



SANDY BRAE NEWSLETTER

HOME SAFETY - This is a great time of the year to clean your dryer vents and chimneys. Failure to clean dryer vents are the leading factor contributing to clothes dryer fires in residential buildings. 70% of dryer fires could have been prevented by annually cleaning. According to the latest statistics available, there are over **25,000** Chimney Fires per year in the US that are responsible for over **125 million** dollars in property damage. The most sobering statistics relate to deaths and injuries that can result from chimney fires that spread into house fires.

Getting ready for winter! Take a few basic steps now can help you prepare your home for winter, keeping you and your family safe (and warm!)

- Thermostat – make sure your house is heated at 60 degrees, when you're not home. Consider installing a programmable thermostat to regulate temperature.
- Windows & Doors – Check weather-stripping, patch and caulk as needed. Consider thick drapes to keep the heat inside.
- Furnace – Clean or replace your filter every 4-6 weeks. Check all fireplaces, chimneys & flues.
- Pipes – If the temperature drops below 20 degrees, let the water trickle in all faucets.
- Hoses & Faucets – Disconnect hoses and store inside. Locate your main water shut-off valve and know how to use it. Wrap outdoor pipes and or spigots.
- Safety – Check smoke detectors and carbon dioxide detectors and replace batteries as needed. Keep a fire extinguisher handy and ensure everyone knows how to use it. If you leave for holidays, have a neighbor check on your home.
- Emergency Kit – Prepare an emergency kit. (we all remember Hurricane Sandy!) Have flashlights, candles, phone list, bottled water, non-perishable foods, blankets, first aid kit, and pet supplies, etc.

Happy New Year! Get Involved!

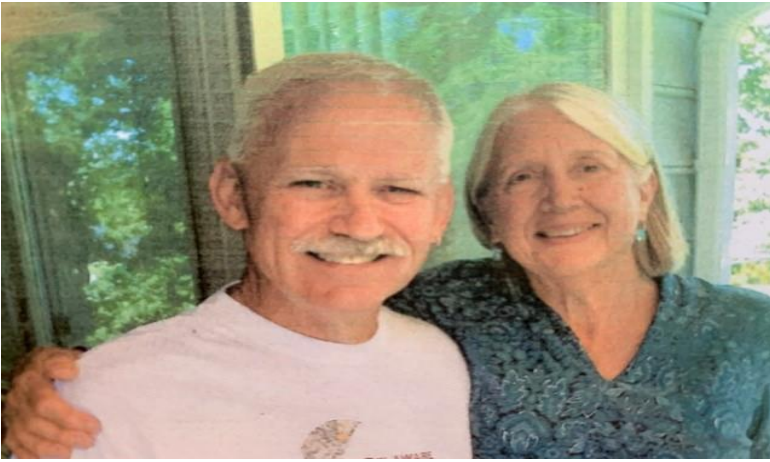
It has been a great year of change, in our community. We, the Board were faced with jumping in and taking on projects and collecting annual dues, etc. We are still learning and growing. We are looking to start a betterment program for planting and group get together, just as some ideas. Sound interesting? Get involved! Remember the old saying, if you are not a part of the solution, you are part of the problem. Come to a meeting and hear what's going on - we meet every 2nd Monday of each month (always check our website for date changes) You can also go to our website, www.sandybraehoa.com

PET SAFETY

In these chilly times, please to take care of our furry friends who rely on us. Here are some suggestions:

- **Avoid Thin Ice** – Too often we hear of pets that have to be rescued from icy waters. It might look like fun to slide across that frozen pond, but ice can break easily and crack, and your pet, or you, could fall in. Slipping on ice can lead to muscle strains and other injuries.
- **Protect Your Pet's Paws** – Consider outfitting your dog with rubber booties, snow boots and/or paw balm (such as Musher's Mate) to protect your pets' feet from winter conditions.
- **Trim Foot Fuzz** – We know this one first hand, our baby has the fuzziest paws! Hair on the feet of long-haired dogs can form ice balls between the pads and toes. Keep them well trimmed, cutting or bussing the hair so it is even with surface of the foot.
- **Clean Your Pets Feet** – Streets are coated with deicing substances, such as sodium chloride (rock salt) and calcium chloride, which makes sidewalks safe for pedestrians, but can damage paw pads. Make sure you wash off your pets' feet. Use warm water or wipes and sure to reach spots between the toes and pads.
- **Limit Dog's Time Outside** – Dogs can suffer from frostbite, especially on delicate earflaps and tail tips. In extreme cold, it's a good idea to keep all pets inside.
- **Bundle them Up!** – Sure, animals come equipped with their own coats, but you wouldn't want to go out in a blizzard in a light spring jacket. Make sure small, delicate, and short hair animals, even ones as large as Greyhounds, have an appropriate winter wardrobe. Bonus, its fun! 😊
- **Consider your pets age** – Where climate is concerned, age is more than a number. Like humans, very young and very old pets have a hard time regulating body temperature, so they have more extreme reactions to changes in weather. Romps in the snow may be too much for their more delicate constitutions. Keep the oldest and the puppies indoors as much as possible.
- **Beware of antifreeze** – As little as a teaspoon of antifreeze can cause kidney failure. Be alert to signs that your pet has swallowed some of it, which include drooling, vomiting, seizures, excessive thirst, panting, lethargy and a drunken appearance. If you think you pet has ingested antifreeze, its important to get to a vet as soon as possible. Even if you keep your antifreeze safely tucked away, there is a still a danger from residue in the streets. Most antifreeze is green ethylene glycol, but it comes in several different colors. So, watch where your pet is sniffing!





Resident Spotlight - Lynn Goebel

1. How long have you lived in Sandy Brae?

This year (2019) will begin my fifth year living in Sandy Brae.

2. What made you decide to move here?

The location near my sister and nieces summer homes on Lewes Beach influenced me to buy in Sandy Brae.

3. What makes Sandy Brae so special?

Sandy Brae is a super place to live because of the delightful neighbors. I will mention just a few of the many

When I moved in, I noticed Myrna driving elderly neighbors to appointments and helping them with their grocery shopping. I thought “wow, what a sweet lady!”

I appreciate how patient Fred is about my curiosity with all his amazing home improvement projects. If his garage door is up, I am there being fascinated as I know that this is where much of the creative magic happens.

I noticed 92-year-old Vernon helping with the appearance of Sandy Brae by volunteering his labor to spruce up his neighbors’ yard.

There are happily many more fine examples, to be brief, I will just state that good, friendly neighbors are the most important feature of any place.

4. What hobbies make you happy?

I greatly enjoy being a member of two book clubs, Saint Peter’s Church, sewing, quilting, crafts, swimming in the Lewes Bay, woodworking, bird-watching, bicycling, doing yard work, and cooking. (Also) I like having a regular volunteer schedule of work with children and Parkinson patients.

Lynn is pictured above with her kind friend and neighbor, Larry, who has generously donated his time to teach her sign language.

What's Happening Around Us?

- Remember to subscribe to local delivery for the Cape Gazette and see all local activities!
- Call the Lewes Senior Center at 645-9293 for their daily activities and trips. Many of the Senior Centers have lovely local day trips all winter long.
- Coastal Concerts hold monthly concerts in Lewes
- Clear Space Theatre begins performance in late January and offer a senior ticket
- Milton Theatre is now offering a variety of entertainment all year long
- Check out local restaurant special nights all winter long on rehobothfoodie.com [rehobothfoodie.com] or localonlyblog.com [localonlyblog.com]
- Delaware Tech Community College in Georgetown offers lots of personal enrichment and training classes plus trips!
- Don't forget the Ward Museum and Zoo in Salisbury, Maryland or spend the day in Berlin, Maryland
- www.visitsoutherndelaware.com

CALENDER

January

- 14 Sandy Brae Board Meeting
- 21 Martin Luther King Day
- 25-27 Bethany Beach Fire & Ice Festival
- 25-27 Winter Delmarva Birding Weekend

February

- 3 Rehoboth Beach polar Bear Plunge
- 11 Sandy Brae Board Meeting
- 14 Valentine's Day

March

- 3 Philadelphia Flower Show
- 11 Sandy Brae Board Meeting
- 17 St. Patrick's Day

NEWS FLASH.....

The Sussex County Planning & Zoning Commission approved a proposed subdivision on the Groome United Methodist Church parcel along New Road. Commissioners voted 5-0 in favor of a plan proposed by New Road Ventures LLC for 292 single-family units.

We all have neighbors. Greet them on the sidewalk or in the elevator but try not to peer through their windows. Windows are to look out from, not into. Alexandra Stoddard

SNOW SHOVELING SAFETY TIPS

When the driveway and walkways are coated in a thick blanket of snow, it is time to get a shovel out for what some consider to be a dreaded chore. But before you tackle the first snowfall of the season, take some time to read these safety snow shoveling tips to help avoid any potential injuries.

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The mix of cold temperatures and physical exertion increases the workload on the heart,¹ which may increase the risk of a heart attack for some. According to the American Heart Association, even walking through heavy, wet snow can place strain on your heart.

The following tips can help keep you safer when you set out to shovel:

- **Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- **Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body. When lifting snow, bend your knees and use your legs when possible.
- **Choose your shovel wisely.** Ergonomically-designed shovels can help reduce the amount of bending you have to do.
- **Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- **Hit the pause button.** Pace yourself and be sure to take frequent breaks. Consider taking a break after 20 to 30 minutes of shoveling, especially when the snow is wet.
- **Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- **Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.
- **Wear layers.** Dress in layers and remove them as you get warm to help maintain a comfortable body temperature.
- **Stay hydrated.** Drink plenty of water to stay hydrated while shoveling.

A national study² found that the most common shoveling-related injuries were to the lower back. Cardiac-related injuries account for only 7% of all injuries, but they were the most serious in nature. If you do not exercise on a regular basis, are middle-aged or older, or have any health conditions, such as heart disease or high blood pressure, you should check with your doctor before doing any strenuous shoveling. Consider using a snow blower or snow removal service as an alternative means of snow removal.

Snow and Ice Removal Requirements

Snow and ice not only pose a potential risk to you but also to others. As a property owner, you are responsible for making a reasonable effort to keep public walking areas around your property clear of snow and ice. Pre-treating your walkways and other paved surfaces with an anti-icing product can help make snow and ice removal easier.

Consider stocking up on ice melt in advance, as it sometimes sells out during long winters. You can store unused ice melt in an airtight container, out of reach from children and pets. Be aware that rock salt can damage brick, stone, asphalt and concrete walkways.

Be sure to check your local codes and ordinances regarding snow and ice removal requirements.

© 2018 The Travelers Indemnity Company. All rights reserved.

Have a question?

Want to join the Board? Want to join one of our committees?

Want to contribute the newsletter?

We would  that! Please contact us via our Facebook or our website: www.SandyBraeHOA.com



The Board wants to wish all our residents a happy and healthy new year.
May your year be filled with love, laughter, family and good friends.



Email: SandyBraeHOA.Lewes.DE@gmail.com

Kathy Davison, President * Jay Abel, Vice-President * Joanne Kempton, Treasurer * John Luzzi, Scribe
Directors, Lorie Seaman, Rusty Rodgers, Shellie DiLauro, Maryann Jachym, and Nick Pereira

Reminder - Sandy Brae HOA Dues are now due.

Editor: John Luzzi - SBHOA Scribe