

JANUARY 2025

Parkwood Press

The Parkwood Association Neighborhood Newsletter



Happy New Year!
2025

Parkwood Homeowner Dues for 2025 are \$250

Payments are due January 1, 2025
Dues not paid by March 31st will have an
additional late fee applied on April 1st.

How to pay:

Mail a check:

Parkwood Association
c/o Professional Property Management, Inc
PO Box 97006
Raleigh, NC 27624

Pay Online:

Visit parkwoodnc.org
Use yellow "Make a Payment" button
to login and submit your payment.

Dues not paid by 3/31/2025 will incur additional fees.

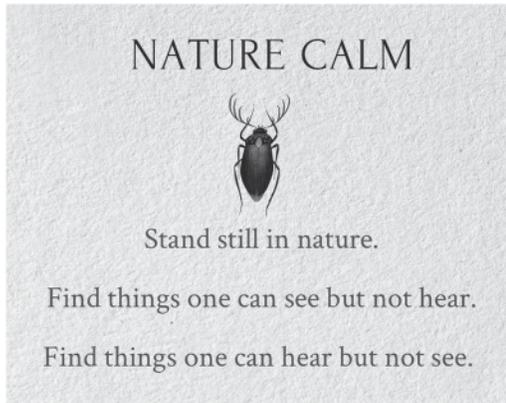
If you cannot pay your entire assessment, please contact PPM to set up a payment plan to
avoid additional fees.

919-848-4911

Stressful Life? Try Forest Bathing

If you're like me, and hear the term "Forest Bathing" for the first time, you might have an image in your mind of skinny dipping in one of the creeks meandering along somewhere in Parkwood's forested area.

But no, the practice of Forest Bathing is something much more profound and beneficial – and does not involve cold muddy water. Forest Bathing is actually a translation of the Japanese words *shinrin-yoku*. 'Shinrin' means forest and 'Yoku' stands for bath or bathing. The idea took birth in Japan in the 1980's and proved to be a very effective tool to overcome the ill effects of a hectic life and stressful work environment. The term refers simply to immersing yourself in the atmosphere of the forest. And Parkwood just happens to have more than its fair share of places where you can learn to forest bathe.



Many people enjoy spending time in nature. But did you know that time among the trees could be therapeutic? Forest bathing has become a growing practice that promises benefits for your mind and body. Enthusiasts say it can help you relax and refuel — and give you a break from the devices, worries and stress that dominate your daily life. It might even improve your physical health, above and beyond the basic benefits that come from simply walking or hiking.

Forest bathing is not just for the wilderness-lover; it's not seeking some kind of mountaintop-conquering energy, certainly more than just a meander through the woods. It's rather the practice of walking in any natural environment and training yourself to consciously connect with what's around you.

Forest bathing makes it easy to reach a peaceful state of mind. By paying attention to our senses and moving in the forest mindfully, we not only get all the benefits of meditation for our mind, but also boost our immunity and create good health for our body. And the beautiful bonus is the friendships these activities help us cultivate. It's because in forest bathing we are guided by the greatest and most ancient teacher of all – Nature.

BENEFITS OF FOREST BATHING

Strengthen the ability to control cravings, give up addictions.

Find answers for important questions and decisions.

Find peace and happiness in the present moment.

Overcome fear, self doubt and a wavering mind.

Learn to switch off unwanted thoughts.

Build empathy. Improve relationships.

Increase self worth and confidence.

Feel less angry, anxious and sad.

Avoid stress and burnout,

Get better sleep and rest.

More inspiration: youtube.com/watch?v=y-wHq6yY2CI youtu.be/CF6848nYmJM
youtu.be/WecaYtkwLUI youtu.be/stuZaKB9j7I healingforest.org/2020/01/27/forest-bathing-guide

by Mike Brooks

Parkwood Board

2024 - 2025

Marsha Brooks, President, Dist.7

Marie Dean, Vice Pres. Dist. 8

Vickie Wheeler, Secretary, Dist. 2

George Greene, Treasurer, Dist. 5

Dist 1: Diane Wright

Dist 4: OPEN

Dist 1: OPEN

Dist 5: Andrew Hunter

Dist 2: Chris Classen

Dist 6: Gretchen Aycock

Dist 3: Dennis Sharp

Dist 6: David Sokal*

Dist 3: Richard Evert

Dist 7: Felipe Rodriguez

Dist 4: Janie Long

Dist 8: Liz Scisco*

*Serving At-Large

The PA Board meets on the 2nd Thursday
of the month at 7 pm via Zoom

Parkwood on Social Media

ParkwoodNC Google Group

<https://groups.google.com/g/parkwoodnc>

Parkwood on Facebook:

<https://www.facebook.com/ParkwoodNC>

Parkwood on Instagram:

<https://www.instagram.com/parkwoodnc/>

Please do not park on Parkwood Parklands



We continue to notice an unsettling trend in some of our parklands. Residents of nearby homes seem to be using parkland space as extra parking. This is not permissible.

The issue is most obvious on some of our circles where there is parkland in the center section and homes only along the outside.

Please do not park in these parklands.

Parkwood Office

Parkwood Association

1417 Seaton Road

Durham, NC 27713

Phone: (919) 544-2161

Email: pa.office@parkwoodnc.org

Website: parkwoodnc.org

Office Hours: Wednesday 2:30 - 5:00 pm

Laura Denny, our office administrator,
is available by email or phone.

Please allow 24 hours for a reply.

**There will not be Office Hours on Wednesday,
January 1.**

**If you need help with an office matter email
pa.office@parkwoodnc.org.**

Mailing Payments

If you mail payments for Parkwood Association dues, including via your Bank's Bill Pay, please take note of these critical reminders:

- All payments go to PPM, not to our Parkwood Office.
- Mail checks to PO Box 97006, Raleigh NC 27624.
- Do not mail payments to PPM's physical office. Doing so will delay processing, which can result in late fees.
- Make checks payable to Parkwood Association. Do not make checks payable to PPM.

These are important to avoid delays and to serve you more efficiently.

Customers can sign up for automatic draft by visiting PPM's website, <https://ppmral.com/ppm-automatic-draft-form>.

Interested in serving on the Parkwood Board of Directors?

We are actively seeking a candidates to fill vacant seats on the Board of Directors of the Parkwood HOA.

Candidates elected now would serve in an at large capacity through September 2025. It is not required that you live in the district you represent if you are elected "at large". See the bylaws and district map at parkwoodnc.org for more information.

To serve on the Parkwood Board of Directors you must be

- A resident and homeowner in Parkwood
- Current on all assessments and payments to the Association
- Available for Board meetings - 2nd Thursday of every month - 7 pm



Durham
ONE CALL
919.560.1200

Need a Bulky Item Pickup?

Call Durham One-Call, 919-560-1200, to request a pickup of your items.

For more information about Bulky Item pick-up services, see: <https://durhamnc.gov/855/Bulky-Services>

Volunteer Opportunity!

The Parks and Lawns Committee is looking for some volunteer assistance!

We will be spreading dirt around at Sedwick park on January 11th at 11:30am (right after the Native Plant workshop) and need volunteers!

Quilting and Sewing Group Meeting at Parkwood Community Center

Sew Fun Parkwood is a bee loosely associated with the Durham Orange Quilters. The group meets Thursday evenings at 6:30 at the Parkwood HOA building.

Members bring current projects (usually, but not always quilting) to work on and enjoy the conversation.

For more information, contact Diane Wold, diane.e.wold@gmail.com.

Newsletter Delivery Options

All Parkwood Homes receive a minimum of two paper issues of the Parkwood Press per year. These are currently scheduled for January and July.

Want to receive a paper copy of the Parkwood Press Every Month?

Join our Opt-In List to have a paper copy delivered to your doorstep every month.

Receiving Paper Copies but prefer Digital?

Let us know that you no longer wish to receive the every month paper copy.

Email pa.office@parkwoodnc.org to make delivery change requests.



DURHAM BAHA'I CENTER



Soulful Sundays

Music, prayers & personal stories to feed our spirits and inspire us to promote peace, unity & justice in our communities, and activities for children

Good for the soul!

2nd and 4th Sundays * 10:30AM-12PM
December 22 , January 5 & 19, February 9 & 23



"The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established."

Meaningful Conversations

Aiming to discover truth, uplift & inspire the human spirit, grow together, and build bridges of unity & respect for all



Everyone is welcome!

3rd Sundays * 3-5PM
January 19, February 16, March 16, April 13, ...

5103 Revere Road * www.durhambahai.org * (919) 489-6690

Who Do I Call?

Speeding and other traffic issues. Please contact the Police by either dialing 911 or the Durham Police Department non-emergency number 919-560-4600.

Pets running loose without a leash. If a dog is not aggressive but seems lost, and you are comfortable, you could try to lure him into a backyard and find the owner. But if you are not comfortable doing this, please call Durham County Animal Control which is handled through the Sheriff's Department. 919-560-0630.

Cars parked on lawns, trash in the front yard, overgrown lawns. If you wish to report this kind of issue you can either contact PA at pa.office@parkwoodnc.org or contact the Neighborhood Improvement Services (NIS) directly by emailing nis-codeenforcement@durhamnc.gov or calling 919-560-1647

Cars, trailers or trucks parked on the streets. The Durham Police Department enforces parking on public streets and should be contacted at the Durham Police Department non-emergency number 919-560-4600.

Keep in mind, sometimes a problem can be handled quickly by a friendly conversation. Sometimes starting the conversation with an offer to help works wonders. You never know, that person with the overgrown lawn may be ill or injured and unable to mow the lawn. Thank you for being a good neighbor.

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Parkwood UMC is Reading the Bible in a Year: A Journey Through Scripture in 365 Days A Study by Magrey R. deVega



THE BIBLE YEAR

*A Journey Through Scripture
in 365 Days*

MAGREY R. DEVEGA

Parkwood UMC will reading through the whole Bible in 2025 together. Feels like too much? Think of it as a commitment to read a short selection from the Bible plus a concise devotional every day. You can do that – we can do that!

Magrey's study gives us summaries of key themes and ideas to help us better digest and understand the readings. So, we're not just reading verse after verse. We're enriching our spiritual lives, developing a deeper faith and forming a closer connection to God and to each other. Our worship services and sermons in 2025 will be focused around the weekly Bible readings we'll be doing together. We will also offer a small group opportunity for people who want to reflect on the weekly readings together, grow closer to God, while providing a common thread that will promote new and deeper friendships. Date, time, and location of the small group TBA.

We hope you will join us!

Summary of Minutes from December 12, 2024 Board Meeting

Call to Order 7:05 pm

Attendance: Diane Wright, Vickie Wheeler, Chris Classen, Dennis Sharp, Richard Evert, Janie Long, Andrew Hunter, George Greene, Gretchen Aycok, David Sokal, Marsha Brooks, Felipe Rodriguez, Marie Dean, Liz Scisco

Guests:

Jacqueline Brodie
Mike Brooks

Committee Roundtable

Executive Committee - M. Brooks

Executive Committee Minutes 4 December 2024

Marsha Brooks, President
Marie Dean, Vice President
Vickie Wheeler, Secretary
George Greene, Treasurer (absent)

1. Next EC meeting will be 1 Jan 25 at 7:00pm.
2. 2025 Budget at 2024 levels. Because PPM sent out the 2025 assessment letter to all homeowners and they mistakenly used the 2024 budget, billing homeowners \$250 rather than the \$275 we approved; the Executive Committee recommends we keep the 2024 budget as is for 2025 and take from the Reserve, as needed, when the line item for those increases is used.
3. Maintenance at Office/Community Center. We are working with another contractor to replace 3 doors and repair soffit and fascia boards. The previous motion made will require modification once the vendor has met VIVE qualifications through PPM.
4. Filing Corporate Transparency Act documentation. Vickie will put a form together for Board members to fill out. She will give this to Laura to send to all members to be returned to the office NLT 11 Dec 24.

Motion to keep the 2024 budget as is for 2025 and take from the Reserve Account when the line items for the approved 2025 budget increases are used. Seconded. Motion Passed.

Minutes approved.

Finance Committee Report - G. Greene

Two motions were made in Executive Session regarding late fees and regular assessments. Both Motions were passed.

Parks, Lawns and Ballfield - L. Scisco

Parks & Lawns Committee Meeting
Monday, December 2, 2024

Overview

The committee meeting held on December 2, 2024, began with birthday celebrations and introductions, notably highlighting Ray's upcoming birthday and the introduction of George's AI note-taking bot, Firefly. Liz was introduced as the new committee chair, initiating discussions on a new reference document for committee tasks. A significant focus was placed on the invasive plants policy, debating disposal methods and agreeing to follow up with the city and Rescue Lawn Care for further clarification. The committee reviewed existing drainage systems, proposed routine surveys, and discussed budget allocations for tree removal and conservation projects. A motion was passed to propose a planting plan for Chindo Viburnum at Goodyear Circle. The group planned volunteer work for January and discussed community engagement strategies regarding wildlife feeding. Final debates centered on the inclusion of "Ball Field" in the committee name, leading to a conclusion that encapsulated the meeting's key decisions and action items assigned to members for follow-up.

Motions:

A motion was passed in committee to propose a planting plan for Chindo Viburnum at Goodyear Circle to not exceed \$1,800 in sum, drawn from account GL code 50-00458-00 - Landscaping.

Motion to approve planting plan for Chindo Viburnum at Goodyear Circle to not exceed \$1,800 in sum, drawn from account GL-00458 - Landscaping. Seconded.

Move to table the motion until further investigation and budgetary consideration has been completed. Seconded. Motion tabled.

Notes:

- Committee Updates and Document Management
- Liz introduced as new committee chair

- New reference document created for committee tasks and responsibilities
- Discussion on invasive plants policy and disposal methods
- Proposal to approve invasive plants policy for board review

Invasive Plants Policy Discussion

- Debate on proper disposal methods for invasive species
- Concerns raised about practicality of bagging and drying method
- Discussion on city regulations for yard waste disposal
- Agreement to follow up with city and Rescue Lawn Care for clarification

Drainage System Overview

- Review of existing drainage systems and maintenance responsibilities
- Discussion on updating drainage maintenance policy
- Proposal to conduct routine surveys of drains and streams
- Consideration of city involvement in certain drainage issues

Budget and Project Planning

- Review of tree removal budget and completed tasks
- Discussion on trimming pin oaks on Goodyear Circle
- Update on Sedwick Park tree and lawn project
- Planning for volunteer work in January for Sedwick project (funds already approved)

Planting Proposal for Goodyear Circle

- Discussion on planting Chindo Viburnum at Goodyear Circle
- Debate on plant size and cost considerations
- Motion to propose planting plan to the board (above)

Budget Allocation and Approval Process

- Debate on whether project should come from Parks and Lawns or PPC budget
- Discussion on board approval process and potential budget constraints
- Agreement to present proposal at next board meeting

Motion and Voting

- Formulation and seconding of motion for planting proposal

- The motion proposed to plant six viburnum plants at a cost of \$1,800.
- The proposal emphasizes safety concerns for homeowners and children by addressing visibility issues at the Goodyear Circle.
- The motion was seconded and approved during the meeting, with plans to present it to the board for final approval.
- Voting and approval of motion by committee members

Project Updates and Planning

- Update on tree removal budget and completed tasks
- Discussion on trimming pin oaks at Goodyear Circle
- Planning for Sedwick tree and lawn project in January

Event Planning and Communication Setting date for Sedwick Park project volunteer work

- Discussion on advertising volunteer opportunity in Parkwood Press
- Planning for native plant workshop in January

Wildlife and Community Engagement

- Follow-up on wildlife feeding announcement in Parkwood Press
- Discussion on community engagement through social media

Committee Scope and Naming

- Debate on including "Ball Field" in committee name
- Clarification of committee responsibilities regarding ball field

Meeting Wrap-up

Final discussions on committee name and responsibilities.

Motion for adjournment and meeting conclusion

Garden Committee - C. Classen

The Bee Garden had low hanging branches trimmed from the Buttonbush and Beautyberry bushes. The new plants were watered and old plants were cleaned up. Some stems were left for insects needing a winter home. A new azalea was planted to replace the one on the end by the side door of the HOA. When I was there, passersby stopped to admire the garden. It's always nice to be

rewarded with a compliment and a smile.

Finally the Pokeweed got taken out of the Bee Garden, hopefully before too many seeds dropped. The roots are so big they will need to be dug out. Even though it is interesting looking, it is a weed. Seed pods were collected from the Buttonbush and Beautyberry bushes to go to the Pando Project that Leaf and Limb is doing. They grow free tree saplings. There are frost covers on more plants and the beds have been tidied up for winter. Approximate volunteer hours for November were 16. I'm guessing, because there were no more notes in our book and I'm sure others came over to work in the garden. Thanks to all our volunteers!!

Parkwood Press & Social Media - L. Denny

Reminder, the deadline for the next issue of Parkwood Press is the 15th.

Parkwood on Social Media

Our Facebook presence stands at 743 Followers, 595 Likes. Our posts reached 242 people and we had 190 page visits in the past 28 days. There was 1 post of original Parkwood Association content, the

December issue of Parkwood Press, and 2 posts from neighbor organizations shared.

ParkwoodNC Google Group

Our group has 881 members. There have been 10 new posts/conversations since our November Board of Directors meeting.

Parkland Planning Committee - M. Brooks

Parkland Planning Committee

Meeting Minutes for Tuesday, Nov. 19, 2024, 7pm via Zoom

1. Present: Pete Eisenmann, Marie Dean, Wray Dean, Chris Classen, Mike Brooks (Chair)
2. October minutes: approved as written.
3. Old Growth Trail Interpretive Signage project
 - a. Katie has had her baby: Pete will get back to her in a couple of weeks.
4. New entry signage
 - a. Visited Triangle Sign today – got a new quote for signs. Price increase from original quote (Jan. 15, 2024) of \$1,534.56 to \$1,894.15 due to Triangle's original miscalculation of material quantity, plus minor material price increases.



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5. Playgrounds planning/development
 - a. Volleyball net: Wray will look at the state of current poles, & decide whether to keep it or replace it for next meeting.
6. Tree Replacement Policy: waiting for evaluation of draft policy from City/County Arborist Robin Schultze. Pete reported on getting free tree saplings from Panther Creek Farm. Update: Pete, Chris & Mike visited Panther Creek Farm on 11/25 to look at possibilities.
7. Goodyear Circle plantings to screen McCormick traffic glare: How many residents of Goodyear Cir. are affected by traffic headlights? Chris will contact Rob for further discussion & do further research on possible shrubs.
8. New business: Motion to replace large Trail Map signs for the two kiosks: payment by check \$225.75, inc. tax, from Triangle Sign Co., from GL Code PPC Projects 05527 (or PPC Engineering 06027, depending on remaining funds in account). Motion passed.
9. Meeting adjourned at 7:53 pm.

Minutes from Parkwood Association board meetings are archived and available on our website. parkwoodnc.org

The next meeting of the Parkwood Association Board of Directors is scheduled for January 9, 2025 at 7:00 pm via Zoom

If you would like to attend as a guest, please email the office, pa.office@parkwoodnc.org no later than January 7th.

Advertise in Parkwood Press

Place your Business Card, Quarter Page, Half or Full Page Ad in our newsletter.

Pricing and details are on our website, <https://engage.goenumerate.com/s/parkwood-hoa/publicform.php?qid=65111>

Posting Signs in Parkwood

Are you searching for your lost pet?
Planning a Yard Sale?

It is ok to post banners and signs in our neighborhood to ask for help or to advertise your event but please remember to remove the signs.

When you find your pet or once your event is over, please collect your posters or signs.

Events Committee - V. Wheeler

The Events Committee is looking forward to 2025's activities. Our next meeting will be in January.

New Business

Expanded Presence on Social Media - Liz Scisco

We will launch an Instagram account to enhance our communication with the community.

Suggestion of New Trail - David Sokal

David introduced the idea and will take it to the Parkland Planning Committee for further discussion.

Minutes Approval

Motion to approve the minutes. Seconded. Motion passes.

Meeting adjournment

Motion to adjourn the meeting. Seconded. Motion passes.

Board Meeting adjourned at 8:37 pm.



Central SW Durham Plant Library's

FREE
**NATIVE SEED
STARTING
WORKSHOPS**

December 7th and January 11th from 9-11

@ Parkwood Neighborhood Association
1417 Seaton Rd, Durham, NC 27713

Thank you for making this possible:





Native Seed Workshop
January 11 9-11 am
Parkwood Community Center
1417 Seaton Rd. Durham, NC 27713

Please consider attending our upcoming native seed workshop, January 11th. After two successful events last winter that were funded by the North Carolina Native Plant Society, we'll be partnering with the Central SW Durham Plant and Seed Library. All materials and resources have been generously provided by Leaf & Limb, Rachel's Native Plants, and Country Farm and Home. Please follow our Facebook event page for more information including a list of seeds being offered.

You will learn:

- the benefits (and ease) of growing natives in your yard and shared spaces
- a method to germinate native seeds outside over the winter
- resources on how to germinate native seeds in your refrigerator
- how (and when) to transplant and care for your native plants

What you can bring:

- you don't need to bring anything - all will be provided. However, if you have your own growing containers/flats, you may bring those with you!

We look forward to seeing you there!

Remember our Volunteer Opportunity for January 11th after the Workshop!

The Parks and Lawns Committee is looking for some volunteer assistance! We will be spreading dirt around at Sedwick park on 1/11 @ 11:30am (right after the Native Plant workshop) and need volunteers!

Contact the Board

All Board Members: board@parkwoodnc.org
 President & Officers: executive@parkwoodnc.org
 District Reps: district1@parkwoodnc.org
(be sure to use your district number)

Parkwood Association Committees

Events Committee, events@parkwoodnc.org
 Finance Committee: finance@parkwoodnc.org
 Garden Committee: garden@parkwoodnc.org
 Parkland Planning: possibilities@parkwoodnc.org
 Parks Lawns & Ballfield parksandlawns@parkwoodnc.org



January 2025

Sun Mon Tue Wed Thu Fri Sat

			1 New Year's Day PA Office Closed	2	3	4
5 9 am Community Garden Mtg	6 7 pm Parks, Lawns & Ballfield Committee Mtg.	7	8	9 7 pm Parkwood BoD Meeting	10	11 9am Native Plant 11:30 am Sedwick Park Volunteer Opp
12 9 am Community Garden Mtg	13	14 7 pm Parkland Planning Mtg.	15 Deadline for Feb Parkwood Press	16	17	18
19 9 am Community Garden Mtg	20	21	22	23	24	25
26 9 am Community Garden Mtg	27	28	29	30	31	