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Homeplace **A Neighborhood Monthly** News

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In This Issue:

Meet Your Neighbor, Painting HP3, Shout Out to Our Neighbors, From the Prez, Wellness in 2021, Wonderfulness in HP3, Veg Curious?, Recipes, If You Missed This

Meet Your Neighbor: Denise Frizzell

Denise is our HP3 Vice President



What do you like about living in HP3? I appreciate many aspects of living in HP3 but I most value our trees, trails, our location, and all the fabulous people in our community. So, it is really an overall quality of life that is special.



What is your passion/work? While most of my professional life has been in the realm of health and human services administration and management, my passions are environmental stewardship and ecological sustainability. I am also passionate about holistic models and approaches to individual and collective life areas.

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

Hmm...I have quite a few interests but some of my special interests are leader development, wellness, self-transformation, spirituality and world religions, environmental sustainability, and global ethics. One of my favorite things to do is to spend time with my spouse, Bev, recreating outdoors, particularly hiking in nature.

Tell us something interesting about your life. One interesting thing about my life right now is that I have been part of a multi-year change process at the congregation where Bev and I are members. It is a greening initiative that includes twelve projects in four areas of congregational life to include worship & celebration, sustainable living, religious education, and environmental justice. While they are all interesting and exciting projects, one that I am most excited about is the solar panel array we installed this past August that is projected to generate about 40% of the congregation's electricity.

Tell us about your pet. Bev and I have a pet dog, Bella. She is a real stink pot ---a chi-pooh with a bit of an attitude and big appetite in that she is always ready to eat. But she is our girl, and we love her!

An Opportunity for Personal Expression in HP3

by Mary & David Newman



Trying to personalize our homes is somewhat of a challenge when we live under common roofs and eaves. Since it is time for our neighborhood to be painted in order to preserve

tools and caves. Since it is time for our neighborhood to be painted in order to preserve the wood and our property values, the Paint Committee chose to offer a palette of four colors for each building's doors so every homeowner could have an opportunity for personal expression. Each building has a default, but also two other "no cost" options. A fourth color option is \$50 extra because it requires a third coat of paint.

If you walk around and look at buildings 88 through 103, you can see the colorful effect this has in our community. After your building gets painted, you will receive an email with an easy-to-use link that lets you choose the color and time for your door to be painted. All the buildings in the first batch were painted first and then the painter provided four different Saturday options with morning and evening time slots for getting the doors finished. If you choose a special color, you pay the painter directly.

Photos - Above: Building 102 & Below: Building 97

Painting will continue in the Spring of 2021!



THANK YOU
NEIGHBOURS

Have YOU Seen the Hill Yet?

A heart-felt shout-out of appreciation to our neighbors **James Finley**, **Pam Rash**.

A heart felt shout out of appreciation to our neighbors James & Amy, Pam Bush, **Beverly Wedda**, and **Denise Frizzell** who generously donated their time and muscles to apply much-needed wood chip mulch to the critical areas highly vulnerable to erosion between buildings 79-80 and 81-82. This small but mighty team made a fabulous difference in our neighborhood!



From Our HOA President & Neighbor

by Kat Moran



Even with both of us working from home, sometimes Joe and I get caught up in the tasks of the day, and it isn't until well after dark that we realize we NEED to get out of the house. Night walks are always plenty interesting for us. In the summer, you can stop and try to distinguish the sounds of our many frogs, crickets, and katydids. They go silent in the winter, but there are always stars, the moon, and planets (did you see the recent Jupiter/Saturn conjunction?) to look at. In November and December there are holiday lights!

While we may celebrate different holidays in these two winter months (and some of us may not celebrate any), I hope everyone has been able to enjoy these small bright spots during these darkest months of 2020 as much as I have on our nighttime rambles. Thank you to all our neighbors who decorated for the beauty and delight!

I'm cautiously hopeful that 2021 will allow us to be together again. Until then, please stay safe and well...and six feet away with a mask, of course!





What's Your “Ikigai” for 2021?

By Bev Wedda

I don't know about you, but I admit that I am looking forward to closing up my 2020 calendar and opening to the New Year and January 2021. Yet despite all the challenges that 2020 brought, I'm also aware that there have been many blessings for which I am grateful as well. So I expect that in my usual fashion, I'll be opening our family's Gratitude Jar on New Year's eve to review what we highlighted throughout the year, and that we'll also review the goals we'd set for ourselves to see how close we landed to achieving them.

Then sometime on New Year's Day, we'll finalize and put in writing our goals and aspirations for 2021. This year, I plan to spend a little extra time making sure that my 2021 goals are well aligned with that which gives my life a sense of meaning and purpose, and that which is most important to me, all of which has become clearer during my many quiet reflective moments of 2020.

This all brings me back to two of my favorite models for Wellness, the Circle of Health at the center of which is “ME,” and one of the Blue Zones' lessons for living longer and healthier, or “Purpose Now.” People in Okinawa Japan call it “*ikigai*,” and people from the Nicoya Peninsula in Costa Rica call it “*plan de vida*,” and in both cultures the phrase essentially translates to “*why I wake up in the morning*.” An NIH-funded study following highly functioning people between 65 and 92 years of age, led by Dr. Robert Butler and collaborators, found that individuals who expressed a clear goal in life – something to get up for in the morning, something that made a difference – lived longer and were mentally sharper than those who did not.

So this year if you also find yourself setting New Year's resolutions, please consider doing so grounded in your unique “ikigai,” “plan de vida,” or “reason for waking up in the morning.” And then watch to observe what the year 2021 brings.

Wonderfulness in HP3





We welcomed our youngest resident into the community this month!



We also welcomed Buster!

Veg Curious?

First in a Series by Christa Evans



3 Flavorful & Delicious Plant-Based Breakfast Recipes to Try

Are you considering changing your diet in the new year or adding a few plant-based recipes into your routine, but are not sure where to start? I've got you covered!

I have always loved to cook—and eat. For a good part of my life, I ate a typical American diet: meat and dairy in almost every meal, and plenty of junk food. (I'm originally from Wisconsin, where cheese is basically one of the food groups.) I decided to change my diet when I realized how I was eating was both working against me healthwise and didn't echo my values, for ethical and environmental reasons.

My transition had some challenges and didn't happen overnight, but it did happen, and was a lasting change. I love to cook more than ever; I recently earned a plant-based culinary certificate, gained professional experience in a restaurant, and coach and encourage others who are veg-curious.

Since 2021 marks my 10-year veg anniversary, I plan to share some of my favorite plant-based recipes and other tips to inspire you in the coming months, whether you are just curious or thinking of transitioning yourself. To kick things off, here are three of my go-to breakfast recipes with prep and ingredient notes. I hope you enjoy them!

- **Sweet Potato Pancakes from Vegan 8/Brandi Doming** These pancakes are AMAZING: they are rich and decadent, as well as gluten- and oil-free. Brandi Doming's recipes are always super accurate, and she is specific about brands and ingredients. You can find potato starch (Bob's Red Mill brand is most common) at Whole Foods, Amazon, or other grocery stores in the baking or gluten-free section.
- **Scrambled Tofu Breakfast Burrito from Minimalist Baker** Who doesn't love burritos? This is a great recipe because (1) it's user-friendly: there's links to and notes about ingredients in case you don't know what they are, and (2) you can put your own spin on things, like the spices (you could sub or add in smoked paprika or a salt-free taco spice blend) or fillings (you could mix some sweet potatoes in with the roasted veg, or add cooked rice or quinoa, which I love to do). They also suggest subbing canned black or pinto beans if you're leery of tofu. Minimalist Baker is a powerhouse of a resource for other recipes as well, so you might want to browse around!
- **Apple-Raspberry Crisp from Forks Over Knives** This may sound like a dessert, but it's actually healthy and not too sweet—I just make a few tweaks (below). I like the raspberry and apple combo because it's unusual. This recipe makes quite a bit and leftovers keep well, but I sometimes cut it in half and use an 8x8 dish. **Ingredient/prep notes:** To the topping I add 1/4-1/2 tsp more salt and cut the oat flour by about 1/3 c, and to the filling I add 1-2 tsp of cinnamon and 2 TB maple syrup or coconut sugar (Pink Lady apples also work well). If you cut the recipe in half, make these changes accordingly. Make sure to use a runny almond butter without added oil such as Trader Joe's, but if the topping seems very dry and crumbly, add a touch more maple syrup till it holds together in clumps. Be careful not to overbake.



CRANBERRY APPLE CHUTNEY
from Judith Bergman

1 cup cranberries
2/3 cup peeled, diced apple
Juice and grated zest from 1 tangerine or orange
1/4 to 1/3 cup maple syrup to taste
2 teaspoons chopped cilantro (optional)

Cook the cranberries, zest, juice, and maple syrup in a small saucepan over moderate heat until the cranberries pop, about 10-15+ minutes depending on quantity. Cool and stir in cilantro.

EXPANDED:

2 cups cranberries/1+1/3 cup apple, 2 tangerines/oranges, 2/3 cup maple syrup, 4 teaspoons cilantro. Cooking time can be expanded.

OR

3 cups cranberries, 2 cups apple, 3 tangerines, 1 cup maple syrup, 6 teaspoons cilantro. Cooking time can be expanded.

4 cups cranberries,
2+2/3 cups peeled, chopped apple
4-5 tangerines,
1+1/3 cups maple syrup to taste. (Less for more “tart”)
8 tsp cilantro
Cooking time can be expanded.

If You Missed It

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

[HP3 2020 Community Survey Results](#)



Even If No One Sees You!

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