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March 2021 Issue 9

Homeplace News A Neighborhood Monthly

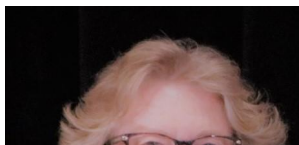
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Meet Your Neighbors: Linda Bowles (and Darby & Guinness)



What do you like about HP3 and how long have you been on the HOA board? I chose to live in HP3 in 2002 after relocating from Charlotte, as a single person, to take a job at UNC



Health. I went from a mother of two college-aged children and a husband to a widow with no children living at home in a matter of six weeks. So I was looking for a place to live in a community that was safe, friendly, and low maintenance. I looked at a lot of houses and other townhome communities, and then I saw HP3. It was a very pretty, mature landscaped community, an easy commute to all the things I would need to access, and there was little maintenance that I would need to do. It wasn't until after I actually moved in that I realized what a gem it truly was. Everyone was very friendly, I felt very safe walking, and I had a small area to garden, which is my passion. I loved being able to sit on my deck in the mornings or later in the evening and listen to the sounds of nature. I had lots of birds who came to my feeders and of course our never-ending very friendly squirrels. Over the years, the natural areas and the trees have grown and given so much charm to the area, so I have opted to stay for the long term.

I joined the board many years ago. I am not sure the exact year, but probably in 2003 or 2004. It was my way of learning more about the community and helping to effect change.

What are the positives about being on the board? I think the biggest asset to being on the board is helping to ensure our community represents what our residents, neighbors, and friends want it to be. I like being able to be involved in and understanding why decisions are made that directly impact us all. Having a diverse group of residents represented on the board gives us a great opportunity to understand all the needs and desires of our community, to make it the best it can be for all of us.

What advice would you give someone who is interested in being on the board? Try it, you'll like it. The board is a wonderful group of people who have the same interests as you, keeping our community strong and vibrant. Tune in and visit one of our meetings to see who the members are, what we do, and how hard we work to provide the best solutions to our issues.

What is one of your favorite things to do or special interests you have? I love to garden. However, in the last few years, I have had less and less time to do it. I am looking forward to retirement so I can spend more time in my yard communing with nature. I also love junk/antique shopping and repurposing and refinishing my finds. I really enjoy walking my dogs, Darby and Guinness, and meeting up with neighborhood friends and catching up on news. I also like to read, mostly mysteries and drama fiction.

What do you do for work? I have been the director of Volunteer Services at UNC Health for 20 years. I have the very best job; the reason I have been reluctant to retire is because I meet the most interesting and giving people in the Durham, Chapel Hill, and Raleigh area. We have over 2,000 volunteers providing support and service to staff and

patients in over 150 different areas of the medical center. Recently, we were charged with recruiting 300+ volunteers to help at the Friday Center Vaccine Clinic. We got so many applications we had to take down the request and put people on the waiting list. We have such a great community in our area, and that includes HP3!

Tell us about your dogs. I have had Darby since she was eight weeks old. She and her litter mates were an oops when a Cavalier King Charles Spaniel got let out in the yard when their Pomeranian was already out, and then came Darby. She is the perfect blend of each of her parents, ruby in color, pom hair, cavalier ears, and a loving snuggler like her Cavalier mother. She loves to sit on the deck and say hello—numerous times—to those walking, or barking to protect her territory from the living room window. She is an avid ball player, sometimes having two in her mouth at one time. She is a runner and chases the squirrels on a daily basis. She was named Darby for the story about Darby and the little people, because I planned to have her trained as a therapy dog. Unfortunately, I never completed the training. But she loves people and children and will run up to anyone to have a pat and spend some time.

Guinness is a black and tan Cavalier rescue, hence her name. Ann Colosia and I drove to Philadelphia on an Easter weekend four years ago to get her. She was a breeder at an Amish puppy mill. We think she was about three and a half at the time and had already had several litters of puppies. She is large for a Cavalier, about 34 pounds. I don't think her life included playing, as she still does not play with toys or balls. She will kill the squeaker or eat the stuffing out of a toy in minutes, but is then done with it. She is most interested in eating. When 7:00 am hits, she is looking at me like, "Where is my food?" and I get the same look at 6:00 pm. Any time I go to the kitchen, there she is, patiently waiting. She does not bark or talk. But she is so sweet and can snuggle and melt your stress right away. I know she knows about rabbits, because that is one thing that will make her run. She loves Darby and is quite concerned when I take Darby to the vet; she walks around the house looking for her. I still hope to be able to get her trained to be a therapy dog.

If you see us out and about, or if I am out in the yard playing in the dirt, stop and chat.





We Need YOU!
Please Participate in a Virtual Community
Listening Session!



Hey, neighbors! Members of our HOA board of directors invite you to participate in one of two upcoming community listening sessions. Input from these sessions will inform long- and short-term planning and decision-making.

Date & Times:

Saturday, March 13, 11 am - 1 pm

(Registration deadline, Wednesday, March 10)

Saturday, April 10, 1-3 pm

(Registration deadline, Wednesday, April 7).

[REGISTER HERE](#)

Please note: You will receive an invitation to join the session in which you registered via email by 5 pm the Friday before your session.

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

Saturday, March 20, 10 am - 12 pm

**Join Your Neighbors in Our First 2021
Community Care Day!**



Everyone is invited! This year, we are trying something new. We are going to focus on one to two community "pods." For our March 20 community care day, we will focus on the buildings in the 70-72 area, then move to the buildings in the 66-69 area, time permitting. We will mask up and practice social distancing.

We will rotate around the community until all pods have had a designated care day. Care day activities may include mulch distribution, mailbox repair and cleaning, parking lot number painting, and replacing broken flyer display holders. All community members are invited to participate, especially those living in these two pods.

Activity contact: Denise at denise@homeplace3.com.

From Our HOA President & Neighbor

by Kat Moran



It Takes a Village...to Take Care of a Village

Your HOA is working harder than ever, and we have more great ideas than we can handle! It seems like every week I have a conversation with a board or committee member that ends with "That's a great idea, but we don't have anyone to take it on..."

Fewer than 20 owners and residents do all the work of our board and committees, and we are currently working at capacity. We take your trust in us and our responsibility to our neighborhood very seriously. We work hard to make

in us and our responsibility to our neighborhood very seriously. We work hard to make every dollar count, but our biggest need right now is YOU.

I want to highlight a few areas where we most need your assistance:

Board Members

We are recruiting for candidates for **3 board positions** that have 3-year terms beginning May 2021. Board members must be homeowners. If you are interested, later in March and April we will have opportunities for you to talk with current board members about what being on the HP3 board is really like.

Building and Infrastructure Committee

We are recruiting people with relevant expertise or interest to form a new committee that will work specifically with building and infrastructure maintenance and projects (such as sidewalks, parking lots, mail boxes). We've had a dedicated and active landscaping committee for over a year now, and it has made a huge difference. We want to copy the model we've used for the landscaping committee to tackle some of the big issues surrounding maintaining our aging buildings and physical infrastructure. Some of the things this committee might oversee include architectural review requests, maintenance and work order issues, and planning large projects that involve our buildings or physical infrastructure. In the future, this committee might form working groups to tackle specific projects. One idea we are particularly interested in is forming a group to help our homeowners save money on things like chimney caps, brick work, decks, etc., by leveraging our bulk buying power.

Finance

David Newman's term on the board, and as our Treasurer, will be ending in May. We are definitely going to feel the lack of his knowledge and zeal for number-crunching and budget-plotting! We are looking for someone who might be interested in taking on the role of Treasurer (which would involve running for one of the open board positions), and we could also use some folks with a background **OR INTEREST** in finances or accounting to help our new Treasurer on the Finance Committee. We will provide training on the specifics of the role and our policies and procedures (as well as homemade chocolate chip cookies, if that would help).

Governing Documents

Our governing documents (by-laws and covenants) are very out of date and don't address many issues that are pressing today. We are recruiting people to begin a process of reviewing our governing documents. This working group will look at documents from other communities and current best practices, consult with our lawyer as needed, and eventually assist in preparing updated documents to bring to the community to be voted on

BUT KAT, WHAT IF I DON'T HAVE ANY EXPERIENCE IN THESE AREAS?

While we are always on the lookout for expertise or experience in areas related to what we do in the HOA—like facility maintenance, construction, finance and accounting, landscaping, etc.—you don't have to have years of experience to help. In fact, I had no experience with HOAs when I ran for a position on the board. What I *did* have is a real love for our neighborhood, curiosity about how stuff works, and a willingness to give my time. I also kind of like meetings, actually. (Note: Liking meetings is not required, but it helps if you don't mind them!)

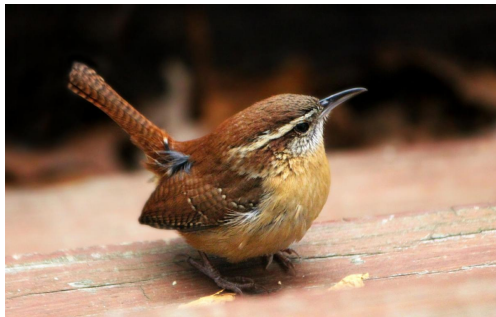
BUT KAT, WHAT IF I DON'T HAVE THE TIME TO COMMIT TO A 3-YEAR BOARD TERM OR A COMMITTEE APPOINTMENT?

I encourage you to sign up for one of the listening sessions ([go HERE for info](#)) that we will be having in March and April. As the weather improves, and we are able to resume gathering, there will probably be more opportunities for people to volunteer for one-time projects. I'm also hoping that we will be able to have some outdoor social events this summer. Also, email me (kat.mh.moran@gmail.com). I will keep my ears open and try to match you up with an opportunity to contribute.

[Click here to learn more about the HP3 HOA Website](#)

Meet Your Backyard Birds

By Christa Evans



As the days get brighter and gentler, our neighborhood birds have become chatty and active. One of my springtime joys is the plethora of birds that share HP3's wooded landscape with us. Every year, a brown thrasher returns to the trees outside my office window to stake his territory and sing nonstop for hours, signaling the shift in the season.

To familiarize myself with other birds in my backyard, on February 12-15 I contributed to The Cornell Lab of Ornithology's annual Great Backyard Bird Count, a global event where birders, from amateurs to experts, count and identify birds close to their homes. Since you

are probably familiar with robins and bluebirds, here are five other types of birds I identified that you likely see or hear regularly, too. Be sure to click or tap the links for more information, including photos, videos, song clips, and other ID tips!

Carolina Wrens These bold, energetic, nutmeg-brown birds with upright tails and longish beaks are small but mighty; like little dogs, they are seemingly unaware of their size—and cuteness. Their song is loud, clear, and sounds like “Cheeseburger, cheeseburger” (just TRY not to imagine that the next time you hear one—you’re welcome).

Red-breasted Nuthatches You have probably heard rather than seen these tiny gray treetop-dwelling birds with cinnamon-colored chests—they sound like rubber-ducky squeak toys, which is adorable when they are solo and hilarious when they are in a family group. They are shy; you can spot them from a distance, scooting up and down pines in HP3.

Eastern Towhees These cheerful birds are often seen in pairs, hopping about in shrubs and understory trees or vigorously kicking up leaves, making a shrill, questioning whistle. I joke that they are truly southern birds because their song sounds like “Drink your tea.” The male is black with rust under the wings, a white belly, and reddish eyes; the female is similarly colored, except brown instead of black.

Red-shouldered Hawks These stately raptors seek out wet forested areas and can be seen and heard all through Woodcroft, where they have several nesting sites; their call is repetitive and sounds similar to a seabird.

Red-winged Blackbirds One of my favorites, these birds flock in treetops to herald in spring as they migrate; their calls multiplied raises a joyous, bubbly ruckus. Their habitat is wetlands, where they weave basket-like nests in reeds and grasses. The males are handsome: sleek black with red shoulder epaulets; the females are brown and striped, their coloration acting as camouflage.



WILDFLOWERS

by Sandee Washington

It's time to start looking down as you walk our trail. Poking out through the dry brown leaves will be some magical little flowers. Spring wildflowers need warmth and sun and they've got to get out there before the leaves on the trees above pop and they are left in shade. Wildflowers only have a short window of time to live above ground. When the trees' leaves do come out and make shade, the wildflower goes back to just being an underground root system.

There are several wildflowers we will see here in HP3. Most of the time, the first to appear is the **Trout Lily**. Look at the trouty leaves! The Trout Lily is a small yellow wildflower that grows in North Carolina's Piedmont region. A spring ephemeral, it blooms, produces fruit, and dies back before the canopy trees leaf out.

You are going to see **Spring Beauties** soon too! They first emerge with bright pink stripes that gradually fade to white.



Trout Lily



Spring Beauties

Veg Curious?

A Series by Christa Evans





Beyond Meat & More: A Plant-Based "Meat" Tutorial

In last month's newsletter, I raised the topic of pre-made meat substitutes and noted that they can be helpful “transition” foods when making a diet change. They can also be a part of a healthy diet if enjoyed in moderation. To that end, I’ve distilled a few tips and product reviews from my own experience (after trying many, MANY items) to save you time and effort.

Here are a few things to know before you buy:

—For texture and to add protein and flavor, many meat substitutes contain soy, wheat or vital wheat gluten, refined coconut (or other) oils, and pea (or other) proteins. Some faux meat products can also be processed significantly.

—Always read nutrition labels so you’re aware of what you’re eating. “Plant-based” items have caught on and many companies are using those words on packaging, but it doesn’t necessarily indicate a healthy or even a vegan product. Some “veggie” meat brands contain egg and/or dairy, such as Quorn and MorningStar.

—Plant-based meats continue to improve by leaps and bounds, but don’t expect them to have the exact taste or texture of “real” meat. They can be pretty darn close—and good in their own right—but still, I don’t often serve them as the centerpiece. Instead, use them to supplement a dish or bulk up a meal.

Here are four of my favorite products:

1. Butler Soy Curls These versatile “curls” have one ingredient: non-GMO dehydrated soybeans. They come in 8 oz. bags and when hydrated, go a long way. Soy Curls have a wonderful chewy texture and sub in well for chicken; out of the bag, they are almost flavorless, a perfect canvas for marinating or sauces. You can order them from Amazon or direct. Use in a stir fry, other Chinese-inspired dishes, wraps, BBQ, and many more.

2. Gardein Beef Tips These “beef” cubes can be a little soft so are best marinated, then seared or sautéed. Serve them in a beef and broccoli stir fry, or my new summer grilling recipe: start by marinating them for 30 mins in fresh ginger, soy sauce, and toasted sesame

go-to: start by marinating them for 30 mins. in fresh ginger, soy sauce, and toasted sesame oil, then grill on skewers with red onions, sweet bell peppers, small red potatoes and serve with fresh chimichurri.

3. Beyond Sausage Brats I admit I *love* these. I'm from WI— land of cheese, beer, and brats—but even when I was a meat eater, I couldn't handle the overt fattiness of brats. Beyond Meat's faux brats are the perfect solution. They're packed with flavor: a worthwhile indulgence. Grill or fry and serve with spicy brown mustard and dill pickle kraut, or sauté and crumble on pizza or add to lasagna.

4. Delight Soy Delightful Soy BBQ This tangy, Carolina-style shredded soy BBQ can be a little tough to find—I have only seen it locally at the Durham Co-op and Weaver St. Markets, in the freezer section—but it's worth it. Plus, Delight Soy is a small company based in Morrisville, NC, so you are doing a *double* good thing by supporting a local business! On a summer night, this BBQ is perfect on a soft bun with homemade coleslaw and dill pickles.

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](#)



EVERYTHING YOU NEED TO KNOW

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