



# SANDY BRAE NEWSLETTER

## HOT TOPICS!

### Snow Plowing

Arrangements have been made for plowing our streets by a private contractor. Plowing and salting the entrances will begin at 4" of fallen snow. The company will be placing snow stakes throughout the community like they did the past two years. Please do not remove them; they cost the HOA to replace. Remember, plan now to have your driveway, sidewalk, porch and steps shoveled don't wait till it snows.

### New Entrance Signs

Here is our new entrance sign design! Thank you for all the community input. We are excited this change will update the look of our community. Signs are in production now!



### Emails

Please don't unsubscribe from the HOA emails. This is the quickest and most cost-effective way for the Board to communicate with our residents. If you own a rental property, we need the emails for your renters as well, so they are informed about community news. What we send out is important and relevant, so please don't unsubscribe.

### Facebook Page

The HOA has a Facebook page and if you haven't "liked" us, please do so today! Another great way to get and post community news. We currently have 89 members and growing!



**Lights** - It was great to see all the holiday lights up in the neighborhood this year, it really was uplifting and gave everyone a happy feel whilst driving through the neighborhood.

**LED Lighting:**

Thank you for making "Operation Porch Light" such a success in our community. It is an important Sandy Brae safety initiative. Just a reminder that outside spotlights and motion lights need to be facing downwards and not straight outwards. Also, watch the level of LED brightness; lighting can be way too bright.

**Architectural Forms for all your outside projects:**

AF Forms are located on the website in the document tab. Please use these forms for any and all projects you do on the outside of your home for replacement, renovation, new build, pools, additions, use of dumpsters for inside renovations, etc.

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## Like A Good Neighbor

Like the old insurance commercial, we need to be there for our neighbors, and especially our elderly neighbors. During these times where it is safest to be indoors, we should be checking on our next door, and other neighbors to assure they are not in any need and are ok. Also, some people may not be able to have access to any PPE (personal protection equipment), where a lot of us

are getting pretty suave in finding them or making our own. Also, there are available programs such as Meals on Wheels [https://www.mealsonwheels-lr.org/get-meals/\[mealsonwheels-lr.org\]](https://www.mealsonwheels-lr.org/get-meals/[mealsonwheels-lr.org]) or (302) 645-7449.

These are great organizations which are available for help. There are numerous other available options for help with home tasks, including purchases and deliveries for fees for services from numerous area organizations, for example, Visiting Angels [https://www.visitingangels.com/sussexde/home\[visitingangels.com\]](https://www.visitingangels.com/sussexde/home[visitingangels.com]) Visiting Angels 302-329-9475 can be there to: Offer companion care [visitingangels.com] and friendly conversation

- Shop for groceries
- Run errands
- Assist with bathing and dressing
- Perform light housekeeping
- Prepare meals per a recommended diet
- Provide medication reminders
- Provide transportation to family activities and doctor appointments
- Enable the delivery of medical equipment

As we all try to determine the best way to move forward during the coming months, we all hope that Sandy Brae will come through this with all our residents safe and healthy. Thanks to again to Ellie for this great reminder.

*Off to The Races*

In the good old days when you wanted a horse to stand still you tied him to a hitching post. Today you place a bet on him.

(Mom's collection – 1999)



## Highly debated boat storage facility gets approved in Lewes

On December 1st, the Sussex County Council voted to approve the application from the Warrington's to build a 60 space RV & Boat Storage facility on Postal Lane. Over 300 emails/letters were sent to the Council from the surrounding communities in protest of this commercial venture, the HOA Boards' from two of the communities (Sandy Brae and Heritage Village) testified against it at four hearings, and many residents attended the hearings at Planning and Zoning to testify against it. With Sussex County Council's approval, it was passed over to DelDot for review.

DelDot will review the application and will recommend a roadway and entrance plan that the Warrington's will be financially responsible for. There is a possibility that the cost will be too expensive to proceed. The one bright spot is that the Council voted for one unlighted sign not to exceed 9 sq. feet in size, which is much smaller than in the original plans.

SBHOA Board is extremely disappointed with this outcome. Postal Lane is unsafe and inadequate to handle the existing traffic now. Adding a business like this that will be open from 6am -10pm, 7 days a week, with RV's and Boats of all sizes coming and going makes Postal Lane even more unsafe. The homes on Postal Lane will see an immediate impact and traffic backups will send overflow traffic thru our community streets at a higher rate than we now experience.

The Commissioners from both County Council and Planning & Zoning said the surrounding communities have a need for this facility; how they came to that conclusion is unclear.

Next steps, the Board to be reaching out to work with the DelDot Entrance Planners and continue to work with the coalition of neighboring HOA's on this project.

## Making a Difference!

Sandy Brae truly helped our local community with two personal protection and personal care drives! These two drives helped the Cape Henlopen High School and the Beacon Middle School. We collected wipes, masks, body wash, soap, toothpaste and other needed items to stock their pantries and help young people in our community. Thanks again to all who donated. These events were proof that together, Sandy Brae can make a positive impact on the world around us! We are [#CapeStrong](#).



Pictured is Jack Temple (SBHOA Board Member) and Kelci Atkins (Cape Henlopen teacher)

## 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, 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 study 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.

## How to Set Attainable Goals for the New Year

Making resolutions is a tradition for many people who want to start the New Year off fresh and focused. Whether you're determined to revamp your eating habits, get in shape, start a new business or pursue a new passion, the best way to achieve your resolutions is to break each one down into small steps.

**Be honest** - You'll have a better chance of reaching your goals if you set goals or resolutions, you're truly interested in achieving. Don't let other people's expectations or opinions distract you, warns Tami Forman, Forbes contributor and executive director of the nonprofit Path Forward. She suggests penning an extensive list of everything you think you want to achieve and zeroing in on the goals that truly motivate you.

**Be strategic** - Although a year is a serious amount of time, it's not infinite. If your list of goals is too long or requires too many changes at once, you'll be setting yourself up for defeat. According to the American Psychological Association, focusing on altering one behavior, habit or thing in your life at a time is a more proactive way to reach your goals.

**Be smart** - Once you have your list of goals, projects or resolutions, you can define each of them even further by applying the S.M.A.R.T method. Introduced decades ago, S.M.A.R.T defines each goal as specific, measurable, attainable, realistic and timely. Goals that are broad, completely out-of-reach and lack a set deadline will reduce the likelihood of achievement. You'll feel overwhelmed by the magnitude of lofty goals, which will quickly deflate your will to follow through on your ambitions.

**Be social** - Although your goals are personal, the APA suggests that you consider joining a support group or sharing your goals with trusted friends, colleagues or family members. This way you have a network with which you can share your progress, both positive and negative. If you have people who will hold you accountable, you will be more likely to see your goals through.

The APA also suggests reaching out for professional help when you suspect you won't be able to reach your goals on your own; a psychologist can help you connect your thoughts and actions. If your goals are health-related, a nutritionist can advise you on smart eating plans while a personal trainer can instruct you on the proper way to exercise. If your goal is focused on your career or money management, seek out a certified counselor or financial consultant who can guide you.

**Be dedicated** - Writing down goals, sharing them with friends and seeking knowledge will only get you closer to your goals if you do the work consistently. According to Elizabeth Scott, author of "8 Keys to Stress Management," you must post your goals where you can easily see them to remind yourself of what needs to be done. Complement this by undertaking habits that correlate with and get you closer to your goals, even if it means breaking old habits you've fallen into.

**Be kind** - Changing a behavior or incorporating something new into your life are real challenges. To keep you striving for your goals, celebrate the victories along the way. Don't dwell on the missteps or failures; choose instead to learn from them and use that knowledge to propel you forward.

By breaking down your New Year's resolutions into attainable goals, putting a plan into place, staying focused and accountable to yourself and others, your 2019 will be filled with well-deserved successes.

# Tips for Staying Positive During the Winter

Don't let the cold weather and early nights get you down

While the winter may be best-known for jovial holiday festivities and a sense of togetherness, it can also be challenging on an emotional and mental level. If the cold and long nights have got you feeling blue, there are some easy ways to boost your spirits and stay positive through the holidays.

## **Determine if you have SAD**

Many people suffer from Seasonal Affective Disorder, or SAD. SAD is a form of depression that only affects you at certain times of the year, most commonly winter. If you notice that you have a lack of energy, have little interest in things you normally enjoy, or struggle to fall or stay asleep, you might have Seasonal Affective Disorder. Once you know whether or not you have this condition, you and your doctor can work together to combat it and improve your state of mind and quality of life.

## **Keep moving**

One of the best ways to stay upbeat is to stay active. Depending on where you live, it might be too cold to exercise outside, but that doesn't mean you need to be a couch potato all winter long. You can join a gym or exercise from the comfort of your home. If you don't own a treadmill, elliptical or weight set, you can use any of the dozens of free workout apps available on your smartphone. Start practicing yoga or set up your own fitness regimen.

## **Enjoy time with your family**

Nobody knows you better than your family, and the holidays are the perfect time to spend some quality time with them. Revisit some old family traditions or create some new ones. Whether you're watching movies or TV together, enjoying a festive meal, or hosting a ZOOM/DUO or other virtual gathering, being surrounded and seeing loved ones is a surefire way to stave off the wintertime blues.

## **Change your diet**

Between the decadent meals spread out over the first half of winter and our biological tendency to want to hibernate during the cold season, it's easy to fall into a comfort food rut. It's well-known that a healthy diet can improve your overall level of happiness, so practicing smart eating habits over the holidays can help you stay positive. You can even turn learning and cooking healthy meals into a family activity and a fun new hobby.

## **Give yourself a break**

While keeping busy with exercise and family is always a good idea, don't be afraid to relax a little bit during the winter. Take some time to do things you enjoy. Finish that book you've been trying to get through, catch up on your favorite TV show, or go see a movie. With time off from work or school, there's no better opportunity to take a load off and indulge in some you time.

The winter may try to get you down, but there's no reason that you can't enjoy the season to the fullest. If you stay active, eat well, enjoy the company of your family, and relax a little bit, winter can be the happiest time of the year.

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**EDITORS CORNER – John Luzzi:**

It was a year that was. Where do we go from here? I know I have learned a lot about myself, my friends and my family the past year. Ok, some things I wish I hadn't, but for the most part it really made me appreciate them more, most of them 😊.

The thing that stood out for me was tradition, and lots of memories. I guess because I had more time to think and not socialize as much. Since my parents are both gone now, it was just a year ago for losing my dad, their memories and my family usually fill my head during this time of year, but seems this year was more special since I wasn't going to see anyone this year.

So, I thought this year to revisit old traditions, and maybe start new ones. We put up all our ornaments and decorations, old and new, sent greeting cards to people we had not heard from in some time. We reflected on people we could not be with this year, and on the ones that past before. We made special meals for Christmas Eve and Christmas Day, and maybe spent too much on gifts to overcompensate. My best friend and I exchanged our decorated deer (each year we add something to this tacky velvet deer and send back & forth to each – it's awful!) We smothered our furbabies with special food and gifts that they didn't need. With all that, sadly, I terribly missed my friends and family.

Don't get me wrong, I enjoyed and cherished the time we spent together, but that ole tradition of being surrounded by and being with your family and friends especially at the holidays was just a huge space.

Well, I am hopeful that 2021 will be a better year with more contacting and gatherings with friends and family, and good health. Much more appreciation for the non-holiday get together and hugs. We have had many scares and sickness in my circle of family and friends. I long for the day when I can see peoples smiles in our home, backyard and in the streets, and not on my phone or computer screen. So, there is my new tradition. See more, spend better, quality time with friends, neighbors and family, not just at the holidays but all year round; more than before. We are not promised tomorrow, just today. Hope to see you all soon! 😊 Happy New Year.

**CALENDAR****JANUARY**

- 01 New Year's Day
- 11 **Sandy Brae Board Meeting @ 6PM\***
- 20 Inauguration Day

**FEBRUARY**

- 2 Groundhog Day
- 8 **Sandy Brae Board Meeting @ 6PM\***
- 12 Lincoln's Birthday
- 14 **Valentine's Day**

**MARCH**

- 8 **Sandy Brae Board Meeting @ 6PM\***
- 17 **St. Patrick's Day**

Check out and sign up for newsletters and emails from <https://visitsoutherndelaware.com/de-events/month>, <https://www.beach-fun.com/events/chamber-events>, and <https://www.rehoboth.com/events-a-activities2/calendar-of-events.html?view=calendar>

Due to COVID-19, we would suggest you check these local websites and other forms of media for local events and potential cancelations.

Be sure to check website for any changes of Board meetings times or dates.

**\*Board meetings are open to all residents in good standing. If COVID restrictions prevent the Board from meeting in person, HOA meetings will be via ZOOM and residents are encouraged to send in topics or questions for discussion.**

**LOUIE’S CORNER:**

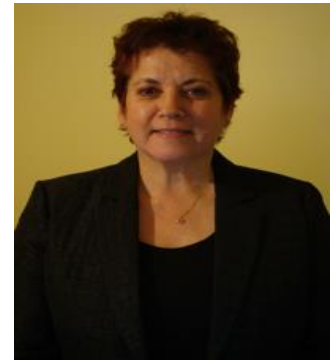
January, February, boo. It’s time to read a good book or go to Atlantic City or watch the Wizard of Oz on TV. Do you know there were one hundred and twenty-two little people hired to play munchkins? Everyone knows the Scarecrow, Tin Man and the Cowardly Lion. What a cast! I was impressed by Glinda the Good Witch. Her name was Bille Burke. Her father was an Englishman and a clown with Barnum and Bailey circus. She played in 82 pictures plus stage plays. She was born in 1886 and died in 1970 at the age of 84. One of the best pictures I liked The Young Philadelphians with Paul Newman; she played an elderly happy millionairesss who helps Paul Newman. Its just a little trivia. God Bless America.

*Editors note:* My dad was a real movie buff. He would devour the movies on AMC, TCM, etc. I would love to chat and bet with him about what movies may win or have won the Academy Awards. He was always quoting a movie line, or imitating John Wayne (one of his favorites). Even in his last days, he would watch the movies, not really understanding what was going on, but having a comfort just seeing them on TV. We shared a few favorites, but his was The Treasure of the Sierra Madre. “We don’t need no stinking badges!” One we had agreed on was Citizen Kane. I do that now with my friends (bet on Oscar wins), but I sure do miss those days with my dad. *Rosebud.....*

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**Board Update!**

Welcome Janis Nezvesky-Schertzer! Janis will serve the community performing our drive arounds and reviewing AR forms. Janis is a Newtown, Connecticut native; Janis spent 30 plus years in the Relocation and Real Estate industries, including property management. She and her husband, Marty, live in Rehoboth Beach with their rescue cat, Betty. They purchased their Maple Drive home in Sandy Brae September 2015, which has been a rental since that time. Past volunteer as a Girl Scout Leader, various positions within her Synagogue, elementary school and a former First Responder. Currently enjoying her retirement, sewing/quilting and exercising.



And with a hello comes some good-byes.....we were very sad that director, Rusty Rodgers decided after almost 10 years serving on the Board to hang up his volunteer boots. We wish Rusty and his family all the best and thank him for his time and dedication to our community... Semper Fi, Rusty! And, to John Ritchie, thank you for giving your time and sharing wonderful ideas to help make our community even better. Enjoy relaxing with your family poolside in 2021!

**Any questions, please contact us via our Facebook page or our website: [www.SandyBraeHOA.com](http://www.SandyBraeHOA.com)**

**Email: [SandyBraeHOA.Lewes.DE@gmail.com](mailto:SandyBraeHOA.Lewes.DE@gmail.com)**

**HOA Board: Kathy Davison (President), Joanne Kempton (Treasurer), John Luzzi (Secretary)  
Barbara Brewer, Lorie Seaman, Janis Nezvesky-Schertzer and Jack Temple**

**Editor: John Luzzi**

**If you wish to contribute an article or nominate someone to be highlighted in our newsletter,  
please contact us as noted above.**