

Riverbay Association

ANNUAL MEETING

October 14, 2017

- The Riverbay Association 2017 Annual Meeting held at the Chatham Community Center was called to order by outgoing President Sally Davol who introduced the 2016-2017 Board members and reminded attendees to be sure to sign in with Membership Chair Rosemarie Fischer.
- Sally proceeded to next introduce guest speaker, Dr. Julie Sieben, a chiropractor, R.N., an AFFA certified personal trainer and group fitness instructor, and an employee of the Chatham Health Club. Dr. Sieben, who has recently published a book entitled *Six Weeks to Loving Running*, began her presentation by challenging the audience to “Keep showing up and to try your best!” She explained that since the brain is highly vascular and controls our hormones that, especially as we age, we need to continue to cultivate healthy brain function. After posing the question, “What matters to your gray matter?”, Dr. Sieben then offered a series of practical tips designed to help ensure healthy brain maintenance:
 - **Nutrition** is of paramount concern since high carbohydrate consumption elevates blood sugar levels and overworks the pancreas. Choose to eat a rainbow of colors, whole foods in their natural state, and aim to eat low on the glycemic index. Drinking water is essential to help boost memory while women should steer away from carbonated liquids due to bone density concerns. Since consuming some fat is now considered beneficial, choosing ice cream instead of frozen yogurt may be a smarter treat.
 - **Exercise** is especially important to help reduce inflammation and maintain healthy insulin levels. Exercising stimulates the formation of new blood vessels and boosts memory while reducing stress, anxiety levels, and even depression.

- **Strength training** can boost memory helping us to better plan and process tasks. Especially important are cross crawl activities which stimulate bridges between the right and left brain areas thus improving synaptic connections.
- **Meditation** practices help individuals to be more resourceful when dealing with stress and may even help us to be less judgmental and thus more accepting of others.
- **Learning** and the importance of lifelong learning cannot be abandoned. We need to continue to stimulate our neurological system to help us create mental connections, to think, and to learn. Maintaining adequate sleep habits to refresh our brains is most necessary.
- President Sally Davol next called the meeting to order and asked for a motion to approve the minutes from the 2016 Riverbay Association Annual Meeting. The minutes were accepted and approved.
- Treasurer's Report: Barbara Geagan presented her cash flow charts explaining there were more dues to be processed, but as of 10/14/2017 there were total inflows of \$12,840.00 and total outflows of \$8,245.16 with a balance of \$4,594.84. When questioned about yard sale expenses, Barbara explained that advertising was essential and that some costs would be one time expenses. Her report was accepted and approved. Former Riverbay President Bernie Pfeifer commended Barbara for her financial expertise and for her loyalty in agreeing to serve as treasurer for a longer term.
- Beautification Report: Ann Reydel spoke about the roses added to the Park Street Entrance garden and the valuable support members had provided planting and weeding Riverbay gardens. She encouraged anyone who wished to join the gardening brigade to simply forward their email address to her. Ann also welcomed anyone with further suggestions regarding beautification of Riverbay to contact her.
- Membership Report: Rosemarie Fischer stated that of the 380 property owners in Riverbay, there are currently 243 association members bringing membership to over 60%. The updated Riverbay Directory was a milestone for 2017 and has been well received. Rosemarie recognized Barbara Geagan for her concerted effort maintaining up to date membership totals.

- President's 2017 State of Riverbay Association Remarks:
 - Sally recognized Riverbay residents Richard and Michelle Crean of Chatham Bakery for their help with the meeting's refreshments.
 - She commended Bernie Pfeifer for his guidance as a Past President of Riverbay and Webmaster Dale Eckerman for his technological expertise, organizational skills, and email blast efficiency.
 - Alluding to the saying, "It takes a village. . .", she also thanked the spouses of Riverbay Association Board members for their often needed assistance.
 - Sally spoke about the importance of Riverbay socials to help foster a sense of community. Of special note were the two outdoor socials: "Danish Summer" hosted by Ragnhild Bjerke and "In a Dear Meadow Garden" hosted by Carole Salines and Rosemary Flaherty. If anyone else were willing to host a social, Sally encouraged them to please contact the Board.
 - Citing improvements to the Riverbay Quad such as the repair of the drip irrigation system, the success of the knockout roses, and the conversion of the existing flag pole to a tabernacle version, Sally encouraged members to also check out the new solar light in place to better illuminate the flag at night. She also thanked Dick Pockwinse for volunteering to take over flag raising and lowering duties.
 - Another Riverbay Yard Sale has been scheduled for the 2018 Memorial Day weekend. In 2017 there were 45 households participating. Volunteers will be needed to assist buyers and to encourage parking on just one side of roads.
 - Our Christmas Tree Lighting will take place on Sunday, December 10th.
 - Sally also mentioned that the Riverbay Association Board meets in Riverbay homes. Association members are always welcome, but would need to inform the Board when wishing to attend a given meeting.
 - Lastly, President Sally Davol recognized outgoing Board members: Membership Chair Rosemarie Fischer, Treasurer

Barbara Geagan, and Secretary Linda Ford for their service and presented each one with a gift.

- The election of the proposed Oct. 2017-Sept. 2019 Riverbay Association Board and Officers was next on the agenda. The new slate was presented as follows:
 - President: Edward Boyce
 - Vice President: Shirwin Pockwinse
 - Secretary: (position not filled)
 - Treasurer: Jack Scheld
 - Membership: Jennifer Pappalardo
 - Webmaster: Jeff Lanctot
 - Beautification: Ann Reydel
 - Beautification: Mike Berg
 - Executive Board Member: Paula Hanson
 - Executive Board Member: Rick Pike
 - Executive Board Member: Dale Eckerman
 - Past President: Sally Davol
- The proposed two year slate for 2017-2019 was voted and accepted to serve the Riverbay Association.
- Past President Sally Davol presented the newly elected President Edward Boyce to the members. Ed thanked the members for electing him and presented Sally with a gift to mark her successful term in office.
- When President Ed Boyce called for any past business, Jan Whittaker asked that Cape Cod Computer Company be thanked for the reasonable cost it affords the Riverbay Association. Ed commended her for the annual lunch she brings the company staff in appreciation for their generosity.
- Since no new business was brought forth to discuss, the 2017 Riverbay Association Annual Meeting was promptly adjourned at 11:00 a.m.

Respectfully submitted,

Linda D. Ford, Secretary