



# the RounTrey Times

A quarterly publication produced by the RounTrey Advisory Committee (RAC).

Summer, 2012

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## HOA Advisory Committee

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## Put a “spring” in your step!

Everyone knows that they should exercise, but why exactly is this the case? Why should we exercise and why is it so important for us? Most people just think that exercise is primarily for people who want to lose weight, but this is not just the case as there are many other benefits to be had.

Benefits of cardio workouts – cardio workouts make the heart rate go up during exercise and they work different sets of muscles depending on what type of cardio exercise is being performed. This type of exercise has a lot of benefits, which is why cardio workouts are one of preferred forms of exercise for many people. Cardio workouts raise the heart rate which helps to create a strong and healthy heart that can cope with exercise. It also increases lung capacity, which is ideal for anyone who exercises as it enables them to regulate their breathing. Weight loss is also maximized through cardio workouts and stress is reduced as exercise is known to be a natural mood booster.

Benefits of lifting weights – lifting weights relies on the person exercising lifting a set of weights in various ways. As there are different combinations of lifts every muscles group in the body can be exercised for maximum effect. The main benefit of lifting weights is that it creates strong muscles and joints. In addition to creating strong and more flexible joints and muscles, weight lifting is also beneficial in other areas which include: losing weight, strengthening the bones, strengthening the back and increasing energy levels.

There are a multitude of reasons why we should all exercise. It creates a healthy heart, strong bones, helps you to lose weight, reduces stress, and increases energy. You should consult with your physician prior to doing any exercise.

If anyone is interested in forming a walking group—A great way to meet your neighbors! Please email the RounTrey Advisory Committee at [Rountrey.AdvisoryCommittee@gmail.com](mailto:Rountrey.AdvisoryCommittee@gmail.com).

~ Rountrey Documents ~

- Covenants/Declarations
- Budget/Newsletter
- Design Modification Form

[www.rountreyonline.com](http://www.rountreyonline.com)

— Questions/Comments/Concerns —

Associa Community Group

[www.communitygroup.com](http://www.communitygroup.com)

(804) 270-1800 (Member Services)

[Rountrey.AdvisoryCommittee@gmail.com](mailto:Rountrey.AdvisoryCommittee@gmail.com)

Steve Ragland –[ragland97@gmail.com](mailto:ragland97@gmail.com)

## Upcoming Events:

08/13/12—HOA Advisory Committee Meeting (7:00 PM Uppy’s)

## Covenants Corner

Dog House and Dog Runs—Written approval is required prior to construction. Doghouses must be of the same material and color as the dwelling. Dog runs must be as close to the dwelling as possible and in the rear of the lot.

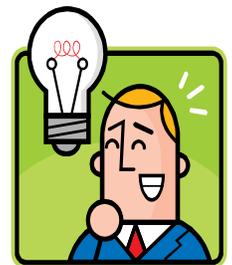
Signage—Political campaign signs may be placed on any lot within 90 days prior to any National, State, or local general or primary election. The signs shall be removed within 72 hours of any such election. No temporary sign shall be larger than four square feet or stand more than three feet above ground.

Storage Buildings (Sheds) - Written approval is required prior to construction. The roofing, siding and trim of the storage building shall be of the same as the dwelling. The storage building cannot be larger than ten feet by twelve feet.

Improvements and renovations must be submitted, reviewed and approved prior to any commencement of exterior construction.

## Did you know?

The National Stroke Association says that a stroke is one of the leading causes of death and adult disability. However, it is largely preventable. Although most people are familiar with stroke, some people are not aware of what a stroke entails. Stroke has been described as a “brain attack”, similar to a heart attack. It occurs when a blood clot blocks an artery (ischemic stroke) or when a blood vessel breaks (hemorrhagic stroke), interrupting blood flow and oxygen to an area of the brain. When this occurs, brain cells begin to die and brain damage can occur. How much brain damage occurs depends on where the stroke occurs and the severity of the stroke. Mobility, facial control, memory, and speech may be affected by a stroke. The National Stroke Association says that two million brain cells die every minute during a stroke. Recognizing symptoms and getting fast medical attention can save a life and limit resulting disabilities. For more information, please visit [www.stroke.org](http://www.stroke.org).



## Pets and the Summertime

Summer is a time for both you and your pet to enjoy the sunshine and outdoors, but along with the fun, the season also offers up situations that can endanger your pet. By taking pre-cautions, you can decrease the chance that disaster will happen. The Humane Society offers these tips for pet owners to keep their furry friends safe this summer.

### Never Leave Your Pet in the Car

In nice weather you may be tempted to take your pet with you in the car while you travel or do errands. But during warm weather, the inside of your car can reach 120 degrees in a matter of minutes, even if you're parked in the shade. This can mean real trouble for your companion animals left in the car.

Dogs and cats can't perspire and can only dispel heat by panting and through the pads of their feet. Pets who are left in hot cars even briefly can suffer from heat exhaustion, heat stroke, brain damage, and can even die. Don't think that just because you'll be gone "just a minute" that your pet will be safe while you're gone; even an air-conditioned car with the motor off isn't healthy for your pet.

## Welcome to the Neighborhood

We would like to take this opportunity to welcome our newest residents and families to RounTrey. We hope you enjoy our community as much as we do:



Nicholas and Lindsey Bertozzi— 3812 Evershot Drive

Richard and Jenny Moore—14801 Yarcombe Road

Kazumi and Sumie Ito—14613 Pinery Way

James and Brenda Jester—3300 Farcet Place

Alfred Valentine—3524 Evershot Drive

Paul and Abigail Vo 3637 Pencader Road

Donna Dawson—3637 Evershot Drive

Celso DeAlmeida Relvas—14619 Spaldwick Lane

Matthew Powell—14700 Spaldwick Lane

If you are new to RounTrey and we missed you—please let us know at:

Rountrey.AdvisoryCommittee@gmail.com



## Yard of the Month

Congratulations to our first two winners of the Yard of the Month. Many thanks to all of the homeowners for their efforts during this hot season to help make RounTrey a beautiful place to live.

### JUNE WINNER

The Weinstein's— 4000 Evershot Drive



### JULY WINNER

The Allen's— 3918 Evershot Drive



## Community Recipe Exchange

We need your submissions!  
Share your family's favorite recipes with us!  
Rountrey.AdvisoryCommittee@gmail.com



### Top 10 Barbecue Sauce Recipes Most Popular and Best Barbecue Sauce Recipes

By Derrick Riches, About.com Guide

All recipes for these fantastic palate-tingling sauces can be found at:  
<http://bbq.about.com/od/barbecuesaucerecipes/tp/10barbecuesauce.htm>

#### 1. Classic Barbecue Sauce

If you like a rich, thick barbecue sauce on your ribs, then this is the perfect one for you. By using tomato sauce and tomato paste instead of ketchup you get a richer flavor in your barbecue sauce.

#### 2. Big Daddys Carolina Style Barbecue Sauce

Big Daddy says, "This is Carolina style barbecue sauce." This means that it is vinegar and mustard based, as opposed to the ketchup and molasses based sauces of the mid and southwest. The combination of sweet and tangy flavors brings out the absolute best in grilled or smoked pork or chicken.

#### 3. St. Louis Barbecue Sauce

St. Louis Barbecue Sauce is thinner and has more of a tangy flavor than its Kansas City cousin. Being at the crossroads St. Louis style barbecue has many influences, so there are a number of ways of making this style sauce.

#### 4. Kansas City Rib Sauce

This is a rich, thick, tomato based Kansas City style barbecue sauce recipe.

#### 5. Piedmont Barbecue Sauce

This is a classic Carolina style Barbecue Sauce. Typically, served on smoked pork (at the table), this thin, vinegar based sauce has tons of flavor.

#### 6. Mustard Sauce

If you haven't tried a mustard based barbecue sauce then you are really missing out on something. This sauce works well with almost anything, but particularly pork.

#### 7. Jack Daniel's Rib Glaze

Use this barbecue sauce toward the end of cooking. You want the sauce to cook on the surface of the ribs, but you don't want it to burn.

#### 8. Memphis Barbecue Sauce

This sauce captures the complexity of Memphis BBQ in a tasty sauce has a mixture of sweet and vinegar with a hit of heat.

#### 9. North Carolina BBQ Chick-en Sauce

Smoked and pulled chicken takes half the time of pulled pork and gives you the fixings for a great barbecue sandwich. This sauce finishes off barbecue chicken perfectly.

#### 10. Best Odds Pulled Pork Sauce

This is the sauce you add to a pulled pork after it has been smoked and pulled. It is best to combine it with the pork in a saucepan over low heat.

## Email Addresses—Directory

We have email addresses to many of our RounTrey Residents. If you have not already, please provide your email address so we can contact you quickly when the need arises and eventually so we can send newsletters and notices quickly.

We will not rent/sell/give your email address to any third parties. We will only use it for official Association matters.

Please take a few minutes to email your current email address to:  
Rountrey.Directory@gmail.com



## Community Classifieds



Need a babysitter? Look no further! I would be happy to assist. Please call Lauren at (804) 378-7069. References upon request.



Is your lawn in need of a cut? Let me be of help in keeping your lawn trim and neat this summer!

Give Peter a call at (804) 378-7069.

## ~ Classified Ads ~

Want to get the word out about the teenager who wants to babysit or cut grass during the summer, offer handyman services to neighbors, advertise your direct sales businesses, or list large household items that you would like to sell. If you are interested in placing a classified ad in the RounTrey Times newsletter, please contact the Advisory Committee at Rountrey.AdvisoryCommittee@gmail.com.

Please limit ad to 35 words and include contact information. All submissions must be received by September 15, 2012 in order to be placed in the next quarterly newsletter.

Disclaimer: All information in the RounTrey Times Advisory Committee pages are provided for your convenience and we hope that the information will be of help to you. Every effort has been made to ensure the accuracy of this information. RounTrey Advisory Committee is not liable for damages arising from errors, omissions, or outdated information. No endorsement of products or services described is implied.

If any errors are found, please email the Advisory Committee at Rountrey.AdvisoryCommittee@gmail.com