

VAIL'S VOICE



Newsletter of the Vail's Grove Community located on Peach Lake
 Editor – Carol Harting – c.harting@verizon.net



Chairperson's Report – Frank Cassidy

Spring has begun. It is time for everything and everyone to re-emerge. The winter seemed long with the late storms. Our winter service company did a good job this season with cleaning our roads in a timely manner.

Spring is Here

Spring is here! Spring is here!
 Winter is gone and two flowers appear.
 Three little robins begin to sing.
 Four bicycle bells begin to ring.
 Five children come out and jump the rope.
 Spring is here now! I hope, I hope!

~ Author Unknown

We have instituted a new mandate for the pavilion rentals. It is mandatory that a parking valet be paid when the pavilion is rented by a non-Grove resident. There was a parking issue a few weeks back that had people parking in non-parking areas. This could prevent emergency vehicles from maneuvering on our roadways. The valet will prevent this situation from occurring again. Let this be a reminder for Vail's Grove residents to park in designated areas only. You never know when any type of emergency vehicle (any size) may have to get through our already narrow roads. Please inform your guests of these guidelines for parking.

The start of spring brings "Spring Clean Up". The guidelines for yard debris and sticks are in the rules and regulations book and needs to be followed for our Buildings and Grounds Department to lift and remove these items. Why buy those leaf bags when Jay has recycled ones in the garage. Just stop by and pick them

The Town of Southeast garbage removal now picks up bulk items on Fridays. One large bulk item or two smaller items are allowed for pick up every week. The specific dimensions are in the garbage pick-up pamphlet and on their website. This is a relief for disposing of bulk items on a weekly basis.

A reminder that our board meetings are usually the third Thursday of each month. The open meeting begins at 8:00pm in the small room at the pavilion. The minutes are available on our website.



From Cindy's Desk

HAPPY SPRING!

Please remember that now that we have a Sewer Treatment Plant, there should be no "Dry Wells" in use. If the Peach Lake Sewer District finds that this is not being adhered to, you will be fined. Any questions about this should be directed to Warren Lucas at the Town of North Salem.

If you have any emergency maintenance issues, please call 914-669-9606. If not an emergency, you must submit something in writing to the office by e-mail, mail, or a note dropped in the box in the front door.

Any complaints **MUST** be put in writing and received in the office.

Please – there is **NO PARKING** on the roads.

Residents will start getting fined if this continues. It is dangerous for others to get around.

Please do not forget that the office needs a copy of your oil tank insurance if applicable. Spring is here – children will be playing outside, riding their bikes, folks will be taking their walks again. Drive slowly – this is your home and everyone needs to be aware of safety. DOGS must be on leashes. They are animals and anything can happen. Some people are afraid of dogs and this is not fair to them. If you are walking and talking, you do not see where your dog POOPS and therefore you cannot clean it. FINES WILL BE IMPOSED. We have reminded all prior to this, it is in the rules and you MUST have your dogs on leashes. My office hours are 7:30 am – 3:30 pm. If you need to stop by for something to be notarized, please check with me first. Thanks to all and enjoy the warm weather.
Cindy 914-669-5100

RESOLUTION REBOOT by MARY VAIL



Now that the 1st quarter has come to a close, it's time to ask the question.....how are you doing with your New Year's resolutions? If you are anything like me, you made a list resolutions on

New Year's Eve with the best intentions – you probably even declared something to yourself along the lines of "this year I will keep my resolutions!!" and then, if you are like me, you got to about Valentine's Day and found yourself asking....."what were my New Year's resolutions again???"

If that sounds like you, the good news is that all is not lost, there are still nine months left to turn the ship around and get back on track. Here are some ideas of how to restart some of the most common resolutions:

1. Resolution #1 GET MORE EXERCISE:

Sometimes we just need a new routine to get motivated to exercise. Now that the weather is starting to get warmer, why not try to get outside and go for a hike. We live in such a beautiful area and there are so many places to hike. For starters, try Ward Pound Ridge Reservation, where you will find miles of hiking trails from beginner to intermediate. Parking is \$5 if you have a Westchester County Park Pass and \$10 without.

Here is a link to a nice 2.6 mile hiking loop at the reservation. www.alltrails.com/trail/us/new-york/ward-pound-ridge-reservation-trail Bonus: The trails are dog friendly (leash laws apply). If you need an extra push out the door, try listening to a pod cast while you hike – try "Homecoming" by Gimlet media, – it's free on the itunes podcast app – it is a 6 episode scripted conspiracy thriller, starring Catherine Keener, Oscar Isaac and David Schwimmer - think old fashioned radio show.....it will make you excited about donning your hiking boots and hitting the trails.

2. Resolution #2 EAT MORE HEALTHY:

The holidays puts everyone in a feeding frenzy and the cold winter months make us want to cuddle up and eat comfort food while we binge watch our favorite TV shows. For a heart healthy, low cal, fiber rich comfort food redo, try this recipe:

QUICK CHICK PEA CURRY

Ingredients:

- 1 tbspn olive oil
- 1 large onion diced
- 3 garlic cloves, minced
- 1 tbspn curry powder
- 1 cin stick (3 inches)
- 2 cans (15 oz) chick peas, rinsed and drained
- 3 tbspns ketchup
- Course salt and pepper
- Chopped cilantro and lemon wedges (optional for serving)
- 2 cups water

DIRECTIONS:

In a large skillet, heat olive oil over med high heat. Add onion and cook until dark brown around edges. Add garlic, curry, cinnamon, and cook for 30 seconds. Add chickpeas, ketchup, 1 teaspoon salt and ¼ teaspoon pepper and 2 cups of water, cook for 20 minutes on low heat. Uncover and increase heat to med high – cook for additional 5 mins until sauce slightly reduced. Served topped with cilantro and lemon wedges. Serves 4 – 285 calories per serving.

3. Resolution #3 BE MORE GREEN:

Whether you agree that global warming is a manmade phenomenon or not, I think we can all

GROUNDS AS WELL AS ARRANGEMENTS BEING MADE TO RECTIFY THE SITUATION.

In regards to vessels entering into and out of our lake, it is extremely important that we all practice due diligence in regards to vessels gaining access to the Lake that do NOT belong to a resident of Vails Grove. As it was pointed out last year, some algae and contaminants were introduced into our lake and it was feared some may have been on the hulls of boats and such that belonged to guests of the grove or the surrounding lake communities. All of our neighboring communities have been alerted to requesting that any guests, when possible, try and do a cleaning of their hull prior to entering our lake. Everyone's assistance in passing along this request (when necessary) is greatly appreciated. We know we can't monitor this directly so we are really depending on the good conscience of each other and the mutual want of all lake residents to keep our lake clean and safe for all.

We once again thank everyone in advance for their cooperation, communication and patience in launching our Peach Lake Summer Season. Here's to wishing everyone a happy, healthy and most of all SAFE boating season at PEACH LAKE, ENJOY!!

Recreation and Upcoming Events

Julie Salerno/Melissa Sowa – Recreation Chairs

The Annual Easter Egg Hunt will be held Sunday April 9 at 2pm. Please come and join friends and neighbors for a fun filled afternoon of egg finding and then crafts and egg dying in the pavilion. We also will be providing light refreshments to complete the day. Prizes for the kids who find the Gold and Silver Eggs. This is a fun event for all ages.

During the next few months the recreation team will be hosting several events. There will be more Trivia and Bingo Nights, Movie nights outside will return with the warmer weather as will open pavilion and snack sales for all to enjoy on those longer summer nights.

The dates and times for all of these events will be posted at the mailboxes and also on your robo calls.

The largest turnout of last year was the Fourth of July Parade, which will be held this year on

Tuesday July 4 at 11am. The parade as usual will begin at the North End and conclude at the pavilion with our ceremony honoring our country and all of our Vail's Veterans. The traditional hot dogs and soda and chips will be served. We would also like to remind you that the Vail's Veteran Monument Committee is still collecting donations to complete this wonderful project that will be a fitting tribute to our Veterans past and present.

Please decorate your bikes, scooters, wagons, dogs etc. for the parade. (Remember all dogs must be leashed at all times)

We hope that those of you who have not checked out some of the recreation programs this past year, we would love for you to come on down and join us. We know you will be pleasantly surprised at what you find.

See you all soon.



It is almost time to enjoy our beach again this season. The new lifeguard application and handbook are posted to our website. Please submit

applications by the end of April. We look forward to everyone enjoying our beach area, to swim, paddle, to read, sit and listen, or BBQ.



Women's Alpina cross country skis, poles, boots (size 7-8) – excellent condition - \$150
Call 914 669 5536

agree that being more green is a good thing. Recycling is a good start, but composting is highly effective in reducing the amount of waste that we are putting into our landfills. In other countries, composting is done through their municipal waste service, just like garbage or recycling pick up. As effective and worthwhile as it is, composting can be time consuming (and smelly), there are, however, private composting companies that will pick up your food scraps from your home and do the composting for you. Check out www.curbcompost.org. for a fee of \$24 per month (or \$260 per year) they will drop off and pick up a compost bin to your home on a weekly basis, and for an additional fee of \$10 per 20 quart bag, even return the composted soil right to your home.

4. Resolution #4 BE MORE KIND:

This is a big one and the reboot solution for this couldn't be easier. Do you know about the Vail's Grove, LEND A HAND COMMITTEE? It was formed a few years ago to help anyone that needs the support of their village – things you can volunteer to do are; make a meal for someone that just had a baby, or is sick, giving someone a ride to a Dr. appt or church etc. It is the most direct way to give back to your community and increase your kindness output. The chairperson is Ronnie Waltzer. Her email address is rwaltzer91@comcast.net. Kindness is contagious – spread it!

Sunshine News from Sue



Get well wishes are sent to Helen Vail, Melissa Sowa, Jen Wicha, Ronnie Waltzer and our very own Jay Moore.

Congratulations go out to Kerry & Fran Tolan on the birth of their new son, Peter Francis (and grandparents Frank & Moira Tolan).

Our deepest condolences go out to Colleen Rodriguez and family on the passing of her son

Paul and to the Cassidy family on the passing of Meghan's grandmother Agnes Leahy...a longtime previous Vails Grove resident since the 1920's.



Boat Ramp and North End Storage From Patrick McGuinness

Greetings all,
As it seems the winter thaw is upon us, it will be time once again to enjoy the wonderfulness that is our Peach Lake in the upcoming (hopefully) warm months ahead. Many of us have boats, jetskis, etc. that we'll be wanting to get into the water as soon as we can. So, with that being said, we hope all will follow the rules regarding the use of our boat keys, gates and ramps so that this transition from storage to sailing can be as smooth as possible. There are several Vails Grove residents that have keys as well as the office and buildings and grounds. If you don't know who has keys, the list of names and phone numbers is available in the office upon request. As there is no real scheduled coordination regarding the removal of vessels from the north end (or private property) to launching from the boat ramp, we depend on everyone's cooperation and patience in working with their fellow neighbors to help this process go as smoothly and effectively as possible.

PLEASE LOCK ALL GATES AFTER YOU ARE FINISHED WITH KEYS AND RETURN THE KEYES IMMEDIATELY TO WHOMEVER OR WHEREVER YOU GET THEM FROM. PARKING TRAILORS OUTSIDE OF THE NORTH END GATES OR IN THE BALL FIELD IS STRICTLY PROHIBITED UNLESS PRE-ARRANGED WITH THE OFFICE AND BUILDINGS AND GROUNDS. IN THOSE CASES WHERE IT MIGHT BE ABSOLUTELY NECESSARY TO LEAVE A TRAILER OR VESSEL BECAUSE OF EMERGENCY OR MECHANICAL FAILURE, IT IS THE RESPONSIBILITY OF THE OWNER OF THE TRAILER TO SUPPLY LICENCSE PLATE NUMBER, STATE AND OWNER'S NAME TRAILER TO THE OFFICE AND BUILDINGS AND