

❄ Winter: January

🌸 Spring: April

☀ Summer: July

🍂 Fall: October

WOODBINE

2015 Newsletter



<http://woodbinehoa.org/blog>



WOODBINE



Community Yard Sale

Spring Yard Sale
Saturday, May 30, 2015

Summer Yard Sale
Saturday, August 22, 2015



Find out results for Best of NRV 2015

Woodbine has always been one of the top trick-or-treating destinations and best neighborhood. See the results in a special "Best Of" edition in May.

Zucchini Pasta: Low Carb Recipe

- 2 zucchinis, peeled
- 1 tablespoon olive oil
- 1/4 cup water
- Salt and ground black pepper to taste

Directions

Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached. Slice into thinner strips resembling spaghetti.

Heat olive oil in a skillet over medium heat; cook and stir for 1 minute. Add water and cook until zucchini is softened, 5 minutes. Season with salt and pepper.



Chocolate Festival
April 18, 2015 | <http://rotarychocolate.weebly.com>

Blacksburg Fork & Cork
May 2, 2015 | www.blacksburgforkandcork.com

Cheese Festival Blacksburg
June 13, 2015 | www.virginiacheesefestival.com

Summer Solstice Fest
June 20, 2015 | www.downtownblacksburg.com

Beer Festival at Virginia Tech
Virginia Tech Alumni Association
June 27, 2015 | www.alumni.vt.edu/beerfestival



Lacie's Garden Center located at 750 Den Hill Road, Christiansburg, VA is happy to offer a **20% discount** to Woodbine residents for the months of April and May 2015. Bring this coupon when you visit during these months to receive your discount. Please call 540-382-8797 with any questions and to check garden center hours.



NEED EXTRA HANDS AROUND THE HOUSE?

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

PLEASE NOTE: NAMES AND PHONE NUMBERS ARE DISTRIBUTED VIA THE WOODBINE LISTSERV.

The following merchants collect items that cannot be placed in curbside-recycling bins or any of the Town's drop-off bins.

- Colley Architects – 620 North Main
- Community Arts Information Office – 149 College Avenue
- Eats Natural Foods – 708A North Main Street
- Fringe Benefit – 117 North Main Street
- Heavener Hardware & Lumber – 801 Kabrich Street
- Wireless Zone – 304 North Main Street
- YMCA Center – 1000 North Main Street

Details at <http://sustainableblacksburgva.org/recycling>



SPRING IS COMING!

When you begin your spring cleaning, consider

donating your treasures to the Habitat for Humanity ReStore. You can drop-off your donations at the ReStore, 1675 N. Franklin Street in Christiansburg Tuesday through Saturday 10 a.m. to 6 p.m.

For larger items, call the ReStore at 381-1155 for a free pick-up. The ReStore would appreciate receiving gently used furniture, appliances, flooring, cabinets, doors, windows, construction materials, household items and books. The ReStore is the largest fundraiser for the local New River Valley Habitat for Humanity. Profits go directly toward Habitat's mission to provide affordable and safe housing in the New River Valley. Receive a tax receipt for tax credit while keeping items out of the landfill!
<http://habitatnrv.org/restore>

Rentals in Woodbine: If you are considering purchasing a home to rent, our Woodbine Bylaws state: Each dwelling erected shall be planned, erected and used for single-family occupancy only. Single-family occupancy is defined as no more than two (2) unrelated persons. All dwellings that are used by the owner for rental property shall maintain the same type occupancy.

Selling your home? If you have your house on the market, please let our board know by emailing HOAPacket@woodbinehoa.org, so we can prepare a packet for your buyers in time for your house closing!

MEET YOUR WOODBINE BOARD MEMBERS

- President: Jeff Busche: president@woodbinehoa.org
- Vice President: Beth Mann: batmannrobyn4@gmail.com
- Secretary: Lisa Highfield
- Treasurer: Robin Sanborn: treasurer@woodbinehoa.org
- Members-at-Large: Kristen Ducote, James Hawden, Martin Jansons, Michele Sullivan and Greg Vidmar
- Architectural Committee Chair: Greg Vidmar: architecturalreview@woodbinehoa.org

Interested in volunteering? Contact Jeff Busche today!

Virginia Tech's Department of Human Nutrition, Foods and Exercise

Research Study: Determining the validity, reliability and sensitivity of an added sugar biomarker and BEVQ-15 in children and adolescents

VT is conducting a study to determine the validity and reliability of a beverage intake questionnaire and an added sugar biomarker in children and adolescents. Your child may be eligible to participate if s/he is between ages of 6-18.

The study involves four visits to the Virginia Tech campus, over a 2-3 week period. The total time commitment will be about four hours. Visit will include:

- Assessment of height and weight
- Providing information on food and beverage intake
- Providing information on health status
- Providing two fingerstick blood samples

Child and adolescent participants will be compensated \$50 for the completion of all study visits.

For more information, please contact Elaina in the Laboratory for Eating Behaviors and Weight Management at 540-231-7918 or emarinik@vt.edu.