NEWSLETTER

New HOA Board Members

At the February Annual Meeting, three homeowners were selected to fill vacant At-Large seats on the Board of Directors. They are Russ Craig, Jim Hanson, and Chrysa Thear. ✤

Accomplishments for 2014

At the February Annual Meeting, a summary of the major accomplishments for the past year were presented. They are outlined below:

Architectural Committee
• The Fence Guidelines were revised to clarify deer fencing.
• Projects approved: 1 window and door upgrade, 2 sheds, 1 walkway, 1 covered porch, 1 garage door, 1 portico

Landscaping Committee
• Landscape service contract with Estes was renewed for three years.

Communication Committee
• Four HOA newsletters were published and distributed by email.
• The HOA web site was kept up to date

Other
• Trash removal ✤

HOA Board Meetings

Regular Board of Directors meetings are held from 7:00PM to 9:00PM on the following dates: Tuesday, April 14 (Craig residence); Thursday, June 11 (Stine residence); Tuesday, September 8 (O'Loughlin residence); and Thursday, November 12 (Milke residence). All homeowners are welcome to attend. ✤

HOA Web Site

The Brookeville Farms HOA web site is located at www.bfmdhoa.info. This site includes information pertaining to the HOA such as Architectural Review forms, minutes from previous board meetings, current and previous newsletters, as well as contact information for board members.

For those with a smartphone and a QR code (Quick Response code) application, you may scan the following QR code to quickly access the HOA web site.

Community E-Mail List

The Brookeville Farms community maintains an e-mail distribution list to make it easier to communicate with our neighbors. The e-mail address is "bfneighbors@bfmdhoa.info". This list has been used to find recommendations for service providers, find carpool buddies, and to participate in group purchasing agreements (like, propane and whole-house generators). The Homeowners Association newsletter is also distributed to this list.

To add your e-mail address to the list do the following:
• Using your web browser, go to the HOA web site - www.bfmdhoa.info.
• Select "E-mail List" from the left column.
• Fill in the form at the bottom of the page. ✤

Recycling

Montgomery County collects recyclable paper, cardboard, newspapers, bottles, and cans on Thursday. Please use the blue containers provided by the County. You should place your recycling containers at the end of your driveway late the night before or early in the morning. Please retrieve your recycling containers as soon as possible following pickup.

If recycling day falls on a holiday, the recycling will be picked up the next day. The charge for recycling is included in your County tax bill.

If you want a reminder about recycling collection service changes due to upcoming holidays, you may sign up for email reminders at: http://preview.tinyurl.com/nkwhbjs ❖

Healthiest Foods

TIME Magazine recently compiled a list of the fifty healthiest foods of all time. They are:
1. Bananas – excellent source of potassium
2. Raspberries – rich in flavonoids
3. Oranges – potent source of vitamin C
4. Kiwi – high in vitamins C and E
5. Pomegranates – high in vitamin C and potassium
6. Blueberries – rich in anthocyanin
7. Grapefruit – low in calories and high in nutrients
8. Tangerines – high in antioxidants
9. Avocado – contain nearly 20 vitamins and minerals
10. Tomatoes – rich in lycopene
11. Eggplant - rich in phytonutrients
12. Swiss chard – contains betalains and vitamins A, C, E and K
13. Mushrooms – rich source of ergothioneine
14. Kale – rich in carotenoids
15. Broccoli Sprouts – rich in plant chemicals
16. Fennel – rich in antioxidants
17. Garlic – rich in flavonoids and sulfur-containing nutrients
18. Sweet Potatoes – high in vitamin A and B vitamins
19. Beets – good source of antioxidants
20. Spinach – rich in folate
21. Cauliflower – rich in phytonutrients
22. Collard Greens – high in vitamin A
23. Onions – good source of vitamins C and B6
24. Winter Squash – rich source of beta-carotene
25. Tuna – rich in Omaga-3 fatty acids
26. Sardines – rich in Omaga-3 fatty acids
27. Anchovies – high in protein and rich in Omaga-3 fatty acids
28. Salmon - – rich in Omaga-3 fatty acids
29. Poultry (dark meat) – a nutrient-rich protein source
30. Whole Wheat Bread – high in fiber
31. Quinoa – good protein source
32. Hemp Seeds – good protein source
33. Rolled Oats – high in fiber
34. Kamut – high in protein and polyphenols
35. Lentils – high in protein and fiber
36. Farro – high in protein and fiber
37. Walnuts – rich in polyphenols
38. Almonds – rich in monounsaturated fats
39. Chia Seeds – high in protein and fiber
40. Flaxseeds – high in phytonutrients
41. Eggs – deliver essential vitamins and minerals
42. Kefir – provides good microbia
43. 2% Greek Yogurt – excellent source of calcium, potassium and protein
44. Coconut Oil – good for your heart ad weight
45. Olive Oil – rich source of phenolic compounds
46. Cumin – high in antioxidants
47. Turmeric – potent ant-viral and anti-inflammatory agent
48. Cinnamon – anti-clotting and anti-inflammatory agent
49. Rooibos Tea – high in antioxidants
50. Red Wine – antioxidant and anti-cancer properties

Passwords

Passwords are nearly always a factor in digital security. They are also nearly always the weakest link. A company (SplashData) examined password data made public through security breaches in 2014. The 2014 password list was derived from 3.3 million leaked passwords associated with North American and European user accounts. The top 25 passwords were:
1. 123456
2. password
3. 12345
4. 12345678
5. qwerty
6. 123456789
7. 1234
8. baseball
9. dragon
10. football
11. 1234567
12. monkey
13. letmein
14. abc123
15. 111111
16. mustang
17. access
18. shadow
19. master
20. michael
21. superman
22. 696969
23. 123123
24. batman
25. trustno1

If there's an answer to the frailty of human memory, it's to employ a password management app or at least to come up with a mnemonic system that allows you create varied passwords that can each be recalled easily. In addition, using two-factor authentication is generally worthwhile, when it's an option. ❖