

Dominion Club News

JANUARY 2, 2009

VOLUME 4, ISSUE 1



DCHA Board Approves 2009 Budget

The Dominion Club Board, at its December 7 meeting, approved a 2009 operating budget of \$138,060 and committed \$4,500 to the reserve fund from an expected income of \$142,560.

The Reserve Fund is currently at \$26,900. The Board's goal is to build up the Reserve Fund over time to \$45,000. The Reserve Fund is for future property maintenance and repair events such as the replacement of the clubhouse roof as well as other unforeseen expenses.

The monthly fee paid by home owners will remain at \$120 per month in 2009.

There is a onetime expense for a new Federal/State mandated pool drain cover device, estimated to cost \$2,500. Based on a Federal law, the device is to be installed before the pool opens next summer. The mandate arose after the death last summer of a small child who became stuck at the drain at the bottom of a pool

Unknowns can impact budget

As always, the winter weather is the most unpredictable element and can wreak havoc with the snow plowing budget, which is a time, materials, and equipment per event contract.

Unforeseeable events involving the pending lawsuit against the association may have unpredictable budget impacts.

Recent passage of the school and

fire department levies will increase our Club House real estate taxes in the future.

Negotiating contract costs downward

In an effort to contain costs that are predictable, the board has negotiated two contracts for lower rates and extended them for two years. They are:

Abbruzzese Brothers, Inc. - 2009 and 2010 Mowing Seasons = \$132,060. Their original proposal was \$139,319, saving \$7,259.

TruGreen –Chemlawn - 2009 and 2010 treatment seasons = \$14,646. The old rate was \$15,675 for two years, saving \$1,029.

Towne Properties, Inc. will keep their fee flat for 2009 at \$12,000. Other estimated expenses in the budget include snow removal (\$15,400), utilities (\$10,328), real estate taxes (\$9,543), pool expenses (\$8,783), and administrative, maintenance and insurance expenses (\$8,653).

The budget will be closely monitored and prudently managed in order to operate within the \$120 per month DCNAL Fee structure. If we experience excessively negative impacts from weather, real estate tax increases, fee delinquencies, the outcome of the lawsuit, or any large UNEXPECTED costs, fees will have to be adjusted accordingly.

www.dominionclub.org

Mark your calendar now for upcoming Dominion Club parties - don't miss all the fun!

- ◆ Valentine's Day Dinner, February 14—details to follow...

DCHA Quarterly Meeting

- ◆ January 15 - 7 pm Clubhouse



Inside this issue:

<i>Holiday Party</i>	2
<i>Mah Jongg Club</i>	3
<i>DC Holiday Lights</i>	4
<i>Vendor Directory Update</i>	4
<i>Those Aching Knees and Hips</i>	5
<i>Community Notes</i>	6



Holiday Party

On Friday, December 5, 2008, neighbors gathered at the Dominion Clubhouse for our Eight Annual Christmas/Holiday Party.

Everyone brought a salad, main dish, vegetable or dessert to share, for our potluck dinner. After enjoying the good food, we had the "White Elephant" gift exchange. Those who brought a gift were able to get a gift from under the tree when they were called by their Mother's birth-date. If their Mother's Birthday was Jan, Feb or March, they were first to get a gift. Then the next group for April, May or June, went to get a gift. After everyone had a gift, anyone could exchange the gift with anyone else, if their middle initial was ABCD or E. This went on through the alphabet until everyone had a chance to change their gift.

Next was the Mr. & Mrs. Right game. We formed several circles in the room and Donene read the Mr. & Mrs. Right story. Gifts are passed right or left as the story unfolds. It sure causes a lot of confusion and laughs. The final opening of the gifts created more laughs.

Six door prizes were awarded when names were drawn from a hat. Ron Stauffer guessed the closest to the correct number of M & M's in a jar and won a prize.

Madalyn Benjamin concluded the evening by leading the neighbors in some favorite Holiday songs.



Dominion Club Mah Jongg Welcomes a New Year

The Dominion Club's "Mahj Mavens", Doris Cohen, Barb Barsen, Deb Butler, Mabel Becker, Bonnie Fox, and Veronica Stitt, have been meeting Wednesday nights to play the fascinating tile game of Mah Jongg. By the way, "Maven" is a Yiddish word which means expert, authority, or connoisseur. We certainly like to think that we play at this level! Two of us had played for many years; the other four learned the game with "senior tutoring" and quickly joined the group's fun.

Not only do we play, but we feast! Each of us signs up to bring a culinary offering (oh, alright, maybe some of us use Kroger). In the game, four people play, one gets to bet on who she thinks will win, and the sixth member can eat! We rotate in and out so everyone plays and also has a break. Here's a little bit of info about this fascinating game:

A Brief History of Mah Jongg

The history of Mah Jongg is not clear, however, tile and card games existed for centuries in China. Before 1905, the game was known only in a small area of China; over 15 years it spread, overtaking chess as the favorite Chinese game. In the early 1920's, the craze spread globally to Japan, England, and America where it was quickly embraced. American Mah Jongg games were imported en masse in 1922. In order to make it profitable, many interesting Chinese elements were simplified. In the late 1920's, Americans lost interest, and the game was mostly forgotten.

The American National Mah Jongg League, Inc. is Born

The Great Depression of the 1930's sparked a revival of game playing, and Mah Jongg was rediscovered. In 1935, the League was created and it "Americanized" the game. The game is played by young mothers, career women and men, and seniors in homes, clubs,

mah jongg retreats and cruises, and in formal tournaments.

Mah Jongg is played with tiles instead of cards. The object is to "build" a hand specified on the official League playing card, which is changed every year to keep the game interesting. There are 152 tiles in the game, including the "suits" of: Bamboos (36), Dot/Circles (36), Cracks/ Characters (36), Winds (East-4; West-4; North-4; South-4), Flowers (8), Dragons (Red, Green, White- 4 of each), and Jokers (8). Each player picks a tile, then discards an unwanted tile, and can "call" a tile to complete a hand.

Here are 2 sample hands that can be played from the official League card:

22 44 FFFF 666 88 -To build this hand, the player needs to collect two 2's, three 4's, 4 Flowers, three 6's, and two 8's all in one suit (Bamboos, or Cracks, or Dots).

FFFF NNNN RR SSSS-To build this hand, the player needs to collect four Flowers, four North Winds, two Red Dragons, and four South Winds.

Mah Jongg is a fun and unique game! We love playing and laughing together and invite you to visit us so we can introduce you to this fun game—call Doris Cohen, 329-8824, ohiodoris@yahoo.com or Deb Butler, 933-0923, debutler@insight.rr.com for meeting in-

formation. The club generally meets on Wednesdays at 6:30 pm at the clubhouse during the warmer months and at members homes during the cooler months.



"We have been meeting Wednesday nights to play the fascinating tile game of Mah Jongg.

We love playing and laughing together and invite you to visit us so we can introduce you to this fun game"



Dominion Club Holiday Lights

Many DC residents demonstrated their holiday spirit with lighted decorations. Here are a few.....



Vendor Directory Update Planned for February

January 15 is the deadline for DC homeowners to submit recommendations for inclusion in the next update of the DC Vendor Services Directory. The directory lists companies and individuals who have done satisfactory work for DC residents. It includes vendors' names, telephone numbers, addresses, email addresses and a short homeowner testimonial. Such services as appliance repairs, electrical, plumbing, garage door maintenance, computer assistance, and household/handyman and yard work are included. The directory is available on the

DC web site at www.dominionclub.org as are forms for submitting information. Plans are to publish an updated version in early February.

Residents who want to volunteer their skills to help other DC residents may also register their names and information in a new section "Neighbors Helping Neighbors" in the next update.

Residents who are interested in contributing a recommendation or volunteering should contact Hasty at whasty4703@aol.com.

"January 15 is the deadline for DC homeowners to submit recommendations"

Those aching Knees and Hips

One in five Americans age 60 and older has experienced significant knee pain on most days over the last six weeks, and one in seven reports significant hip pain. Each year, Americans make about 15 million visits to doctors for knee pain and 6 million visits for hip pain.

Ten thousand steps a day. That's how far you must walk to meet government guidelines for physical activity to improve health. But if, like millions of people, you find walking painful or you fear your joints might buckle beneath you, each step might as well be a mile.

Your knees and hips are your largest joints. They support your body's weight and they must work in close coordination to provide the mobility most people take for granted until injury, arthritis, or other problems interfere.

Joint replacement may be the answer
Depending on the cause of your pain, the solution might be a set of exercises designed to strengthen and stretch the muscles that support the joint, taking some of the stress off the joint itself. Minor surgery may also help. For many people, knee and hip problems become so intractable that the best solution is to replace a worn-out knee or hip with a mechanical joint. In the United States in 2003, there were 451,000 knee replacement and 364,000 hip replacement procedures performed. The average age at which a person has such surgery is 65 to 70.

Physically, your knees and hips are closely interdependent, located as they are at either end of the thighbone. This proximity means the angle of your hip affects the pressure on your knee. A hip disorder may cause knee pain, and knee disorders can aggravate hip problems.

People live longer than they used to, so joints need to stay strong and healthy

through those additional years. But both knees and hips are subject to repetitive trauma — wear and tear — as you age, and you can traumatize them further if you increase your physical activity suddenly.

Advanced techniques make surgery easier

Medical care has changed in recent years. Doctors used to follow surgery by immobilizing the joint with a plaster cast. Weeks of immobility caused the muscles to weaken and shorten, resulting in long-lasting stiffness and poor function. Today, you can wake up from surgery with your knee already being gently bent and straightened by a machine. In addition, knee and hip replacements have freed thousands of patients from life in a wheelchair or on crutches.

Surgical techniques have also advanced. More surgery is performed through tiny incisions using an arthroscope, often on an outpatient basis. Pain relief has moved away from mind-clouding narcotics toward pain relievers that tackle the twin problems of pain and inflammation.

And finally, prevention has moved to center stage, alongside surgical repair and rehabilitation. More strength training added to your daily exercise routine helps support the joints and protect them from injury.

Fast Facts

- Exercise in water supports your weight, reducing stress on your joints
- One in five Americans over age 60 has experienced significant knee pain
- One in seven Americans over age 60 reports significant hip pain
- 451,000 knee replacement procedures were performed in 2003 in the U.S.
- 364,000 hip replacement procedures were performed in 2003 in the U.S.

Reprinted from Knees and Hips: A troubleshooting guide to knee and hip pain, a Special Health Report from Harvard Medical School



"Each year, Americans make about 15 million visits to doctors for knee pain and 6 million visits for hip pain"



Community Notes...

DCHA Board
<p>Dave Ewing Chairman 933-9017 Ewing_david@sbcglobal.net Rules, Legal and Administration committees</p>
<p>Dean Jauchius President 855-7201 jauchius@insight.rr.com Design Review and Mow & Snow Removal Committees</p>
<p>Tom Gyurko Vice-President 939-9141 tegps@insight.rr.com Clubhouse & Pool, Social, and Maintenance Committees</p>
<p>Gordon Schutt Treasurer 855-9046 gordonschutt@aol.com Audit & Planning Committee, Rep to Master Association</p>
<p>Alex Campbell Secretary 855-4337 Alexjcampbell@att.net Communications Committee</p>
<p>Towne Properties Representative Becky Colburn 781-0055 beckyc@tp1.com</p>

Stitchery—The DC stitchery group will meet this month on Monday, January 12 and 26 at 7pm in the clubhouse. Join us!

Mah Jongg Club—The DC Mah Jongg Club meets every Wednesday at

Volunteers - In the last newsletter we put out the call for volunteers with excellent results. Judy Bennett is joining the Block Watch; Tom Roth and Ron Stauffer the newsletter delivery team; and Janet Gyurko is going to be our new librarian. Thanks to all for your help! We can still use one more writer on the Communications Committee specializing on human interest articles. If you are willing to be our roving reporter contact Alex Campbell.

Web Update - Work continues on the Dominion Club website. More web links, forms and a "Homes For Sale" section have been added. Please send Alex Campbell, alexjcampbell@att.net, your sug-

gestions for additional material that can be added to the web.

Quarterly Meeting Scheduled—The First 2009 Quarterly Open Meeting will be held at 7:00 PM, Thursday, January 15, at the DC Clubhouse.

If you have any questions or concerns you would like the board to address during the meeting, please submit them either by email or written note to Dean Jauchius, at jauchius@insight.rr.com or at 6935 Camden Drive, by Wednesday, January 7.

The trustees will present the financial status and a business review. Other updates will also be presented.

Ms. Becky Colburn will also be available to address any questions or concerns.

Please bring folding chairs due to the limited availability of chairs at the clubhouse.

DCHA Quarterly Open Meeting

January 15, 7 pm, Clubhouse



If you have contributions for the newsletter or something to communicate to the Dominion Club community, contact a member of the Communications Committee:

John Bradshaw
855-7074

Johnbradshaw1@hotmail.com

Martha Campbell
855-4337

mpcampbell@mail.com

Wayne Hasty
855-3468

Whasty4703@aol.com

Alex Campbell
855-4337

Alexjcampbell@att.net

Bob Radigan
855-6926

bradigan@insight.rr.com

Delivery Team: Carol Mazza, Tom Roth, Janet Schutt, Ron Stauffer, and Bob White

www.dominionclub.org