the good fortune of participating in the 8-week UMass MBSR program myself that I developed the experiential knowing of the benefits of regular mindfulness practice.

There are many proven mind, body, and behavior benefits of Mindful Awareness that

include: less emotional distress, anxiety, anger, and worry; decreased burn-out; easing of chronic pain; decreased blood pressure; increased immune function; improved non-reactivity; improved capacity to make desired behavior changes; and decreased sleep disturbance.

There are many ways to learn the practice of mindfulness beyond the seated meditation practice which may first come to mind. There is also moving and walking meditation, mindful eating, contemplative prayer, compassion practice, mantra repetition, yoga, tai chi, and qi gong. Trying different techniques can help one find practices that resonate most. What may be most important and beneficial is to practice regularly.

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” — Psychologist Rollo May, 1963

Veg Curious?

A Series by Christa Evans



5 Tips for Taking the Plant-Based Plunge

Whether you're starting with one meal a day or making a complete transition, going plant-based is not a one-size-fits-all situation. I switched to a vegan diet over a period of a year—and learned a lot along the way through trial and error. A decade later, I'm *still* learning. Here's 5 tips from my experience that I hope will help you on your plant-based journey, even if you're just thinking about it!

1. Understand the basic “veg” classifications. Vegetarian. Vegan, Plant-based. WFPB. What does it all mean? Very broadly, vegetarians don't eat meat, but do consume dairy and/or eggs, while vegans omit *all* animal-derived foods. Veganism often extends past diet to other lifestyle and non-food product choices. “Plant-based” tends to focus on the food, health, and diet angle only. WFPB, or Whole Food Plant-Based, is an offshoot

with emphasis on minimal processing, and avoids or uses very little oil, salt, and refined sugars. I identify as vegan and use both the terms "vegan" and "plant-based." It's helpful to understand these distinctions as you dabble and to belong to a community if one appeals to you, but don't get too hung up on labels. Your place in this spectrum might fall somewhere in between, and may also change as you do.

2. At first, choose recipes where you can easily work in a plant-based component—not where meat or cheese is normally the star. You probably won't be setting yourself up for success if the first thing you try is a plant-based redo of your grandma's lasagna, which is loaded with meat and three types of cheese. Instead, choose dishes like burritos or chili, where jackfruit, beans, quinoa, or tofu/soy crumbles can stand in for the meat, since what you're going for is a filling protein, not necessarily the taste of ground beef. In a soup or stew, you may not even miss the meat considering the combination and variety of other hearty plant-based ingredients you can use instead.

3. Venture outside your current veggie comfort zone (or rut). Try new fruits and veggies—or be open to retrying and rediscovering ones you've had in the past. For years I thought mushrooms were disgusting because slimy, canned (or raw, thickly sliced) button mushrooms had been my only experience. Then, I tried king, chanterelle, oyster, and lion's mane mushrooms and fell in love; a wild mushroom roulade is now one of my holiday centerpieces. Try Cara Cara or satsuma oranges instead of regular navels. Or use different cooking methods for veggies already in your repertoire. Roasting does wonders. Roast Brussels sprouts in a touch of olive oil, maple syrup, and smoked salt or paprika. Cauliflower is truly transformed when roasted and blended into a creamy soup or used as a pizza topping.

4. Learn to think in terms of what flavor or texture you're after, rather than a specific food. When you're first shifting your palate, fixating on a certain item can lead you right to "I want steak," and then either caving in or feeling deprived. So "I want cheese!" or "I need to have a Reuben," could translate to "I want something savory that goes with crackers" or "I want a hearty sandwich with different textures." The bottom line: Rethink cravings to direct you toward a plant-based food or dish you can have, rather than what you "can't."

5. Eat processed meat substitutes in moderation. "Plant-based" and "vegan" doesn't equal healthy and/or low-fat—always read the ingredients, portion sizes, and nutritional facts (you may be surprised!). I suggest eating the more meat-like but highly processed substitutes like Beyond Meat, Impossible Burger, and anything in fried "nugget" form sparingly. They can serve as training wheels while you experiment and your palate changes (it will!), but in the same way that eating fast food every day won't pave your path to health, relying heavily on these products won't, either (heads up that a future article will

feature my plant-based “meat” faves and how best to use them).

Links to Information About HP3

[Click Here for the President's Letter about 2021 HP3 DUES](#)

[Click Here for the Homeplace 3 HOA Website](#)

[Click here for HP3 Guidelines/Financial Reports/Brd Minutes](#)



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