

Woodbine Newsletter

Contact Jeff at
president@woodbinehoa.org
to be a part of this committee.



Calling All Green Thumbs:

The Board is starting a "Tree Replacement Committee" this Spring to help with small projects throughout the neighborhood common areas. Jeff Busche is looking for additional volunteers to help with tree selection and placement of new trees. Would you like to add input? Have thoughts on a type of tree that would be a good fit for the neighborhood? You would be qualified to serve!

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THE BIG EVENT 2013



Once again this spring, the Board has requested students participating in Virginia Tech's BIG EVENT to volunteer in our neighborhood. This is a tremendous gift in terms of time and money saved. To make this day a success, we need neighbors to give direction and guidance to the volunteers in order to complete various beautification and maintenance projects in our common areas: weeding, planting, brush and debris pick up. Last year this only required a couple hours worth of volunteer time. Come spruce up the neighborhood and get to know the terrific student members of our community. Thanks for your support!

SATURDAY/APRIL 6, 2013 11 AM TO 3 PM

A huge "Thank You" to Lacie's in the Valley who will be extending a discount to WHOA for the purchase of plants for our flower beds, mainly around the sign at the entrance to the neighborhood. Look to our flower beds in the coming months for new additions and signs of Spring!



Welcome Spring with trees, shrubs and perennials for your landscape. Let us help you create your outdoor living space. Lacie's Garden Center will be open for business March 18th.

750 Den Hill Road
Christiansburg, Va. 24073
[540-382-8797](tel:540-382-8797)
HOURS:
Mar-Apr Mon-Sat 9-5
May-June Mon-Sat 9-5 Sun 1-5

TOWN OF BLACKSBURG SPRING CLEANUP SCHEDULED



FOR THE WEEK OF
APRIL 8th

UPCOMING WOODBINE EVENTS:

Hey Mom! Can I decorate my bike for the 3rd Annual Woodbine Bike Rodeo? It's on June 8th!



"Why did the Easter Egg hide?"



"Because he was a little chicken!"

Join us for Woodbine's Annual Easter Egg Hunt Saturday, 3/23 at 3 pm (Rain Date: 3/24)



It's that time again! The Spring Yard Sale is Saturday, 5/18 8 am - 12 Noon



Why Yoga?

Article Submitted by Guest Writer, Gabby Howard, Age 13

Yoga is more than just stretching and bending to help you relax. It is a simple way to help you be amazing. It helps you with balance, posture, and health. It helps you to sleep and it relieves stress. When yoga is done often enough, it helps you tolerate pain. It gives you more energy and lowers blood pressure. Through yoga, you can lose weight and your body is able to fight off more illnesses.

Yoga does you many favors by helping you sleep at night. It helps you relax, focus on breathing, and calm your mind so you won't be awake all night worrying about the next day. It even stretches your muscles so you'll be more comfortable at night, which will give you more energy during the day.

Yoga helps you lose weight

through not only exercising, but helping you resist the urge to eat unhealthy, fattening foods. Sometimes when we are upset, we unconsciously turn to food as a fix even though we aren't really hungry. Yoga keeps our awareness on our feelings and not unnecessary calories.

By doing certain poses, like the tree pose for instance, yoga helps your balance. It allows you to more easily even out your weight and have more self control. When you do yoga regularly, you remember to focus on breathing so you can more easily tell where your emotions are coming from.

The many benefits of doing yoga are all connected. Just by being more relaxed you can sleep better. Just by sleeping better, eating healthier, and exercising,

yoga can help to strengthen your immune system. There are so many wonderful reasons to do yoga, whether you need to lose weight, sleep better, or even lower blood pressure, yoga is the exercise for you!

We have our very own yoga "guru" in Woodbine! **Allison Thomas** is a certified yoga instructor (and banana muffin baker extraordinaire) and teaches beginner yoga classes in the upstairs space at **Annie Kay's on Tuesdays at 10:00, cost is only \$5**. Her classes are terrific.

For questions, email or call her:

Allison Thomas
 aalthomas@yahoo.com
 757-285-6411

You can read more of Gabby's writing at www.theclementinetimes.blogspot.com

My End of the Neighborhood

I was going to write about driving safely through our neighborhood but then I realized what a kill joy that would be; and how unlikely anything I wrote would change the behavior of any of the folks whizzing past the bus stop in the morning. Don't think for a second I won't stop yelling at folks to slow down in the mornings.



No, the more I thought about it, the more I thought about how life is pretty grand at this end of the neighborhood. I can't wait to get to the bus stop in the morning, not because I am eager to get rid of the kids for the day (though some days!) but for the chance to spend a few minutes with some of the best gals a woman could hope to have as friends.

We swap stories, recipes, coupon, carpool, take turns hosting play dates, and generally rely on one another to get through the day to day. We stay at the bus stop long past the kids have been picked up. We laugh, we vent, we seek out advice, and sometimes get a hug on a bad day. Except, one of us. One among us is not a hugger.

If I'm running late for the afternoon bus arrival, I can count on someone to grab my kids off the bus for me and hold them for awhile. I can trust that my gals will keep my kids in line in my absence. They would never think it wasn't their problem to discipline a child. They just do it!

I've learned the ins and out of couponing from my gals. Extreme? Hardly. Saving me lots of money, yes! I solemnly swear I will not pay for a tube of toothpaste ever again in my whole life. If I've scored big at the grocery store, my gals will applaud me like I have won the shopping Olympics.

I've learned yoga from one of my gals. If I'm willing to get up at 5:30 in the morning, I've got instant walking buddies. If I can't figure out what the heck is wrong with my computer (which is often), I have instant tech support. If I have had one of *those* days, I know where I can go for a really good margarita.

I got through the year the kids and I had to live apart from my husband because of my gals. Once a week we met to watch Glee, where a baked goodie, a glass of wine, and really good conversation would await me. My gals often tell 'pee your pants' funny kinds of stories. They know laughter really is the best medicine.

Speaking of laughter, you should see our family game nights. It's almost like college again, just with kids. Fifteen kids running around in the background while we adults play card and board games. Sounds crazy, but oddly enough, it works.

I think I've literally borrowed the proverbial cup of sugar from each one of them at some time. Sure, Food Lion is close, but you know who is closer? Great neighbors! You can text everyone about the need for a particular item and that item shows up by child carrier service minutes later. Or, at the very least, the next trip to the bus stop.

Anyone have one egg, a staple gun, a book, a crock pot, an envelope, some oregano, a...? Sure do!

I've had someone's label maker for three weeks now, but I don't sweat it because I know that if my gal really wanted it back, she'd ask.

There are never any worries about leaving pets when you go out of town. Even last minute, there is always someone happy to help. I even poked someone's dearest feline friend with a needle everyday for a week to give her fluids while the family was on vacation. I love my gals that much! And we've all been sad when someone has lost a furry friend.

My gals are some of the best cook's in town. Soups, salads, grilling, fried foods, breads, and oh my goodness, the desserts! Blondies, strawberry pie, macaroons, cheesecake, and peach coffee cake.

If you see the sly slip of a package into someone's pocket at our bus stop, I swear it's not illegal drug dealing. Someone has just made a batch of brownies or Chex mix and brought a little for the other moms...on the down low, so the kids don't see!

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And the Father's Day Shrimp Boil! The *best* meal of 2012, hands down. Please let that become an annual event.

I know that if I had a baby or death in the family, my gals would line up a week or two worth's of meals for my family. No matter how busy they were, they would make time. And believe me, my gals are some of the busiest women I know. Serving at school, at church, and other places throughout the community.

I'd be lying if I told you outside of being tossed together through close proximity, that we would have sought each other out. I'm pretty sure we wouldn't have. But that's part of the magic of it. Our differences make us interesting to one another and are what have become such a benefit each other. We are united by our desire to share the best of ourselves with our families, our friends, and our community.

Would my gals help me bury a dead body with no questions asked? No. They're straight shooters and not inclined to lie: You did what?! A blind faith and loyalty does no one any favors. My gals know where the real friendship is.

To all of them, thank you for making my life better and brighter. To everyone else, I wish you the same kind of friends.



Selling your home?

Remember you will need to provide the buyers with an HOA packet in advance of closing.

If you have your house on the market please let our Board know by emailing us at **HOA-Packet@woodbinehoa.org** so we can prepare an HOA packet in time for the house closing.



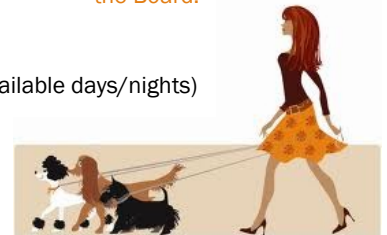
Want some extra hands around the house?



Then call someone on the list below—They will be able to do various tasks, including yard work, babysitting, walking dogs and more!

- Ben Fleming—yard work 552-1323
- Jennifer Fleming 552-1323
- Stephanie Gardener—babysitting 951-2484
- Colleen Hinson—babysitting 961-0211
- Grace Hinson—babysitting 961-0211
- John Hinson—yard work 961-0211
- Gabby Howard—pet sitting 552-3432 (available days/nights)

If you have additional names to add to the list, please email the Board.



To keep up on neighborhood news, please visit our blog:

<http://woodbinehoa.org/blog>

and/or email us to be added to our announcements list.

As always, feel free to contact us with any questions via email at:

president@woodbinehoa.org

Your Current Board Members:

- President:** Jeff Busche
- VP/Newsletter:** Beth Mann
- Secretary:** Lisa Highfield
- Treasurer:** Robin Sanborn
- Landscaping:** Aric Bopp
- Architectural Review:** Martin Jansons
- Members-at-Large:** Kristen Ducote
Michele Sullivan
Tommy Regan