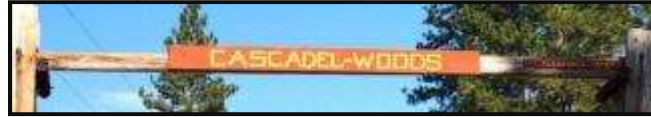




THE WOODS



JANUARY 1, 2023

**A NEWSLETTER FROM THE CASCADEL WOODS
PROPERTY OWNERS ASSOCIATION
VOLUME 86 JANUARY 1, 2023**

ALL YEAR

CMWC NEWS

ROAD WORK

There was one day in December that the rains let up. We were able to schedule pot hole filling and road work on Cascadel Drive.



Once the rain lets up again, more work will be scheduled to patch up the remaining or new pot holes that develop.

NOTE:

Someone has been driving off the edge of the blacktop whenever we get snow. This Action is pushing the soil support away from the road and causing the edges of the road to break away throughout the subdivision. There is a limited amount of money to put on the roads without someone making more work and expense needlessly. We would like to take this opportunity to request this action be discontinued. Thank you.

CMWC FIREWISE BRIGADE

The rain was plentiful in December, which equates to another year of tall grasses and thick growth under the trees. We will most likely weedeat the same areas two to three times to keep the dead grasses and growth in check again this year.

When you have a burn pile at your home, be sure you have the equipment handy to put it out. You should keep a charged hose, shovel, and rakes close by to keep the fire in check and to put the fire out if the need arises.

Don't forget to clear under your decks.

DID YOU KNOW? – By Michael Delaney

What happens outside can affect you inside.

We've suffered through endless drought. So, why do we feel down when it's raining?

On cloudy, rainy days, some feel down and tired. But, on a sunny day, many feel happy and more energized. The way weather influences our well-being varies from person to person. Some people enjoy snowy, cold days—and others enjoy warm summer days [me]. Regardless of the weather *you* prefer, research says weather can influence your mood.

Rainy days are known to contribute to depression and sadness due to the dip in serotonin levels caused by lack of sunshine. The dip also contributes to food cravings for comfort foods and carbohydrates because they boost serotonin levels [are you with me?].

So, in the midst of a wondrous atmospheric river that's blessing our mountain with much-needed precipitation, battle your depression and revel in the gift we will covet this coming summer!

Happy New Year, Cascadel.

EVENTS AND MEETINGS

- **Jan 1, 2023 – New Years Day**

NEXT MONTH

- **Feb 10 – Water Co Board Meeting**
CDC Conference room @ 3 PM

Send your ideas for articles for the February newsletter to Carol Eggink at egginks@netptc.net by Jan 27.

Attached is a form on the back page for you to record fire mitigation you do on your property. Turn in your forms to Carol Eggink. Work performed from Nov 20, 2022 thru Nov 15, 2023 can be recorded. Thank you for your participation.