



# Forest Hills Gazette

F O R E S T   H I L L S   O F   L O N D O N D E R R Y  
C O N D O   A S S O C I A T I O N



W I N T E R   W O N D E R L A N D   into   B L O O M I N '   S P R I N G



### SNOW, SNOW AND MORE SNOW!

Well, it seems Mother Nature has decided to test us with a real old fashioned New England winter. Since the first of December, we have had at least 6-8 major snow storms, which far exceeds what we've seen over the past few years. As of Mar 1, according to Concord NH weather statistics, we've had **109.3** of snow since Dec. 1 and the norm is **53.2** inches for that same period, which means we're 56.1 inches over the average snowfall for this area. I think those statistics help us understand what a tough winter this has been snow-wise for everyone!

The Town of Londonderry reported in January that it had already blown through more than half of its sand and salt budget for the entire season. Forest Hills was wise in contracting for snow removal ahead of time for a fixed cost, otherwise we may have been forced to pull money from our budget or capital savings to support costs if we had chosen the "per storm fee" instead. Let's hope the rest of the winter is kind to us and goes by fast so we can look toward an early Spring!



### WHAT'S NEW

FHLCA board members attend seminar hosted by the CAI-NH (Community Associations Institute-NH Chapter). Carole Evans and Sue Smith will attend the upcoming seminar, "Covering Your Assets" which will be focused on all aspects of necessary insurance coverage for condominium associations.

### NEW BOARD ELECTS OFFICERS



On November 20th, the newly elected Board of Directors met and elected its new slate of officers for the coming year.

The results were; Ed Nolan, President, Ken Golan, Vice President, Brian Eagen, Secretary, Sue Smith, Treasurer and Allen Gagnon, Pat Crowell and Carole Evans, Directors-at-large.

The Board looks forward to a productive year working on a list of items:

- Transition from developer to association and associated abutter issues
- Forming new committees for needed help
- Work on improving voting process at annual meetings
- Create a resident information packet

If any residents have any items or suggestions, the Board needs to address, please forward on to one of the Board

#### UPCOMING EVENTS

- Apr 4—Friday Night Social—7PM
- May 2—Friday Night Social—7PM
- June 6—Friday Night Social—7PM
- July Block Party



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#### Forest Hills of Londonderry Board of Directors

Ed Nolan, President, 432-3353, ejnoles@comcast.net, Ken Golan, Vice President, 434-3282, cagey15933@comcast.net, Sue Smith, Treasurer, 421-9604,sgsmith99@comcast.net, Brian Eagen, Secretary, brian.eagen@comcast.net,437-2682, Pat Crowell, 434-4865,rpcrowell@verizon.net, Al Gagnon, 432-6553,almgagnon@verizon.net, Carole Evans, 432-6633,cevans129@aol.com.



### REVERSE MORTGAGE INFORMATION



We are all hearing about or seeing ads about reverse mortgages and this article will attempt to clarify some of the confusing information. In many cases, this is a good way for a retiree to add to their monthly income. But everyone's situation is a little bit different so it's best to do your own research before making an assumption as to the value it may have for you. There are many websites and organizations one can call upon to help make an informed decision. Here are a few:

- NH Reverse Mortgage—[www.newhampshirereversemortgage.org](http://www.newhampshirereversemortgage.org), 800 331-4715
- AARP— [www.aarp.org/revmort/](http://www.aarp.org/revmort/)
- Senior Job Bank—800 530-6434, [www.SeniorJobBank.org](http://www.SeniorJobBank.org)

Following is a little information to help you get started:

#### WHAT IS A REVERSE MORTGAGE?

A reverse mortgage is a unique loan program that enables senior homeowners that are age 62 and older to use their equity without creating a monthly payment obligation. The majority of our Reverse Mortgage Programs are guaranteed by the U.S. Government.

A reverse mortgage provides financial security because you do not have to make payments or repay the loan as long as you occupy your home as a primary residence. Thus, the reverse mortgage program enables seniors that may be "real estate rich and cash poor" to unlock the financial potential in their homes, and let their homes work for them. Additionally, the reverse mortgage has no income or credit requirements to qualify.

In general, the reverse mortgage does not become payable until the senior homeowner no longer occupies the property as his or her primary residence.

Thus, the reverse mortgage is simply a loan against the borrower's principal residence. The borrower retains ownership of the home. If the borrower decides to sell the property, any funds in excess of the payoff amount belong to the borrower, as is the case with a regular mortgage or home equity loan.

Cont'd on next column

### WHO IS ELIGIBLE FOR A REVERSE MORTGAGE?

Reverse mortgages are available to homeowners that are age 62 and older. All persons listed on the deed to the property must be at least age 62. The borrower must occupy the property as his or her primary residence and all existing liens must be paid off at the time of settlement. Thus, the proceeds of the reverse mortgage are available to pay off any outstanding mortgages against the property. As an additional safeguard, the Department of Housing and Urban Development (HUD) requires that each potential reverse mortgage borrower be advised about the reverse mortgage program by an independent HUD-approved counseling agency. This counseling is free of charge to the borrower.



### Irish Night!

A wonderful time was had by all! With Irish music playing all evening (provided by Brian Eagen), an Irish flick running mutely on the TV (Waking Ned Devine), and we all feasted on a wonderful corned beef dinner with all the fixings. The decorations added to the festivities, with each table bearing the flag of the Ireland. After dinner we were entertained by our very own comedienne extraordinaire, Marge Belleville. Marge had promised she'd brush up on her jokes and be sure to have some new ones for us. And she did. From the time Marge stood up and started her storytelling, the laughter never stopped. Many of us were bent over in unstoppable hilarious guffawing just hoping to catch our breath before the next story came along. Thank you, Marge, for your keen humor! A suggestion for next year, (yes, we're pretty sure this was the **First** Annual Irish Night to be followed by more) was to have a sing-a-long of Irish folk songs. So all you musical folks, both voice and instrument, better brush up the Irish tunes. Maybe we'll have song-sheets for us all to follow along.

In the words of the Irish folk "**Dia dhuit**" (pronounced gee-uh g-wit) God be with you.



### Clubhouse Exercise Equipment



Thanks to a couple of our board members, Ken Golan and Carole Evans, we've finally, found a company, **Fitness Machine Repair Specialists, Salem, NH**, who is interested in maintaining our exercise equipment. They've made an on-site visit to check everything out and found a problem with the stationery bike. Parts have been ordered and all should be repaired very soon. We are also in the process of setting up some training sessions with this company for those interested residents. Watch for notification in your emails/mailboxes.



**READING FOR SAWGRASS READERS**



The Sawgrass Readers book club is up and running for the New Year! Our first meeting was held at the home of Suzanne Schmitt on January 21st, and the book under review was "The Widow's War" by Sally Gunning. This story of the rights of women (or lack of them) during the 18th century engendered a very lively discussion.

If you like to read and enjoy discussing a variety of subjects with friendly neighbors, join us by contacting Anne Fencer or Nyria Shaw.

Future meetings, hostesses and books under review are as follows:

- February 18th - "The Namesake" by Jhumpa Lahiri - Rose Eagen.**
- March 24th - "Water for Elephants" by Sara Gruen - Jeanne Nolan.**
- April 21st - "The Girls" by Lori Larsens - Penny Sullivan.**
- May 19th - "The Fountainhead" by Ayn Rand - Arlene Gitten.**
- June 23rd - "A Walk in the Woods" by Bill Bryson - Anne Fencer.**

We break during July and August and meet again in September.....**Happy Reading!**

There are nineteen members and we average eight to twelve members at each meeting - numbers always swell when our snow birds return. Once again, anyone interested should contact Anne Fencer or myself. We usually meet the last Monday of the month (excluding July and August) at 2 p.m. The only requirement for membership is to READ THE BOOK before you attend a meeting. The Leach Library obtains the required books for loan each month.

**WHAT'S HAPPENING AROUND HERE**

**Social Fridays**—mark your calendars and come if you can. There's music, conversation, pot luck hors d'oeuvres, snacks and BYOB on the first Friday of the month: Apr. 4, May 2,...



**Red Hats** - Call Mary Neal at 432-9777 for day and time .



**Sawgrass Readers Book Club**— Call Nyria Shaw 437-2174 or Ann Fencer at 434-0561 for day and time.



**Mahjong for Ladies**— meet on Mondays at Noon at Arlene Gitten's, 421-0272, 51 Sawgrass Circle, bring your own lunch. If Arlene can't make it, meet at the clubhouse.



**Poker for Men**—meet on Wednesdays at Noon at the clubhouse. Bring piggy bank and lunch. (and beware of Tony!)



**Forest Hills Duffers**— meet at LCC at 10:30am for an 11am tee time on Tuesdays—April—October. Everyone is welcome— not a formal league - handicaps are not needed. .



**Men's Club**—meets every other Tuesday. Check the Forest Hills calendar on the website or call Alan Cooper at 437-2236 for details.



**COOKING WITH FOREST HILLS**



**Lemony Spanish Pepper Chicken & Roasted Green Beans**

*While chicken simmers you can roast the green beans*



- 8 (6oz) skinless chicken thighs
- 1 ½ tsp. oregano
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ paprika
- Cooking spray
- 1 ½ C. red bell peppers
- 1 ½ C. green bell peppers
- 1 tblsp. lemon rind
- ½ C. chicken broth, (fat free and low sodium, if you can)
- 2 tblsp. ketchup

Sprinkle chicken with oregano, salt pepper and paprika. Heat large non-stick skillet coated with cooking spray over medium-high heat. Add chicken, sauté for 3 minutes until lightly browned. Turn chicken over; top with bell peppers, rind and juice. Cover, reduce heat, and simmer 30 minutes or until chicken is done. Remove the chicken from pan. Combine broth and ketchup in a small bowl. Stir ketchup mixture into pan, and bring to boil. Serve pepper mixture with chicken.

Yield: 4 servings; Calories: 267 per serving.

**Roasted Green Beans**

Combine 1 ¼ lbs. trimmed green beans, 2 tsp. olive oil, ½ tsp. salt, 1/4 tsp. garlic powder, ¼ tsp. black pepper in a jelly roll pan. Bake at 450 for 10 minutes or until beans are tender and lightly browned, stirring occasionally. You can use frozen green beans and adjust time accordingly.

*Ed Note: This recipe has been made by the Editor many times and it's always a winner. Don't be afraid to be creative and put your own "footprint" on it.*

**Calling All Forest Hills Cooks**

Let's create a Forest Hills Cookbook! Please send me your recipes for posting in the newsletter and to also be added to a collection for a future cookbook. It could be a great fundraiser item for any of our committees looking to raise funds for projects. Be thinking about a name! (Send any ideas on to the Editor)

## FOREST HILLS COMMITTEE REPORTS



## TRANSITION COMMITTEE REPORT

The Forest Hills Homeowners' Transition Committee has a few items remaining before its work is concluded. There are one or two landscaping issues which are known to the developer and then the major job will be the paving of Sawgrass.

We are fortunate that the paving work falls under the purview of the Town of Londonderry and the officials responsible have a clear expectation of the developer of how the job is to be done including specific drainage requirements. Moreover, the town specifications call for the main roadway to meet town-wide standards. Londonderry officials have been most forthcoming and cooperative with us.

Following the acceptance of the paving, the town requires that the silt fences be removed, plus a few other minor items, and only then will Londonderry Oaks be released from its legal bond.

The committee has had one snag with the developer and that involves our power service pole that we believe is on our abutter's property. Londonderry Oaks contends this is not the case and thus we have not come to an agreement on this. We have turned the issue over to the FHLCA Board of Directors for their consideration of further action. Hopefully, future issues of this newsletter will bring the welcome news that our committee has officially been dissolved with its work completed.

John F. Wissler, Chairman

## FHLCA TREASURER'S REPORT



The Treasurer reports that the Operating account and the Capital Reserve savings account have been moved to St. Mary's Bank branch in Londonderry. The savings account is now in an interest bearing money market account that was offered to us at 4.5% for balances over \$10,000.00. St. Mary's offers good services, is easily accessed and has a long history in this area. St. Mary's Bank is the first credit union in the nation and you can read their history at their website at [www.stmarysbank.com](http://www.stmarysbank.com).

As of Jan 31, 2008 our bank accounts are:

- Operating/checking— \$29,190.73
- Capital Reserve savings—\$28,378.29

We are now depositing 65 x \$20.75/\$1,348.75 per month to the Capital Reserve as was voted by the Association at our last annual meeting in Oct. 07. For more details, on our financials, please check the Residents Library of the Forest Hills website—[www.foresthillsoflondonderry.org](http://www.foresthillsoflondonderry.org). or you may request information from the Board of Directors.

## LANDSCAPE COMMITTEE REPORT

With winter coming to an end the Landscape Committee would like everyone to be on the lookout for approximately "300 beautiful Daffodils and Tulips" that they planted last fall near the entrance wall on Sawgrass Circle and around the clubhouse. A group of volunteers from the Landscape Committee worked a full day to plant bulbs and prune very overgrown bushes in both areas! It's hard to imagine under all this snow what is happening but be rest assured that before long we should see a burst of beautiful color thanks to these folks!

Also the Landscape Guide is in the final stages for approval by the B.O.D. and should be posted on the website as soon as that is completed.

The Landscape Committee meetings are resuming this March which tells us Spring is just around the corner!



Jeanne Nolan  
Landscape Committee Chairperson

## CLUBHOUSE COMMITTEE REPORT

Our clubhouse has seen lots of rental activity since last fall and with that increase comes a need to keep it clean and tidy for all of us. With that the committee received approval from the FHLCA BOD to increase the professional cleaning service from once a month to twice a month to keep it maintained and in ship-shape. The committee also hopes to have the wood floors professionally cleaned and treated to help protect them from the increased activity.

Some of you may have noticed there is some new shelving in the bathrooms to keep supplies organized and handy. Also, the kitchen drawers have new silverware trays and have been organized, the cupboards have been cleaned and organized, too, so we can find what we need a bit easier. Thank you to the committee.

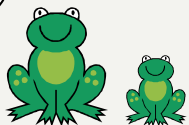
Ken Golan  
Clubhouse Committee Board Liaison

## WELCOME TO OUR NEW NEIGHBORS!



Welcome to **Bruce and Denise Burgess** at 8 St. Andrews Way and **Sophie Goritski** at 16 St. Andrews Way. Bruce and Denise come from "right around the corner" in Londonderry and have purchased the last new home in the community. Sophie hales from New Jersey and has purchased her home from Suzanne Desilets and Bob Basilik. We hope to see you all at one of our upcoming Friday Night Social's.

**Bien venue! Benvenuto! Willkommen! Adjetivo!**



## TEN EASY WAYS TO BE GREEN



### 1. Have a Barbeque

You knew grilling was a healthy way to cook vittles, but did you know it was good for the air? Outdoor grills take less energy than electric kitchen stoves. They also keep heat out of the house, lowering air conditioning costs.

Stick with grills that use propane or natural gas; they emit 5.6 pounds of carbon dioxide into the atmosphere per hour while a charcoal grill belches 11 pounds of the air-polluting compound for the same.

One more thing: dine on reusable plates made from bamboo, not disposable paper ones. The trees will thank you.

### 2. Upgrade your Toilet

Low-flow toilets have gone high-tech. Manufacturers of new designer loo use advanced computer modeling to deliver more flush power with less water, trimming around \$90 from your annual water costs.

Several new models feature dual-flush buttons that let you opt for a mighty 1.6-gallon whoosh or a gentle .8-gallon splash.

### 3. Lose the Lawn

Everyone wants a putting-green perfect lawn. But constant mowing, watering and fertilizing is a bore, as well as a burden on the environment. A two-stroke, gasoline-powered lawnmower releases as many hydrocarbons into the atmosphere in 30 minutes as a car does in 90 minutes.

Switch to an electric mower, which costs \$8 to \$10 a year to operate, and replace some of your sod with attractive, more environmentally friendly alternatives like clover, strawberries, and ornamental grasses.

### 4. Splurge on a flat screen for your computer

Looking for an excuse to replace that bulky computer monitor in the home office? An LCD flat panel model uses as little as a third of the electricity of conventional tube-based models and saves on your power bill the equivalent of leaving a 50-watt bulb on all year.

When buying large-screen TVs, the savings comes from LCDs and rear-projection models, which use less than half the energy of plasma TVs.

### 5. Buy locally produced organic food

Organic food tastes better and it's kinder to the earth. Thirty percent of the fossil fuel used on farms goes into the making of fertilizers.

Get greener by buying items grown or produced within 100 miles and you'll reduce the amount of diesel fuel needed to ship food. You can get fresher food and help small-scale agriculture by shopping at neighborhood farmers' markets.



### 6. Use safer paint

If you feel a little woozy after painting the bedroom with latex-based enamel, choose a product low in volatile organic compounds (VOCs) instead. New designer colors and improved quality make these safer paints equivalent to standard ones and they benefit your health as well as the planet's.

If you don't mind a paint fume buzz, try recycled paints. Filtered, reprocessed latex keeps harmful chemicals out of the landfill and at \$5 to \$7.50 a gallon, they're a bargain. Colors and finishes are sometimes limited, though..

### 7. Get a solar-powered water heater

Like to linger in a hot shower? Stand under the pulse-jet guilt free with a solar hot water system. You can install solar panels on your roof that will work with your conventional water heater. The panels cost between \$2,000 and \$4,500, and they can reduce the need for conventional water heating by around two-thirds.

A solar water heater cuts around 12 percent off the average household's monthly electric bill. Most solar systems use a conventional backup heater, so you're never left with a cold shower. For a contractor, contact: [Solar Energy Industries Association](#)

### 8. Buy new light bulbs

You've heard that replacing old light bulbs with compact fluorescent ones can trim 5 percent from your monthly electricity bill. But this doesn't mean you have to live beneath the ugly glow of low-end fluorescent bulbs.

Go for the premium fluorescents that cast a pure white or buttery golden light across your interior. The cost difference? Bargain basement fluorescent bulbs cost between \$3 and \$5; the higher grade ones cost \$9 to \$12.

### 9. Become an expert in recycling

Talked to the garbage man lately? Chances are you're doing a few things with your recyclables that drive him crazy. Local recycling practices vary, but there are some universal no-nos.

Shopping bags never go in your bins, even if they do organize the empty bottles nicely. Look on the bottom of your plastic items for a number and only put the articles with a 1 or 2 in your bin; most areas don't take the ones with higher numbers.

Don't put light bulbs, broken glass, or bits of food in your bin, either. They gum up the process and make your waste professionals feel a little, well, tossed aside.

### 10. Invite birds, bugs and bats into your yard

Skip the pesticides and use nature's method of bug-eradication: other animals. Install birdhouses to shelter feathered friends who dine on pesky beetles and grubs. Put out egg cases of Green Lacewings or Praying Mantises (less than \$15, [www.mastergardening.com](#)) and they'll gobble up aphids. Bats, and toads will dine on mosquitoes; attract them with [bat houses](#) (\$25) and toad houses you can make yourself by overturning flower pots.

## AGING, EXERCISE AND HEALTH



Since we are in the stage of our lives where we have to pay attention to something that we all once were able to take for granted...aging and maintaining a quality life, I thought the following information would be appropriate for all of us.

The following article on healthy aging addresses some of the things we can do to keep ourselves strong and healthy so we can continue to keep the wonderful independent lifestyle we have here at Forest Hills for as long as we can.

I'm providing the website that you can go to where you'll find all the information you need to get started, to design a schedule that will take care of our health.

The Center for Disease Control and Prevention's website is: [www.cdc.gov/](http://www.cdc.gov/), select **Healthy Living** and read your heart out!

### Center for Disease Control and Prevention Recommendations for Healthy Aging

The CDC/ACSM recommends that all adults should accumulate at least 30 minutes of moderate-intensity physical activity on five or more days of the week. Cardio-respiratory (aerobic) endurance, strength, balance, and flexibility exercises should all be part of a physical activity program for older adults. No one type of activity will bring about all the benefits of physical activity. It is important to include all of them. Older adults can meet the physical activity recommendation with a combination of these activities using the following sample schedule:

- Cardiorespiratory: Participate in moderate-intensity aerobic activities 3-5 days a week for at least 30 minutes each session.
- Flexibility\*: Stretch every day.
- Strength training: Do strength-building activities 2-3 days per week.

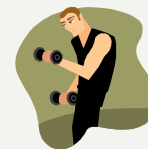
*\*Flexibility refers to how fully one's joints or limbs are able to move. Being flexible allows for easier movements and reduced pain in joints so that it is also easier to perform daily activities of independent living. By adding stretching to your daily physical activity plan, you can help keep your joints flexible which will help you move with more freedom and comfort.*

Participating in these types of activities can help you more easily perform many of your day-to-day tasks. For example, being more flexible will help you more easily do things like reaching in your cupboard and tying your shoes. Being stronger and having more balance will help you lift and carry items like sacks of groceries and will make it easier to get in and out of chairs and the bathtub. Improving your cardio-respiratory endurance will allow you to do things like climbing stairs, dancing, or playing with grandchildren without getting out of breath.

The chart below provides ideas of activities in the areas of cardio-respiratory endurance, strength, and flexibility. Many of these activities will also help improve your balance. Most importantly, choose activities that you enjoy. This will make it more likely that you'll keep doing them!



Cardio-respiratory	Strength	Flexibility
Walking	Chair exercises	Stretching
Swimming	Lifting weights or cans	Yoga
Dancing	Carrying laundry or groceries	Tai chi
Skating	Working in the yard	Pilates
Hiking	Washing the car	
Biking	Scrubbing the floor	





*The board of directors of FHLCA thought you might be interested in knowing the responsibilities of your volunteer board members. The Community Associates Institute (CAI), of which we are a member, sent this informative piece to all it's members and we are reprinting for your information. -Ed.*



## Board Basics: Responsibilities of Board Members

Whether it's a new member who's unfamiliar with board service, or a seasoned veteran of non-profit board service, all board members benefit from reviewing the basic responsibilities of serving on a non-profit board. The following list briefly highlights the basic responsibilities of board members.

**Fiduciary Duties:** Every board member must be aware and respect the Duty of Care and Duty of Loyalty. The Duty of Care requires board members to act with reasonable care and to understand the purpose, management, decisions, activities and finances of the organization. In short, the Duty of Care requires a board member to make informed, well-reasoned decisions based on his or her independent judgment. Accordingly, new board members should read the bylaws and policies of the organization, as well as other materials prepared for the Board. The Duty of Loyalty requires board members to act in the best interest of the organization, rather than the interest of a board member or a related third party (such as a family or business interest, associate or colleague). If a conflict arises between the interests of the organization and the interests of a board member, then the Duty of Loyalty requires the board member to immediately disclose the conflict to the Board so that it can be addressed and resolved. Many organizations have a policy that governs how to handle and dispose of conflicts.

**Meeting Attendance and Preparation.** Board members should attend all meetings and should read all of the materials prepared for the board. If an item is unclear or ambiguous, then board members should seek clarification through discussion and investigation. Because the board functions as a group and acts as a collective, the entire board should respect and support an action taken by the board. Related to this concept is the fact that board members are not authorized to act on behalf of the board unless specifically authorized by the board.

**Tax Exemption.** Because the organization's exempt status is an important asset, it is imperative that board members understand the tax-exempt classification of the organization (such as charity, trade association or social welfare organization), and the appropriate activities for such an organization. Board members should also be aware if the organization is recognized as exempt by the federal and/or state government. To protect its exempt status, board members should carefully scrutinize any activity or expenditure that does not directly further the tax-exempt purpose of the organization as such activity or expenditure may adversely affect the organization's exempt status.

**The Finances.** Board members must understand, and to the extent necessary, investigate the organization's budgets, audits and financial reports. Although this task can be daunting for board members, it is extremely important. As with any other area in which special advisors exist, such as accountants, attorneys and investment managers, board members should rely on the counsel of those advisors.

**Confidential Information.** Board members are exposed to information about the organization (e.g. financial, strategic, personnel) that is sensitive and proprietary in nature. This information must be kept confidential. Board members should note that many Boardroom conversations are confidential - because board members must be able to have an open and frank discussion of appropriate issues free from the concern that the conversation will be heard beyond the Boardroom.

**Board Function & Communication.** The Board is often referred to as the "brain" of an organization, and the staff the "body." As such the Board's role is to establish policy and strategy, assess the finances and general management, and create directives aimed at fulfilling the organization's purpose and achieving its goals. The staff functions to implement that policy and strategy, as well as run the daily operations of the organization. The key concern of the board in this area is to ensure sufficient communication with staff, maintain appropriate oversight, but strive not to be too involved in the management of programs or personnel so as to hamper the efficient operation of the organization.

**Applicable Laws.** As with all forms of business entities there are many laws that apply to non-profit organizations. Many such laws are generally applicable, such as employment laws (e.g. discrimination), certain tort laws (e.g. defamation) and corporate law (e.g. filing requirements). Other laws, however, are uniquely applicable to non-profits, such as certain tax laws, charitable solicitation and gaming regulations, postal regulations, and antitrust law. Board members should be aware of and seek counsel regarding the applicability of such laws.

In short, a board member who pays attention, remains informed, and exercises common sense and independent judgment will be a valuable asset to the organization.

-Douglas W. Macdonald, Esq.

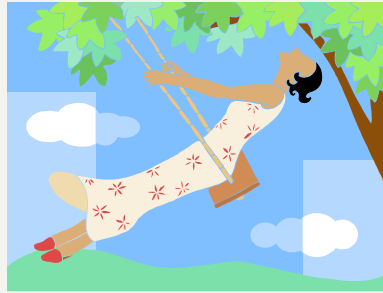
*(This article was reprinted from Spring 2005 ne/sae Execunotes publication)*

## FHLCA BOARD PUBLIC SESSIONS



Remember, if you have any issues or concerns you would like to discuss with the Board, you can ask to be put on the agenda of a monthly meeting. The Board asks that you request to attend a meeting at least **one week in advance** and provide the Board the topic of discussion. For good time management, we ask for no unannounced walk-ins. Call or e-mail any one of the board members if you have questions or topics. **We look forward to hearing from you!**

# Forest Hills Gazette



## *Swing into Spring!*

**MARCH 2008 NEWSLETTER**



"The first day of spring was once the time for taking the young virgins into the fields, there in dalliance to set an example in fertility for nature to follow. Now we just set the clocks an hour ahead and change the oil in the crankcase."

- E.B. White, "Hot Weather," *One Man's Meat*, 1944