

The Pointer

March 2023 Newsletter

www.collingwoodpointe.com

CWP4528@gmail.com



SHEETZ – The Latest News

The **March 8 meeting** of the city of Gahanna Planning Commission voted to not approve Sheetz's Final Design Plan, plus several variances addressing sign placement and sign square footage. The Planning Commission turned down the Final Development Plan because they felt the building components didn't blend in with the area's existing structures. A member of the Planning Commission stated the process is now in the hands of the area residents to appeal to the New Albany Company not to sell the land for a gas station. These are the email addresses for the appropriate New Albany Company executives who you can write to asking them not to complete the sale of the property to Sheetz. We ask you to email quickly this week that you want them to stop the sale of the proposed properties to Sheetz and its developer Skilken+Gold.

1. Top executive is Bill Ebbing - email: bebbing@newalbanycompany.com
2. Jack Kessler - email: jkessler@newalbanycompany.com
3. Jamie McNally - email: jmcnally@newalbanycompany.com
4. Dick Roggenkamp - email: droggenkamp@newalbanycompany.com

In the meantime, our condo residents, homeowners in Harrison Pond (Gahanna), New Albany's subdivisions of (Planters Grove and Oxford) and Jefferson Twp residents, have ALL participated in a letter writing campaign & we want you to sign this petition by clicking here: [Petition · Stop Sheetz from building in our neighborhood! · Change.org](#) – So far, more than **1800** have signed this petition and we still need many more!) This will be shared with Gahanna officials and the New Albany Company encouraging them to stop the sale of the land to the Sheetz developer, Skilken+Gold. The Board encourages all Collingwood Pointe owners and residents to attend the upcoming key Gahanna city meetings. We will send notices when these are. The next meeting we need you to attend is April 3, 7:00 pm at Gahanna City Hall at 200 S. Hamilton Rd, Gahanna, OH 43230. Please email to cwp4528@gmail.com so we know who will commit to attend. We need a good showing of people to support us.

The Sheetz development impacts all owners and residents as it is the first thing visitors see upon entering and a bad first impression may cause all of our unit values to decline. It is therefore important that as many owners as possible participate in protesting. Remember your Board of Trustees has worked hard on this issue for the impact it will have on all of us due to the traffic challenges we see now growing significantly worse. When asked to help, please reply promptly and ask what can I do? Jobs and tasks vary and can be performed while sitting, and in the evening/weekend hours if you are still working.

Construction Expected - Unrelated to SHEETZ

Have you experienced challenges with congestion and limited parking to get your pizza, stop at the liquor store, etc. across from us? Casto (a real estate company) owns the property across from us called The Market at Rogers Corner. The High Banks Distillery restaurant leases space from Casto. The restaurant has become so successful in attracting customers that there isn't sufficient parking for them and for the 4 other businesses that also lease space there, including Donato's Pizza at the end. There have been signs installed by these other businesses trying to allocate at least 1-2 parking slots to their business with the warning that restaurant cars parking in them will be towed.

High Banks Distillery had negotiated for parking help with the owner of the property where Goddard School is. After 5:00 pm, once the parents have completed picking up their children, some restaurant cars are valet parked at Goddard. This apparently has still not solved the parking challenge. Casto appeared before the Gahanna Planning Commission on March 22 seeking variances to allow them to change the parking and landscaping at the Market at Rogers Corner property. Most of the existing islands with trees would be taken out and the parking lot reconfigured from 86 parking spots to 173 spots. If you want more details, click on the blue link for the design review below.

- **DR-0005-2023** a [Design Review Application](#) & **V-0004-2023** To consider a [Variance Application](#)

The Board doesn't know when the construction for the parking lot reconfiguration will get underway but it's likely to be in 2023.

Yield on Curves... Please



As many have experienced, we have a tight curve on Collingwood Pointe Place just after turning into our complex from Morse Rd. Cars and delivery trucks take the WEST direction (~95% of the time) off the entry road to continue North onto Collingwood Pointe Place. If you instead go right upon entering, EAST and follow Faneuil Hall Place, it intersects with Collingwood Pointe Place at a stop sign. Turning right (north) at the stop sign is an alternative way for those who want to go further back into our community to reach Wenham Park and Collingville Way addresses.

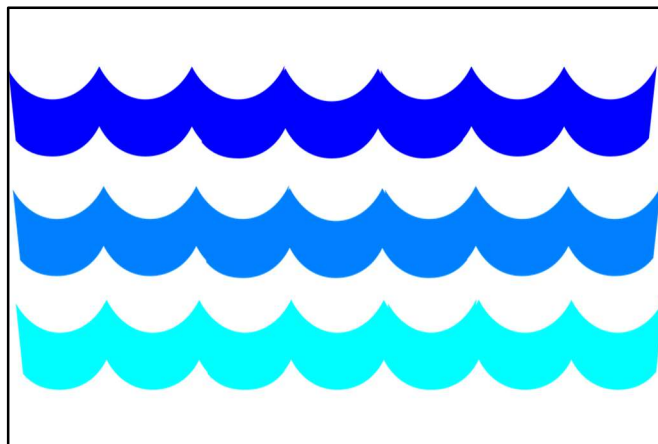
The Board has considered options for improving traffic in our community, but it would be best, and no cost to the association, if all residents can be cooperative to yield at the curves especially at the area just in front of building one (the first building as you enter and turn west onto Collingwood Pointe Pl). Take just a few seconds longer by yielding on entering (and exiting) the community if you see another vehicle approaching.

Kentucky Derby Social Event – May 6

The Social Committee is working on plans for a Kentucky Derby themed dinner and party on May 6 at the clubhouse. We expect to have a food menu that goes along with “southern cooking”. Bring your Mint Juleps, bourbon, and special hat plus there will be games in which everyone can participate. Stay tuned for more details.

Pool Chairperson needed!

We need someone to step up and chair the swimming pool committee. Without this chairperson, we may not be able to open the pool this season. This position would entail opening and closing procedures and day to day oversight of the pool area. The chair would be supported by members of our community volunteer group and Board members. We thank Norma Silcott for overseeing the weekly pool chemical monitoring. Email us at cwp4528@gmail.com for the Board to contact you.



Book Club

Please join us at 7:00 pm after your dinner at the clubhouse. We often have some type of snack and beverages but its best to BYOB! The list in the Pointer will be updated each month if things change. Our Book Club leader is Tinaedwards1227@gmail.com

MONTH	BOOK TITLE	AUTHOR	HOST
January	<i>Brilliant</i>	<i>Marne Davis Kellogg</i>	<i>Kay Mullins</i>
February	<i>A Man Called Ove</i>	<i>Frederick Beckham</i>	<i>Sue Ferris</i>
March	<i>The Dry</i>	<i>Jane Harper</i>	<i>Kathy Strohm</i>
April	The Maid	Anita Prose	Donna Welcome
May			Linda Elko
June			Dottie Harmon
July	The Great Alone	Kristin Hannah	Carol Kline
August			Phillis Davis
September	The Family Remains	Lisa Jewell	Edye Buchanan
October	Beautiful Country	Qian Julie Wang	Judy Braun
November			Gerri Shoemaker
December	Happy Holidays-----No Meeting		

Columbus Performing Arts Scene – Edye Buchanan

- *Edye is on vacation this month – stay tuned for next month.*

Crafting Day – February 27 Recap



Kathy Strohm was the host and helped all the ladies make a Bowl Cozy for the morning learn-to-sew project. Some ladies had not done any sewing in an awfully long time. We had a donations jar set out that those who visited during the day could help with donations toward buying fabric for our upcoming Quilts of Valor work. The \$26.35 received went toward purchasing the backing fabric for 2-3 quilts. We had a prize drawing for attending and staying to work on Crafters Day. Each person who won a prize was tickled pink. Thank you to those who brought fabric to donate toward the Quilt of Valor quilts. Kathy held a 2nd Crafters Day March 20, but it closed early due to low turnout.

Joys & Concerns



Please continue to call or text **Nancy Starkloff** at **(614) 216-3865** if you have any Joys or Concerns that we need to be aware of. We send flowers for hospitalization, serious illness and/or a death.

Our oldest (103 years old in April!) original 2001 resident, **Walter Driscoll**, a WW2 veteran, is presently in Florida with his daughter. He is hospitalized for pneumonia and needs our prayers for healing and for his family.

We extend our deepest sympathies to **Sharon Beach** (4656 Collingville Way) on the recent loss of her sister.

Did You Know?? Mediterranean Diet: Eating to Fight Dementia

Credit to internet article: [Mediterranean Diet: Eating to Fight Dementia? - Memory Enhanced](#)

Why Mediterranean diet slows brain aging:

Over the years, the ability to carry oxygen through the bloodstream, the capacity for cell regeneration and organs elasticity decrease. These processes, which are externally reflected in wrinkles and lines of expression, are also evident internally: for example, the brain diminishes in size because the number of cells that compose it is getting smaller.

This process, common to all human beings, can affect learning processes, the ability to remember and store new memories. However, studies have shown that in the Mediterranean area, this process seems to not occur, on the contrary, those who carry this eating style have a more significant brain volume.

This diet is high in fatty acids, but low in cholesterol. The oxygenating capacity of the food makes the Mediterranean eating one of the best-kept secrets of the ancient continent.

Characterized by a high consumption of fruits, vegetables, olive oil, grains, and cereals such as wheat, cheeses and Arabic music, WINE, with a higher intake of bluefish over red meats and chicken. On the other hand, the consumption of processed foods is not usual, and it is low in carbohydrates and meat derivatives.

In a recent study [*published Monday in the journal BMC Medicine*], people who ate a high-fat diet had a significant decrease in memory and cognitive function over the course of four years. People who follow a Mediterranean diet with nuts as a supplement had significant improvements in memory and the benefits of regular consumption of extra virgin olive oil on brain health have been long studied with surprising results not only on cognitive ability but in the low incidence of cancer and rheumatoid arthritis.

This combination helps fight diabetes because it also reverses metabolic syndrome, improve body composition, and normalize blood pressure and cholesterol levels.

Quilts of Valor Starting April 18th

Last year, we had a group of ladies here at our condo community that worked together from September to November to create a quilt that was gifted to a Vietnam veteran at the airport in November when he came home from his Honor Flight to Washington DC.

This year, we hope to create a quilt that will be presented to a **veteran living at Collingwood Pointe at the Preserve** in the upcoming months and also, to **create 2-4 additional quilts** that can be given to Ohio veterans again returning on Honor Flights.

We need helpers who can cut fabric using patterns, iron, pin seams, and of course, sew! You don't have to have experience as a quilter.

- If you can bring your sewing machine to the clubhouse, please do but we understand some ladies have a larger unit that can't be moved. Kathy has 2 machines that can be used if you don't have a portable sewing machine that you could bring to the clubhouse.
- We need help ironing especially as this is a critical step and doesn't involve sewing experience.
- We need help pinning fabric pieces together, using lines that are printed on the pieces.
- We need help cutting fabric into squares and rectangles where a pattern for the size is provided by Kathy.

Would you like to come to the initial meeting and meet the other ladies who worked on the Quilt of Valor last year and see what is involved? We expect to have a full productive morning on our first session. Kathy Strohm, Dyanne Radke, and Karen Shapiro have helped by cutting all the pieces we need to get started this first day.

Supplies you should bring (Don't purchase these if you do not have them already): Sewing machine, extension cord, sharp sewing scissors, a cutting mat, a rotary cutter, pins, needles, tape measure, ruler, seam ripper. We will need one volunteer to bring an ironing board & iron. WHITE, NAVY, or RED thread. If you have these and are bringing a sewing machine, this is what we would sew with. Any Red, White or Blue scrap fabric that you already have and are willing to donate. Kathy has provided fabric to get started on the first few quilts, but we can always use free fabric in patriotic theme colors.

Quilt of Valor group will be meeting **at the clubhouse, starting April 18 on Tuesdays, from 9 am-12 noon every week** and we will skip a week if several of those participating need a break for summer vacations, etc.

Do You have your Ducks in a Row?

A free presentation last year sponsored by Gahanna's civic activities made me aware that even though I had a Will, Living Will, Power of Attorney for Medical and Financial, I still didn't have my **"Ducks in a Row"** as the saying goes. I had not researched very far regarding how financial assets are handled in Probate versus if they were in a directed financial trust. In the latter, loved ones will get the assets directly after your death versus having to wait months for Probate to happen?

Do you have these key documents?

1. Last Will and Testament
2. Living Will
3. Medical Power of Attorney
4. Financial Power of Attorney

If you are missing one of these "ducks," set a personal goal to take care of this in 2023.

If you have these documents but it's been a long time since you pulled them out to check to see if they are current, consider this as something to take care of.

Do you know what a Revocable Financial Trust is? Maybe 2023 is the year to get better informed about how Probate works.

There are many local attorneys that can and will provide you with free consultation on estate planning. Check with a neighbor or a friend to see who they used.



Tax Assistance

AARP is providing free tax help for seniors on Mondays and Thursdays from 9 a.m. – 3 p.m. at the Mifflin Township Meeting Hall (155 Olde Ridenour Rd., Gahanna, Ohio). Call (614) 713-9097 on Monday or Thursday to schedule an appointment.



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Smile Moment (for after you think about taxes!)

