

## In this issue >>>

*Neighborhood Watch Committee*

*Book Club*

*Board Meeting News*

*Covid 19 Updates*

*Kids Crafts*

Sept  
2020



Quarterly News Letter

# Constant Branch Connection

## Coming soon >>>

### In the December Issue

*New Year Craft*

*Holiday Decorating Competition*

*Upcoming Activities*

*Book Club*

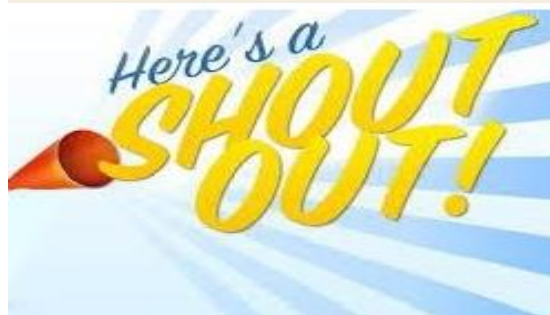
## Beautification Tips



We have a beautiful neighborhood, let's all strive to keep it that way. Spring and Fall are the perfect seasons to get your home ready for those hot summer months, and those cold winter days. It gets you out of the house for some fresh air, sunshine and exercise. And, there's nothing like looking at the finished product with a sense of accomplishment. With Fall fast approaching, let's all take a moment to get prepared!

### FALL HOME BEAUTIFICATION TIPS – GETTING YOUR HOME READY FOR WINTER

- Wash and clean siding if necessary (removing green algae and dirt)
- Trim back shrubs & bushes, remove dead flowers
- Weed and mulch
- Cover outside spigots
- Remove Spring decorations
- Clean up dead leaves and mow one last time
- Replace outside light bulbs if needed
- Clean up debris at your curb
- Hang a Fall or Winter Wreath



The Board, and on behalf of the entire community would like to thank **Mike Heaney** for his service and participation on the Board and DBR for over 30 years. His service over these years is sincerely appreciated.

## Confused about what style house you have?

**The Kent is the house with the SHORT covered porch.**

**The Potomac is the house with the LONG covered porch.**

**The James has a small porch entrance**

**James II has four bedrooms.**

**St. Michaels is the rancher style house.**



### Activities Committee

***WE NEED YOUR HELP !!!!!***

Great communities start with great community Participation!

Volunteering is good for the soul, and your mental health! It also increases self-confidence! Please consider volunteering in the community, or becoming a part of the Board or DRB. We currently have openings for the Activities Committee, the Neighborhood Watch, and the DRB (Design Review Board).

## Kids Corner >>>



## Fall Scavenger Hunt

**Free Printable**

**- Fall Scavenger Hunt -**

Can you find them all?

- ☐ Pinecone 
- ☐ Bug 
- ☐ Puddle 
- ☐ Cloud 
- ☐ Cat 
- ☐ Twig 
- ☐ Bird 
- ☐ Evergreen Tree 
- ☐ Red Leaf 
- ☐ Spider Web 
- ☐ Pumpkin 

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## Neighborhood Watch Committee

Interested in serving on the committee OR have Questions? See something you want to report? Reach out to Denise Cummins via email at: [consetta26@icloud.com](mailto:consetta26@icloud.com)



*Date To Be Determined*



If you are new to the neighborhood, We would like to welcome you!

## Fall Recipe



Sometimes you just want a little something sweet after dinner, without the pressure of baking a whole cake, having the temptation of a whole cake around OR the time it takes to bake, cool, frost and clean up a whole cake.

Mug cakes bake up in just a minute or so right in the microwave. Clean up is simple and easy. These delightful little cakes can satisfy your craving in a jiffy!

### Ingredients

#### Vanilla Mug Cake

- 2 tablespoons unsalted butter
- 1 tablespoon milk
- 1/2 teaspoon vanilla extract
- 1 large egg yolk\* do not add in the egg white
- 2 tablespoons white sugar
- 4 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 1 tablespoon sprinkles optional

#### Frosting (optional)

- 2 tablespoons unsalted butter
- 2-3 tablespoons powdered sugar
- 1 teaspoon milk

### Instructions

#### Vanilla Mug Cake

- Add the butter to your mug and microwave until melted (about 30 seconds).
- Whisk in the milk, vanilla extract, egg yolk & sugar with a fork.
- Then whisk in the flour and baking powder. Stir in the sprinkles.
- Microwave for 60-90 seconds on medium power. The top should look set when it's done.
- Cool for at least 1 minute before enjoying.

#### Vanilla Frosting

- Beat the butter using an electric mixer or whisk with a fork until smooth.
- Beat/whisk in the powdered sugar 1 tablespoon at a time until the desired sweetness is reached. Then beat/whisk in the milk.

Spread/pipe on top of the cake.

ask the board>>>

**Q:** How are board members elected ?

**A:** The Notice of Annual Meeting will be coming out soon from MRA, along with the Ballot for election of Directors for the Association. Please consider nominating someone you know in the community, or even yourself for the Board! The Board meets only once per month, and you can even sign up for just one year! Being a vital part of the community and volunteering allows you to have an impact on the community and makes it a better place to live! Please also consider volunteering to become a member of the DRB (Design Review Board).



Anyone wishing to join the book club can inbox Joy Clark or Debbie Tillery via messenger for meet up location.

Our next meetup is in late October, date not yet chosen. We will be discussing "PUSH" by Sapphire, a very difficult read. This will be the first meeting for this book.

# Positive thoughts...

*Life is all about balance. You don't always need to be "getting stuff done". Sometimes it's perfectly okay, and absolutely necessary, to shut down, kick back, and do nothing.*

*Lori Deschene*



## 10 ways to destress during these challenges times:

When stress strikes, try one of these techniques for a quick cool-down:

### 1. **Change the environment**

Do something pleasurable or relaxing for a little while such as reading, watching TV, or taking a shower/bath. If you are at work, step outside for a few minutes and get some fresh air.

### 2. **Practice breathing exercises**

Focus on your breath, pushing all other thoughts aside. Be conscious of the breath coming in and going out; focus on the sensation of inhaling and exhaling.

### 3. **Meditate**

This does not mean sitting crossed leg on the floor and burning incense. **Meditation** is really about quieting the mind. Not reacting; just noticing. Even a minute can make a difference. Be in the moment noticing everything around you and just observe without reacting.

### 4. **Pray**

Often, one's faith can be a comfort. Saying a small prayer or series of prayers can be calming.

### 5. **Do relaxation exercises**

Sometimes known as progressive muscle relaxation, practice tensing and then releasing each of your muscle groups. If your body is physiologically relaxed, then you can't be stressed.

### 6. **Go walking or running**

Exercise can be a great stress reliever. It helps you blow off steam and releases endorphins. Take a walk or go running if the weather permits. This will provide some perspective so you can return in a new frame of mind.

### 7. **Practice a rhythmic activity**

Walking or running are great rhythmic activities that readjust your focus and relieve stress. You can also drum on a table with your hands or a few pencils.

### 8. **Immerse yourself in a creative outlet**

Doing something creative that you enjoy like cooking, baking, art or photography can take you away from the stress at hand. For example, cooking or baking requires focus, concentration and physical activity—especially if you are making bread or rolling out dough.

### 9. **Express your feelings**

Write your stress away in a journal, take out your colored pencils and paper and focus your concentration on drawing, or have coffee with a trusted friend and just talk.

### 10. **Be in the moment with one of your senses**

Sight, smell, sound, and taste, you'll be amazed how quickly the stress melts away when you focus on just one of them. Eat something that you crave and savor each bite. Light a scented candle and breathe in your favorite scent. Listen to a wonderful piece of music and let it take you away. Look at something beautiful in your surrounding that makes you stop and stare.

If one method doesn't work for you, try another. Learning to cool down takes practice.