

Spring 2023, Issue 25

At Home

A Homeplace 3 Quarterly Newsletter

Our Community

Meet your neighborhood Board members - they're the neighbors and friends you see living and walking around the community!



PAUL DANIEL

Tell us a bit about yourself - where you're from, job, family, etc. I grew up in Pikeville Kentucky, up a mountain holler very close to where Loretta Lynn was raised... I am a Graphic Artist / Business Analyst at UNC Health Care. My and my partner Ricky have been together for 11 years

Why did you move to HP3? Location, Location, Location, Diversity & Location. I moved to HP3 in 2010 and have enjoyed its centrality to all enmities. It had a low HOA compared to other areas, and my unit had a full basement for studio space that I needed...also, the bus line to UNC Health Care was right at my door.

How long have you been on the Board and why did you join? I have participated on the board as my job has allowed off and on over the years when the group needs a extra practical viewpoint

What are some of your hobbies or favorite things to do? I actively participate in the arts via several mediums from painting and illustration and to puppetry/costuming. Social media @pauljdaniel on Instagram. I also enjoy motorcycle riding.

BEHIND THE SCENES

We all recognize that there are projects that need to be tackled, and each year the Board works diligently, and most importantly within budget, to try to address the needs of the community.

Maintenance: Planters

We are all responsible for maintaining our homes, but it's just as important that our grounds reflect that same care and attention. An ongoing project has been the upkeep of the many planters that residents and guests see as they come in and out of our neighborhood.

Long Term Project: Erosion

Last year, the Board applied and received a cost-share award from the City of Durham Soil and Water Conservation District geared towards assisting neighborhoods with issues of erosion and water quality. This enabled us to put in some new plants behind buildings 82-83 and behind building 91. If you walk along the trail you will see these plants working hard to help us control the erosion in these areas. The Board continues to work on finding effective solutions for this important issue.

I ♥ Homeplace 3



Plants Around Town

Highlighting Plants in HP3

The native eastern redbud, *Cercis canadensis*, is one of the first trees to flower in North Carolina and in Homeplace 3! Its purple flowers adorn woodland edges, neighborhoods and disturbed roadside habitats. The foliage is heart shaped and appears soon after flowering. The redbud is a beautiful small tree—it grows 20 to 30 feet tall—and does well in full sun or light shade. [Read More Here](#)



Healthy Strawberry Oatmeal Bars

It's almost spring, which means it's time to start thinking about fresh local produce, and one of the first things that comes to my mind is strawberries. True, strawberries are available in the supermarkets year round, but after traveling from California, Florida, or even Mexico, they just don't have the same taste.

Besides cutting up strawberries on your cereal or maybe in a smoothie, or including in a fruit salad, you can go wild and put together a strawberry shortcake. One of my favorite strawberry treats is one I have had in Costa Rica, a refresco de fresa, a drink made of nothing but strawberries, water or milk, and a little sweetener.

When I am craving a dessert, I often make strawberry oatmeal bars. It's quick and simple to make and "reasonably" healthy since it doesn't require much sugar.

Healthy Strawberry Oatmeal Bars

1 c. old-fashioned rolled oats

3/4 c. flour

1/3 c. light brown sugar

1/4 tsp ground ginger

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1/4 tsp. kosher salt
6 tbsp. unsalted butter, melted (or melted coconut oil)
2 c. small-diced strawberries (about 10 oz.)
1 tsp. cornstarch
1 tbsp. freshly squeezed lemon or orange juice
1 tbsp. granulated sugar, divided

Place a rack in center of the oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.

In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.

Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.

Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely.

While the bars cook, prepare the glaze:

Optional vanilla glaze:

1/2 c. powdered sugar, sifted
1/2 tsp. vanilla
1 tbsp. milk (any kind)



A Bit Of Color

While the exterior and trims of our homes were being painted we had the opportunity to paint our doors... so I asked people “what color is your door?”

*Why Carolina Blue of course. I am partial to blue and green but thought that blue would be a good contrast for wreaths in most seasons. I think our doors are a preview of the person who lives there. Blue represents trust and loyalty as well as the sea and the sky. I am an outdoor person.

*My door color is aquarium, because I love shades of blue especially aqua.

*I love color and take every moment to celebrate it. My rule to live by is “ Heaven is all white and Hell is darkness. The gift of today is to enjoy as much vibrant color while you're on the earth” So my door is the turquoise. Which is in my favorite color pallet because it gives a vibrant feeling of joy every time I walk up to it after a long day at the office.

*A community member who is an artist felt very strongly that because our brick is "cool" in appearance, that we pick a color that is "warm". So we looked at the door color options that were warm, selected a couple that we liked, ran them by her, and then selected our color, Olden Amber.

*I chose Periwinkle because it's different.

*Our block of houses wanted something neutral and to be uniform, so we chose gray.

*My door is yellow because it's bright and when it's open, it reflects light into my room.

*I chose burgundy because I like deep, dark jewel tones.



a. Our Community

We all know the saying “it takes a village”, well in this case it's a community! We can't solely rely on our dues to keep our neighborhood looking great, and that's why we need you!! If you can, please consider volunteering during our Care Days to help with some small projects that will have immediate effects on the look and health of our community.

HP3 Care Days

Saturday, May 6th, 10-noon

Saturday, June 3rd, 10-noon

b. Ourselves

Amongst the many celebrations that we may have looked forward to in March, such as the beginning of daylight savings time, St. Patrick's Day, Spring Equinox, on the beginning of

beginning of daylight savings time, St. Patrick's Day, Spring Equinox, or the beginning of Ramadan, did you know that March also celebrated National Nutrition Month? I was recently reminded of this in my workplace, as the month's Employee Whole Health theme was focussed on Food and Drink, inviting us to celebrate with activities like lunch and learns, healthy teaching kitchen classes, favorite recipe sharing, and even a food drive to support our in-house and local food pantry resources.

I decided to look up National Nutrition Month to learn more about it (www.eatright.org) and discovered that this year is the 50th anniversary of this celebration. It's an annual campaign started in 1973 by the Academy of Nutrition and Dietetics which invites everyone to learn more about developing healthful eating and physical activity habits. The 2023 theme is "Fuel for the Future", inviting us all to eat with sustainability in mind to optimally nourish ourselves while protecting our environment. I invite you all to take a look at the eatright.org website yourselves for their resources, messages, and ideas about 50 Ways to Celebrate, and here I want to share their 4 tips for "Eating with the Environment in Mind", with some additional thoughts about why they make sense.

Tip 1: Enjoy more plant-based meals and snacks. The common theme of various popular diet approaches is the recommendation to eat a diet that's high in a variety of colorful vegetables and fruits, these ideally being the majority of one's diet. Eating more plant-based meals naturally leads to a reduction in meat consumption, an essential component of mitigating climate change. While there are a variety of animal agriculture practices around the world, animal agriculture, especially meat production, in general can cause greenhouse gas emissions, a significant consumption of land-food-and water, loss of biodiversity, and pollution. We all have to start where we are, so consider practicing "meatless Mondays" or even enjoying one plant-based meal a day this month and notice how you feel.

Tip 2: Purchase foods with minimal packaging. This month when doing your grocery shopping, think about which isles of the store support this goal of reducing packaging, as well as which isles will increase the packaging that you'll eventually need to dispose. Single use plastics are particularly problematic, as they have become both a climate issue and a human health issue. In addition to the negative impact on our oceans and marine life, as plastics originate from fossil fuels, they emit greenhouse gases from the time of production to disposal. This month, look for some ways that you can help reduce the amount of packaging and waste that will end up in our landfills, something as simple as reusable shopping bags and water bottles.

Tip 3: Buy foods in season and shop locally. Eating foods in season offers more variety of colors, flavors, textures and nutrients over time. Foods in season will also tend to have higher nutrient content since they can move straight from farm to table when ripe and ready to eat, and they seem to taste better. Shopping locally not only helps to support our

local farmers, but it also reduces the environmental costs associated with transporting foods long distances. Consider shopping at a local farmer's market or farm stand at least once this month.

Tip 4: Start a container garden to grow food at home. This can be a fun way to begin experimenting with growing fresh herbs, microgreens and green leafy vegetables, or even tomato plants this summer. If you feel that container gardening may be too limiting, consider exploring one of the community gardens nearby.

I hope these 4 tips give you some food for thought as you keep this year's National Nutrition Month theme of "Fuel for the Future" in mind, while enjoying the other celebrations this month.

Bulky item pickup by the City of Durham is by REQUEST ONLY!



Your bulky items will sit on the curb until you call the City of Durham at **919-560-1200**.

Links to Information about HP3

Click here for the Homeplace 3 HOA Website

Click here for HP3 Guidelines/Financial Reports/Board Minutes

Homeplace III Homeowners Association | PO Box 1149 , Apex, NC 27502

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