

Dominion Club News

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Navigating the Complex Medical System

On January 23rd about 30 of our neighbors gathered at the club house to hear a presentation from Jeffrey Milks, MD on navigating the health care system. He was sponsored through the Healthy New Albany magazine and this was just one of several lectures being given in New Albany, usually at the Jeanne B. McCoy Theater. Because of our age demographics Martha Campbell was approached to have the lecture here. Dr. and Mrs. Milks are residents of the Links living in the community just east of the Dominion Club and his office is near the Mt. Carmel Surgical Hospital.

He is Board Certified in Family Practice, Board Certified in Geriatrics, Board Certified in Hospice and Palliative Care, and is affiliated with Riverside Hospital and also teaches at the Ohio State University. Dr. Milks did a power point presentation with the assistance of Alex Campbell and provided handouts. He encouraged us all to take charge of our health care by practicing healthy lifestyles and to become an informed healthcare consumer. Selecting a good healthcare provider is very important. Use your insurance company or the Internet to find prospective providers. Use professional associations and consumer reviews. Information is not always readily available but looking is worthwhile. Make an effort to communicate effectively with your healthcare providers—make a list before appointments to ensure all

issues are covered. Bring someone with you to an appointment or bring a tape recorder—most practitioners won't mind. The goal is for you to get the most out of each appointment, especially recommended actions and issues for you to address. The internet is another source for good medical information and he suggested several useful sites including Wikipedia, Web MD and the Mayo Clinic. Any information obtained should be discussed with your physician because he or she can best interpret the information considering your condition or illness. The prevention and treatment of Alzheimer's was discussed and at the present time there is nothing one can do to prevent the illness and treatment is marginally effective. He did offer one word of encouragement—research found that those who enjoy eating out seem to be less likely to develop Alzheimer's, which was very good news to several of us. Dr. Milks was very good to answer questions and explain his thoughts.

This was a very informative presentation and everyone seemed to go away some new information about health care. For anyone interested, Dr. Milks' phone number is (614) 933-9100 and address is 5121 Forest Drive, Suite D, New Albany.

—Thanks to Judy Bennet

www.dominionclub.org

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

- ◆ **April 12 , Bingo Night**
- ◆ **May 27, Memorial Day All American Picnic**
- ◆ **July 19, 50's Party**
- ◆ **August 23, Western Cookout**
- ◆ **October 26, Halloween Party**
- ◆ **December 6, Holiday/ Christmas Party**
- ◆
- ◆ **DCHA Meetings 2013**
- ◆ April 18
- ◆ October 17



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Know Your Neighbors–The “First 20”

At a recent Party, some people were discussing the first ones who moved in to the Dominion Club. The very first two couples were Jim & Gerry Ross and Jim & Polly Porter.

Both Gerry and Polly, now widows, were at the party and they were reminiscing about the first year at the Dominion Club. It was the year 2000/2001. Here is a list of the first few to move in:



| # | Name | Address | Date/Year |
|----|-------------------------------------|--------------------|--------------|
| 1 | Jim & Gerry Ross | 7057 Dean Farm Rd | 10/18/2000 |
| 2 | Jim & Polly Porter | 6905 Keesee Circle | 1/15/2001 |
| 3 | Peg Dougan (now Cohen) | 7056 Keesee Circle | E) 2001 |
| 4 | Bill & Carol Logue | 6912 Keesee Circle | E) 2001 |
| 5 | Gayle & Donna Reese (now Holley) | 6920 New Albany Rd | 5/25/2001 |
| 6 | John & Donene Bradshaw | 7061 Dean Farm Rd | 5/28/2001 |
| 7 | Rick & Sue Stradley (now Hepburn) | 6914 Keesee Circle | E) 6/15/2001 |
| 8 | Dan & Nancy Walker (now Williams) | 7056 Dean Farm Rd | 7/18/2001 |
| 9 | Marci Daneman (now Graham) | 7059 Dean Farm Rd | 7/19/2001 |
| 10 | Don & Jane Thacker | 7054 Keesee Circle | 7/26/2001 |
| 11 | Jeff & Bertie Rayburn | 6908 Keesee Circle | 7/30/2001 |
| 12 | Barbara Neff | 7054 Dean Farm Rd | 8/28/2001 |
| 13 | Dan & Sarah Strahler | 7052 Dean Farm Rd | 8/31/2001 |
| 14 | Marilyn Chilcote | 6908 Keesee Circle | 9/1/2001 |
| 15 | Paul & Nancy Green | 6924 New Albany Rd | 9/4/2001 |
| 16 | Larry & Kathy Kramer (now Marlin) | 6928 New Albany Rd | 10/9/2001 |
| 17 | Jim & Shirley Roche (now Jimenez) | 7058 Keesee Circle | 10/24/2001 |
| 18 | Bill & Evelyn Martin (now Evranian) | 7059 Dean Farm Rd | 12/5/2001 |
| 19 | Tom & Janet Gyurko | 7053 Keesee Circle | 12/28/2001 |
| 20 | Veronica Stitt | 7051 Keesee Circle | 2/12/2002 |



Note, actual move-in dates may vary as some information was obtained from the County Auditors web site, which shows the date paperwork was signed by owners.

Party Committee Sets Schedule For 2013

The Dominion Club Party Committee met on January 22, 2013 and arranged the schedule for parties this year as follows:

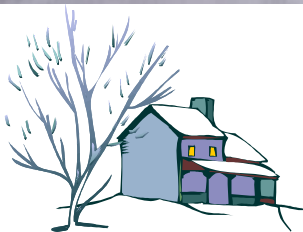
- ◆ April 12, 2013 - Bingo Night
- ◆ May 27, 2013 - (Memorial Day) All American Picnic
- ◆ July 19, 2013 - 50's Party
- ◆ August 23, 2013 - Western Cookout
- ◆ October 26, 2013 - Halloween Party
- ◆ December 6, 2013 - Holiday/ Christmas Party



Thanks to John Bradshaw
for these articles

Winter Present

Since the last newsletter, winter arrived, then departed, and may be appearing anew today. Here's some wintry pictures from Inniswood as well as a neighborhood picture of the fog the other night...



Photos by
Carol Jauchius

Chinese New Year "Year of the Snake"

Chinese New Year is the longest and most important festivity in the Chinese calendar. The origin of Chinese New Year is itself centuries old and gains significance because of several myths and traditions. Chinese New Year is celebrated in China and in countries and territories with significant Chinese populations, including Hong Kong, Macau, Singapore, Thailand, Indonesia, Malaysia, Taiwan, Mauritius, Philippines, and also in Chinatowns elsewhere. Chinese New Year is considered a major holiday for the Chinese and has had influence on the lunar new year celebrations of its geographic neighbors.

Within China, regional customs and traditions concerning the celebration of the Chinese new year vary widely. People will pour out their money to buy presents, decorations, food, and clothing. It is also traditional for every family to thoroughly cleanse the house, in order to sweep away any ill-fortune and to make way for good incoming luck. Windows and doors

will be decorated with red color paper-cuts and couplets with popular themes of "good fortune" or "happiness", "wealth", and "longevity." On the Eve of Chinese New Year, supper is a feast with families. Food will include such items as pork, duck, chicken and sweet delicacies. The family will end the night with firecrackers. Early the next morning, children will greet their parents by wishing them a healthy and happy new year, and receive money in red paper envelopes. The Chinese New Year tradition is to reconcile, forget all grudges and sincerely wish peace and happiness for everyone.

Although the Chinese calendar traditionally does not use continuously numbered years, outside China its years are often numbered from the reign of the Yellow Emperor. But at least three different years numbered 1 are now used by various scholars, making the year beginning February 10, 2013 AD the "Chinese Year" 4711, 4710, or 4650.



Vernal Equinox, March 20

An equinox occurs twice a year (around 20 March and 22 September), when the tilt of the Earth's axis is inclined neither away from nor towards the Sun, the center of the Sun being in the same plane as the Earth's equator. The name "equinox" is derived from the Latin *aequus* (equal) and *nox* (night), because around the equinox, night and day are about equal length.

When Julius Caesar established his calendar in 45 BC, he set March 25 as the spring equinox. Since a Julian year (365.25 days) is slightly longer than an actual year the calendar drifted with respect to the equinox, such that the equinox was occurring on about 21 March in AD 300 and by AD 1500 it had reached 11 March.

The shift to March 11 induced Pope Greg-

ory XIII to create a modern Gregorian calendar. The Pope was moved by the desire to restore the edicts concerning the date of Easter of the Council of Nicaea of AD 325. (Incidentally, the date of Easter itself is fixed by an approximation of lunar cycles used in the Hebraic calendar). So, the shift in the date of the equinox that occurred between the 4th and the 16th centuries was annulled with the Gregorian calendar, but nothing was done for the first four centuries of the Julian calendar. The days of 29 February of the years AD 100, AD 200, AD 300, and the day created by the irregular application of leap years between the assassination of Caesar and the decree of Augustus rearranging the calendar in AD 8, remained in effect. This moved the equinox four days earlier than in Caesar's time.



Community Notes...

| | |
|---|--|
| DCHA Board Members | |
| Hiram McCoy Chairman 855-8120 Hmjr9874@insight.rr.com Rules, Legal & Administration, Design Review committees | |
| Martha Campbell President 855-4337 martha.p.campbell@att.net Mow & Snow Removal Committee | |
| Don Thacker Vice-President 855-9970 Thackj2001@yahoo.com Clubhouse & Pool, Social, and Maintenance Committees | |
| Tom Roth Treasurer 582-1394 troth@insight.rr.com Audit & Planning Committee, Rep to Master Association | |
| Judy Bennet Secretary 855-2966 jbennett005@insight.rr.com Communications Committee | |
| Towne Properties Representative Becky Colburn 781-0055 beckyc@tp1.com | |

Stitchery—The DC stitchery group will meet February 11 and 25 and March 11 and 25 at 7 pm in the club house. Join us!

Mah-Jongg—Meets in the clubhouse every Wednesday between 6:30 -11:00 pm, new players welcome!

The Dominion Club Women's Bible Study—Meets in the clubhouse each Thursday, 10:00 to 11:30am . Contact Mary Lou Ewing, 614-933-9017 if you are interested in joining.

Clubhouse Keys—For those still needing to get a key to the clubhouse (DCHA owners are entitled), board member Don Thacker will be at the clubhouse on February 6 from 6 to 8 pm so you can pick one up then.

Lamp Post Lights—If your lamp post light has burned out and you need assistance changing it, three DCHA board members have offered to help. Contact Hiram McCoy at 855-8120, Don Thacker at 855-9970 or Tom Roth at 582-1394. It would help if you had a replacement bulb. Working lamp posts add to the safety and security of our neighborhood.



Passover Begins
March 25



March 31



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

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