

Dominion Club News

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DCHA Board Buzz

Two Open Meetings a Year—

The Dominion Club board has noticed that both the crowds and the news at the quarterly meetings has been sparse lately and thought it might make sense to hold only two open meetings a year. A meeting in April to primarily cover the budget, and a meeting in October for the annual Board of Trustees election will be scheduled. Those are the two months when it seems the most residents are in town. If any issues come up between meetings a special meeting can be called. If this proves to be inadequate we can return to four meetings a year.

October Board Election— Toward the end of September you will be receiving the October Homeowner's Association meeting notice in the mail. The envelope will include a proxy form (in case you are unable to attend the meeting) and a nomination form, for those interested in running for a board position. We encourage candidates for the board to fill out the nomination form and send it to Becky Colburn at Towne Properties so she can prepare the ballot for the meeting. If you would like to get a head start on filling out the nomination form you can obtain it from the website.

Saving a Little Money—If you are a follower of the business news you know that banks are on the lookout for new ways to charge for their services. Up until

now when Dominion Club residents paid their monthly fees by check, the bank has deposited the check without charge to the Dominion Club Homeowner's Association.

We have been notified that this service will no longer be free and, in fact, if we had been charged for last year's check deposits it would have cost the DCHA \$552.00.

When residents use the Direct Payment Plan where the monthly fee is automatically withdrawn from their bank account there is no extra charge for the transaction.

If you aren't familiar with the Direct Payment Plan, this would be a good time to consider using it. You will save money on stamps, check charges.

You can find more information about the Direct Payment Plan on the DCHA web site (look under forms) or call the Towne Properties' Autopay Department @ 513-345-6938 and they will help you set it up. You can also call Becky Colburn, our Towne Properties Manager at 614-781-0055 ext. 13 with any questions you may have.



www.dominionclub.org

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

- ◆ Supper Club Party, Oct 22
- ◆ Holiday Party, Dec 10

DCHA Quarterly Meetings

- ◆ Oct. 21
7 pm Clubhouse



**Labor Day
September 6**

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Western Cookout Was Wonderful!

The weather on Friday, August 27, was perfect for a cookout. Seventy neighbors brought a covered dish or a dessert to the pool for a pleasant evening outside.

Everyone cooked hotdogs over an open wood fire. Then many people roasted marshmallows to make S'mores. Some even burned the marshmallows. (They still tasted good.)

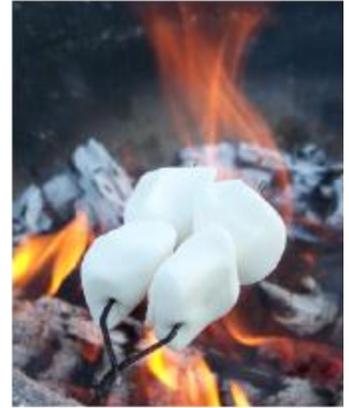
Eight door prizes were passed out from the numbers noted on the name-tags. All the prizes had a Western theme.

Dave Kretschmaier brought his stereo and provided us with Western music. Nelson Merrell also brought some of his collection of Western music.

We had three pit fires manned by Jim Roche, Bob White and Dick LaFayette. They made sure the fires were burning just right for the cooking.

As an added feature of the evening we all watched as the International Space Station passed directly over the clubhouse at 8:47 p.m. (Right on schedule.)

Thanks to Ron Stauffer for taking such nice pictures of the event.



Flora & Fauna Photo Corner

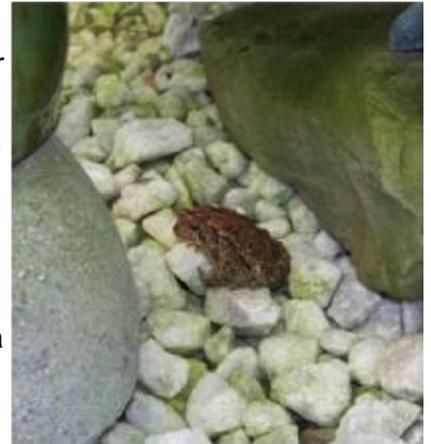
From Ron Stauffer...

Every summer, when walking at night, we notice Toads hanging around under the street lights catching the bugs when they drop.

About three years ago we decided to bring one of them home and put it in our egress window well. The window well had spiders living in it and we thought

the Toad would like to help us get rid of them. Well, it worked and we have been doing this for three years now. We also place a shallow dish of water in the window well for Mr. Toad to swim in. At the end of summer, we carry the Toad (much bigger now) down to Sugar Run and release it there.

This year we have two Toads, a big one and a very little one. We enjoy watching them and we are spider free. If anyone wants to see them, stop by.



You don't have to travel to Kansas to see exotic sunflowers. Right here on Camden Drive is our own patch of those tall sun seeking flowers.

Photos by Carol Jauchius



Water

Everyone says you need 8 glasses of water a day, and that tea and coffee dehydrate you. But experts say it's not true.

The idea that you should drink 8 glasses of water a day was based on a guess made by a doctor long ago. There was never good evidence for it. So what are the facts?

All fluids hydrate you—even tea, coffee, caffeinated and alcoholic drinks. They may make you urinate more, but you still get much more fluid than you lose. Of course, there are many other important health issues to consider when you choose your beverage. But they'll all keep you hydrated.

How much fluid you need varies with many factors, including:

- How active you are
- How hot it is
- Your diet (fruits, vegetables and soup contain lots of fluids)
- The altitude
- How much you sweat
- If you're pregnant or breastfeeding
- If you have a fever, diarrhea or are vomiting

How can I be sure to get enough fluids?

- Drink when you're thirsty.
- Drink more if your urine is darker than light yellow.
- Drink more if your lips are dry.
- Sip fluids throughout the day if you're older. You may not notice thirst as much as you used to.

Don't I need a lot of extra water when I run, bike or do something active?

Dehydration is a risk in long, tough athletic events. But so is drinking too much water. It can dilute the salt (sodium) levels in your blood too much, causing hyponatremia. You might feel weak and nauseated, or vomit. Severe hyponatremia

leads to seizures, coma and even death.

For up to two hours of exercise, the American College of Sports Medicine recommends drinking about 2 cups of fluids two hours before exercise. Then drink cool fluids during the activity. Plain water is fine.

If you'll be exercising longer, drink water and eat salty foods or snacks. Or drink a fluid replacement like Gatorade or Powerade that contains sodium and carbohydrates. It will help you maintain the balance of water and salt your body needs.

For really long, strenuous events, like marathons, weigh yourself before and after a practice, and keep track of how much you drink. If you've lost more than a pound you're not drinking enough. Step it up.

Americans drink over 20 gallons per person of bottled water every year. But the tide may be turning. Why?

- **No proof that it's healthier** U.S. tap water quality is better monitored and regulated than bottled water is. And about 25% of bottled water (like PepsiCo's Aquafina and Coca-Cola's Dasani) is treated tap water. Bottled water may not contain minerals that are important for health, or fluoride that helps prevent cavities.
- **Toxins in the plastic** Chemicals in plastic bottles like bisphenol A (BPA) can leach into the water. Plastic products made with it are usually clear, hard and marked with the recycle symbol "7" and sometimes "PC." If you wash them in hot water to reuse them they may leach even more.
- **Landfills full of discarded plastic bottles** We toss about 75% of our water bottles in the trash, and they pile up in landfills. Only about 25% are recycled.



"All fluids hydrate you—even tea, coffee, caffeinated and alcoholic drinks"



Water (continued)

- **Other environmental concerns** Oil is used to make bottles and for the fuel to transport them to and from the water source. And large bottling plants may remove too much water from their local supplies. Even recycling bottles takes energy.
- **Cost** We spend millions of dollars a year on bottled water. Are we pouring money down the drain?

Tap water is inexpensive. And you can fill your own bottle over and over again. To reduce your exposure to BPA, use containers made from glass, stainless steel, aluminum, or plastics that have the #2, #4, or #5 symbols on the bottom.

Congress passed the Clean Water Act in 1972. The Act regulated 91 contaminants. But states' enforcement has lessened in recent years, and the federal Environmental Protection Agency (EPA) looked the other way. No new chemicals have been added to the list in years, and we use about 60,000 in the U.S. And the more we look for toxins in our water, the more new ones we find. Dilute amounts of the many drugs we take end up in our water through urine and trash. Products like shampoo and sunscreen go down the drain when we bathe.

Fish get much higher doses of these chemicals than we do. Our water treatment plants remove much of them. Others just break down naturally. But some remain at low levels. And many old sewer and water systems need replacement. Every time a pipe breaks or a system overflows, water may be polluted.

People with weakened immune systems from chemotherapy, HIV/AIDS, treatment with steroids or other drugs or other reasons are at higher risk from germs in drinking water. Young children are at greater risk from high levels of many contaminants, including nitrate and lead. Ask

your health care provider if you need to take special precautions.

Still, our water is cleaner than the water in many other countries. Hopefully it will get better. The EPA's budget for improving small public water system has doubled in the last two years. And it has announced many plans to improve enforcement and update regulations. But it will be costly.

What about fluoride?

Most experts agree that the amount that's added to water in many communities has much greater benefit than risk. It lowers the rates of cavities dramatically. The National Academy of Sciences says that any health risk is minimal when fluoride levels are 2 mg per liter of water or less. But too much fluoride occurs naturally in some water supplies. It can damage bones and teeth.

Is there likely to be arsenic in my water?

There could be, especially if your water comes from a private well. It gets into our water and food from natural erosion, industrial waste, copper smelting, mining and coal burning. It won't hurt you to bathe or do laundry with arsenic-rich water, but you shouldn't use it for cooking or drinking. If you have a well, consider getting your water tested. You can install a filter that will reduce arsenic.

How can I find out if there are toxins in my water?

Check the EPA's site [Local Drinking Water Information](#). It links to water quality reports for many locations. They list contaminants in the water from your local treatment plant in the past year.

Lead and other toxins could get into the water between the plant and your faucet, especially if your house was built before 1986. (continued page 6)



"We spend millions of dollars a year on bottled water...

Tap water is inexpensive and you can fill your own bottle over and over again"



Water (continued)

And if you have a well you should get testing every year. You can find a reliable lab to test the water from your faucet at the same EPA site.

You can cut the lab cost by figuring out what you need to test for. Your local health department may be able to advise you. They might even test for you. If you live near a farm, golf course, gas station, mine, dump or other possible sources of pollution, tell the lab to test for pollutants from them. You can also check [Find Water Polluters Near You](#).

How can I get rid of contaminants in my water?

It depends what you want to remove. Check this [Contaminant Guide](#) to see what kind of filter will remove it.

There are many ways to filter your water. But it's not enough to buy a system. You have to replace the filters on schedule. Otherwise toxins can build up and get into your water from the filters. And the filters may cost more per year than the device. Options include:

- A water pitcher/carafe with a filter: This is your cheapest option if you only need a few gallons a day. Consumer Reports recommends the Brita Smart Pitcher.
- Faucet-mounted unit: It's simple to switch between filtered water (for cooking or drinking) and unfiltered (for washing dishes). The flow is slow, and they don't work with spray faucets.
- Countertop unit: More costly, and they take up counter space. But you can filter lots of water without doing any plumbing. They may slow water flow. Consumer Reports recommends the Crystal Quest.
- Under the sink unit: You can filter lots of water and use any type of faucet. You have to do some plumbing, and

they're a bit more expensive. Some types use reverse-osmosis, which removed the most toxins. Consumer Reports recommends the Omni CBF-3 and the Culligan PS 350, and for reverse-osmosis, the Kenmore Elite 38556.

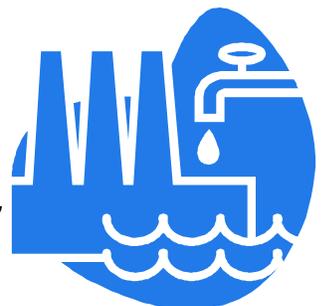
If you're just concerned about germs or lead, you can try these low-tech approaches:

- Kill germs by boiling: Vigorous boiling for 1 minute will kill any disease-causing germs in water. At altitudes above 1 mile, boil for 3 minutes. It will taste flat. You can improve the taste by pouring it back and forth from one container to another (called aeration). Or let it to stand for a few hours. Boiling doesn't remove lead, and concentrates other contaminants, like pesticides or nitrates.
- Decrease lead: Run the tap water until it's cold. There's more lead from pipes and plumbing in warm water.

You can find more information at [Home Water Treatment Devices](#) and [Drinking water services](#).

- Drink when you're thirsty.
- Tap water is generally clean and safe to drink, and contains minerals and fluoride that may be good for you.
- Consider buying BPA-free bottles and reusing them instead of disposable bottled water.
- If you want more control over your water supply and are willing to do your homework, consider a home water treatment system.
- Most of us can safely use tap water and save our money for other health concerns.

Updated on 7/21/10 by Jennifer Johnson, BA English composition, Northwestern University. Reviewed by Steve Silverstein, MD. From the Blue Cross/Blue Shield web site



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Community Notes...

Stitchery—The DC stitchery group will meet on Monday, September 13 and 27, at 7 pm in the clubhouse. 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 **resuming September 9**. Contact Mary Lou Ewing, 614-933-9017 if you are interested in joining.

Swimming Pool—Tom Gyrko is our Board member responsible for the Dominion Club pool and clubhouse. He reports the pool will close some time after Labor Day. He will keep the pool open as long as the weather stays nice, normally about two or three weeks into September. A special thanks to Tom for seeing to it that our pool is clean and always ready for use. It is a big job with many details to track. Tom has done an excellent job as always. Tom also organizes the Sunday morning pool testers - Tom Roth, Chuck Miceli, Alex Campbell and Roger Benjamin – thanks to them as well.



Butterflies—Every summer Blendon Woods raises butterflies for all to admire. Between now and mid-September it is a fascinating place to take children to observe a monarch butterfly emerging from its cocoon. The naturalist hangs the blue-green chrysalises on this unique sculpture. While there you may well see a full grown monarch butterfly emerge.

To learn more about Monarchs go to www.worldwildlife.org/monarchs. Photo by Carol Jauchius.

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