



 **March Potluck** 

Tuesday March 12 6:00 social 6:30 dinner

This month will be a regular potluck with an Irish /Italian theme. If you have favorite Irish or Italian dish please bring it if not bring whatever you would like it should serve 10-12 people. And of course, wear your Irish green or Italian green,

 **Wine Night Wednesday March 27**

Come join us at the Community Center for Wine Night. Bring a bottle of wine to share as a wine tasting and an extra bottle for you, if you like. An appetizer will be appreciated, including desserts. Everyone is welcome, even if your are not a wine drinker bring your own favorite beverage. Come to visit and socialize with your neighbors.

**Don't forget your own wine glass!!**



I wish to thank the residents of The Greens via the Sunshine Committee for your contribution to the St. Jude Children's Research Hospital in memory of my husband Dale Nelson who passed away in December. Also, for all the cards that I received from the wonderful friends we have here in the Greens. There is no better place to live.

Thank you again, Barbara and Abby.

 **March Birthdays**

1- Byron Beverly	15-TracyGoetzl	23-Beverly Zarlengo
Calvin Hebert	16-Cathy Maddox	26-Weezie Cashat
Ronnie Hughes	Martha Whitmer	Theresa Neckameyer
3-Glenda Borrello	19-Judy Heno	Audrey Sanchez
4-Peggy Oubre	Forest Olivier	Rhonda Kendrick
7-Tommie Himel	Kathleen Thompson	
10-Janis Dugas	20-Fred Capdevielle	
11-Karen Lafleur	22-Barbara Darling	
Mark Sword	23-Rita Chisum	



Daylight Savings Time Saturday March 10  
Spring Forward 1 hour

 TREES

by: Jean Ingrassia

When developers create a new project, they overplant the property to make it attractive to buyers. Those trees eventually grow up and when they do their roots invade sewers, lift sidewalks, crack building foundations and drop leaves that clog gutters and drains. They can also create excessive shade which leads to high humidity and mold.

From time to time the Board needs to remove trees on common property and the right-of-ways to protect sewers, sidewalks and foundations and minimize potential litigation. As to homeowners, the Greens Act of Restrictions state that: "Cutting down or removal of any tree from any lot or parcel is prohibited without first obtaining the approval ( in writing) of the Architectural Control Committee" (ACC). The Restrictions further state that "... once a home is purchased, the HOA-ACC takes over jurisdiction of that property. For example, once a home is complete and purchased, additional fencing, awnings, patios, MAJOR Landscape Changes, etc. must be submitted and approved in writing by the HOA-ACC."



The Greens Board of Directors want to thank Gloria and Larry Champagne for their generous donation of their piano for the Greens Community Center. This beautiful piano will bring so much pleasure to all the residents. Anyone that can play the piano, please feel free to do so at any time and bring marvelous harmony to the functions in the Community Center. Look who's playing



 Help keep our park area clean for all to enjoy.

Residents are finding paper debris in and around the bushes. Please take all trash with you and dispose of properly. Thank you for helping to keep our park beautiful.

Golf News 

Two Greens golfers placed in the MGA 2-Man Scramble on February 2nd. Richard "Derf" Oubre (partner Ronnie Chauppetta) finished first low-net; Pat Matherne (partner Darryl Trosclair) came in sixth low-net. Then a few days later on February 4, Pat shot his age and is kinda looking forward to another birthday so he can add another stroke! Keep up the good play, guys!

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## The Official Greens Newsletter March 2019

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♥ February Pot Luck was held on Tuesday the 8th. It was catered by Cali-Co restaurant. Everyone enjoyed their choice of fish or pork plus salad and dessert.





**Take Care by Mona Hull, RN**

**Nature is tempting us with some warm days. Soon we'll be complaining about the heat and humidity. Start preparing for pollen overload. Get your green clothing ready for March 17<sup>th</sup> and remember that everyone is Irish on St. Patrick's Day.**

**March 11-17: Brain Awareness Week**

Weighing a little over three pounds, this organ is a virtual grand central station of activity.

It controls everything you do, think or feel. And therefore, deserves attention and care.

Trauma, cancer, infection, or stroke can alter functions of the brain temporarily or permanently.

“Brain” foods: almonds, walnuts, spinach, strawberries, salmon, turmeric, bone broth, rosemary, eggs, and brain cereals.

Strange exercises to make you smarter: brush your teeth your non-dominant hand, close your eyes when taking a shower and feel your skin, sniff your favorite fragrance, pick up products in the grocery store than you don't know well and review contents, taste new foods

Protect your brain as carefully as you would your child. Take care of your heart, use alcohol in moderation, avoid overmedication, say no to dangerous/addictive drugs, limit sugar intake, sleep well and reduce stress.

To avoid injury to the head, wear relevant protective gear, keep your home free of items that could cause falls, drive defensively, don't even consider driving drunk and never text while driving.

**March 11-17 Sleep Awareness Week**

Getting a good night's sleep sounds like such a good idea. But, many things can sabotage our efforts. To increase the odds: create a comfortable environment (temperature, bedding, lighting, get up and go to bed at the same time every day (what about late ball games?); avoid caffeine, alcohol and spicy foods for several hours before bedtime; don't nap, schedule exercise earlier in the day. Establish rituals that signal your brain it is bedtime: brush your teeth, set up the coffee pot, say your prayers, and read (no ghost stories!).

Continued insomnia or poor sleep habits may be caused by stress, health issues, medications or any of the things mentioned above. Talk with your physician to identify the cause, and hopefully correct the problem.

***Life savers:*** 40's music, slow dancing with you sweetheart, receiving / flowers for no reason at all



On Sunday February 17<sup>th</sup> the Green's ladies attended the first line dancing class held at the Community center. Thanks to Tracy for providing the music. Everyone had a great time and learned some new dances. Next class will be Sunday March 17<sup>th</sup> at the Community Center 3pm.



Stay tuned Pet of the month will be back for April