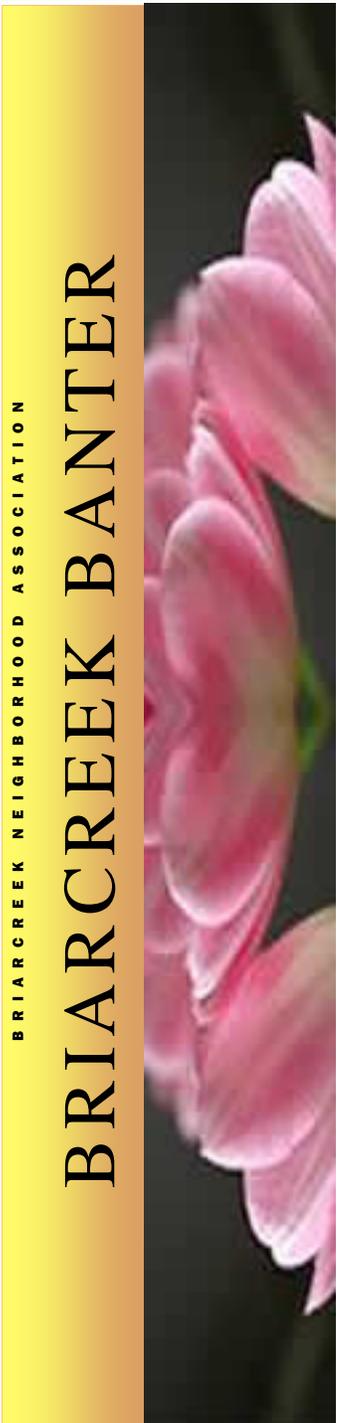


Message from the President



Dan Orza • BNA President

Welcome Spring! The weather is changing daily and everything is starting to bloom again. We will be resuming our Yard of the Month this month and announcing the winner & runner-up in the following newsletter.

Every winner and runner-up will have a yard sign to display. Plus, they will be awarded a gift certificate from Bethany Country Store or other local merchants. It is true that sprucing up your yard is for your own personal enjoyment and to make your home look nicer. And, obviously, it makes Briarcreek look nicer. But, what a great bonus to be recognized, win an award and have your yard in the newsletter. So enjoy the fruits of your labor and join in the fun of the competition.

BNA members have been working hard on Briarcreek landscaping projects and now that warmer weather is here you should see new

plants soon. It has taken longer than originally thought due to the large number of utilities that run along Rockwell.

A big thank you to all the members of the Landscape Committee and the BNA Board for following through on this project. They've been working long and hard – Good job!

In addition to finishing the landscaping at the entrances, we are researching the cost to install LED lighting at the entrance signs. Lighting would enhance the beauty of entrances and make it easier to see them at night.

The annual spring cleanup is May 2nd (*details on page two*). I'll even be driving around the neighborhood with my 4-wheeler to assist with hauling debris to the dumpster - so, flag me down! In concert with the spring cleanup, we are going to be weeding and trimming the entrance beds. So, if you are interested in helping with this

event, please contact a board member - we need lots of helpers! We will have coffee and donuts in the morning and lunch at noon for everyone at the dumpster site. So come have breakfast, help with the entrances or just enjoy the spring festivities of the day. Don't forget to check back for lunch and fun spring activities.

On a distressing note ... one of our neighbors received a written notice about landscaping changes they had made at their home. The note made it look as if it was from our compliance committee. Neighbors, let's please not do this. Many times, trees and other plant materials are removed because they are diseased, but more importantly let's respect each other's right to landscape and decorate. If you think a home is not in compliance with our covenants, please talk to our Compliance Chair, Joyce Heidelberger.

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News from the Landscape Committee

*By Renate Fairweather •
Landscape Committee Chair*

What a crazy spring this has been! 80 degrees one day, then freezing temperatures the next! Now that the temperatures are stabilized, we can go forward with our landscaping projects on Rockwell. Many of the plants we need are still in warmer climates, but should be arriving any day now. Soon we will have our entrances replanted and new plantings all along Rockwell.

Now, that this phase of our beautification project is nearing completion we are moving on to other items on our wish list:

- * plantings around the Briarcreek sign at the Basswood Canyon entrance, and

- * installing lighting at the entrances.

We are currently researching the latest in LED (Light Emitting Diodes) lighting. LEDs are small, solid light bulbs that are extremely energy efficient. Over the past few years, LEDs have evolved from their simple beginnings in single-bulb items

such as pen lights, low-light landscape accent lights and Christmas lights to the current line of LED bulbs that are made using as many as 180 of those little bulbs clustered together. This makes them much brighter than the LED lights we have seen in the past. They are also encased in diffuser lenses which spread the light in wider beams. I recently found them at our local Sam's Club. They had a large variety of choices that replace standard light bulbs, track lights and even outdoor flood lights.

The advantages for LED lights are:

- Electricity savings - they only use about 2-10 watts of electricity;
- Better Light - they produce a prettier, non-yellow light;
- Long lasting - up to 30,000 hour bulb life;
- Cool - they produce very little heat compared to standard and especially halogen bulbs;
- Can handle moderate power surges;

- Durable bulbs with no fragile filaments to break if bumped or knocked;
- They work well with dusk-to-dawn sensors and timers.

Although, LEDs are expensive, the cost is recouped quickly due to the electricity and bulb-life savings. We are currently talking to the local wholesale supplier and getting bids on this project.

On a final note: I am making some big changes in my personal life and



am unable to continue as Landscape Committee Chair. We have so quite a few Master Gardeners and other talented people in the neighborhood who would do a wonderful

job in this position. The landscape committee is a great group to work with. So, please volunteer for this position and help us continue our beautification projects in Briarcreek.



**Come One!
Come All!**

to the

BNA Quarterly Meeting

Monday, May 11th

Wiley Post Elementary

7:00 pm

2009 BNA Board	Committee Chairs
<p>PRESIDENT Dan Orza • 326-1124 dano9731@att.net</p> <p>VICE-PRESIDENT Susan Brown • 728-1084 susanbrown@sbcglobal.net</p> <p>SECRETARY Jana Ross • 470-1120 jr4boys@cox.net</p> <p>TREASURER Robert Ross • 470-1120 jr4boys@cox.net</p> <p>PAST PRESIDENT Joyce Heidelberg • 603-4349 joyce.george@cox.net</p>	<p>LANDSCAPE COMMITTEE Looking for a volunteer...</p> <p>WELCOMING COMMITTEE Kelli Moore • 728-2829 envoyxl@sbcglobal.net</p> <p>COMPLIANCE COMMITTEE Joyce Heidelberg • 603-4349 joyce.heidelberg@att.net</p> <p>NEWSLETTER Susie Brown • 728-1084 susanbrown@sbcglobal.net</p>

News from the Neighborhood

**By Kelli Moore •
Welcoming Committee Chair**

It was wonderful to meet the block captains at Dan and Bert's house last month. The block captains are critically important to the Welcoming Committee's ability to know about new neighbors, illness or other issues that are going on in our Briarcreek community. Through great teamwork we can get Welcome Bags to new neighbors and cards and support to families in our neighborhood.

There were many ideas and important issues that were brought to light during the meeting. The response was so great, that we all decided to do this again soon.

People we are thinking of in our Briarcreek family are:

Jana and Robert Ross, whose son will be deploying to Afghanistan in May. May he be home soon-safe and sound;



Carolyn Heavener, whose daughter Judi, who is undergoing chemotherapy;

Wanda Reynolds, who is caring for her mother;

Joyce Heidelberger, who is also caring for her mother, as well as battling health issues herself; and

Doug Hartwig, whose mother is recovering from a stroke.

March Meeting Report

The BNA Quarterly Meeting was held in March. Major items on the agenda were the landscaping project along Rockwell, the replanting of the Rockwell entrance beds and installing lighting at the entrance signs.

A new action-item that was brought to the attention of the board was that

many street lights throughout the neighborhood were not working. Mike Yardley (*retired compliance committee chair*), contacted OG&E. After some persistence and a couple of renewed work orders with OG&E, the lights have been fixed. Lights that were repaired were:

- 6921 Briarcreek Dr.;

- Basswood Canyon Rd. at Canyon North entrance;
- Rockwell & Briarcreek Dr.; and
- 100th St. & Rockwell Terrace corner.

If you notice any other maintenance issues in the neighborhood, please email or call one of the board members.

News from the Compliance Committee

**By Joyce Heidelberger •
Compliance Committee Chair**

The compliance committee is ever vigilant to correct problems that arise in the neighborhood. Most of

the time, these can be resolved through a little diplomacy and a conversation with the home owner. As Dan said in his President's message, if you feel that a neighbor is

not in compliance with any issue, please contact me. Let me talk to them and work through the proper procedures to get a positive resolution.

New Block Captain

We are happy to announce another new Briarcreek Block Captain. Her name is Laurie Allshouse. Laurie lives at 6713 Basswood Canyon Road and will be delivering newsletters and be the contact person for the

homes in the 6700 block of Basswood Canyon Road.

The strength of our neighborhood depends on volunteers, THANK



YOU for all those who volunteer in the neighborhood. You provide a wonderful service and we couldn't keep things running without you.

Dumpster Delivered for BNA Spring Cleanup

Its Springtime in Briarcreek! That means it's time for our annual spring cleanup.

When: Saturday, May 2nd.

Where: The vacant lot on Rockwell Terrace between Briarcreek Drive and Basswood Canyon Road.

Time: 7:30 am until noon.

It's time to pull those dead shrubs, manicure those bushes and trim up those trees. The dumpster will only be available from 7:30 am until noon on Saturday, May 2nd.

Dumpster Rules:

- Do not bring regular household trash. Normal trash service on Monday is for household trash;

- No refrigerators, freezers, air conditioners or other items containing Freon;
- No construction items (sinks, countertops, toilets).

Spring cleanup has become an annual, festive event for Briarcreek residents. It's a combination cleanup day and spring social. After a cold winter, it will be nice to get outdoors. BNA President, Dan Orza will be out puttering around the neighborhood in his 4-wheeler help-



ing haul items to the dumpster. So flag him down if you need help.

We need volunteers to help weed and work in the entrance beds. So, if you can help-please contact a board member. But, don't forget to take time out to stop by the dumpster site to enjoy the activities and food there. BNA will be providing coffee and donuts in the morning and pizza and drinks at noon.

Note: our treasurer will be available to accept neighborhood dues.

TRANS FAT : What Is It - Why Avoid It

Butter or margarine / Cool Whip or real whipping cream / Velveeta or real cheese? Over the years, we have been told one is health only to find out years later that its not.

Animal-based fats like butter and lard were once the main type of fats we consumed. Trans fat, also known as partially hydrogenated oils, was created by the processed food industry to replace natural fats and liquid oils, most notably in fast food, snack food, fried food and baked goods such as breads, cakes and cookies.

Partially hydrogenated oils have been used in food for many reasons. They increase product shelf life so things can stay on grocery

store shelves longer without spoiling and don't require refrigeration.

However, unlike other dietary fats, trans fats are not essential and do not promote good health. The consumption of trans fats increases the risk of coronary heart disease by raising levels of bad (*LDL*) cholesterol and lowering levels of good (*HDL*) cholesterol.

A study in the New England Journal of Medicine estimates that, in 2006, between 30,000 and 100,000 cardiac deaths per year in the U.S. were attributable to the consumption of trans fats. Health authorities worldwide recommend that the consumption of trans fat be reduced.

Since trans fats have been linked to many health issues, especially heart disease, follow these simple rules to avoid them when dining out or cooking at home:

- Avoid margarines. Most contain trans fats.
- Read the ingredient list on food. Do not buy items that list "partially hydrogenated oil" on the label, and opt for baked or air-popped instead.
- Limit processed foods and focus on fresh, whole foods.
- Use extra virgin olive oil as your main cooking oil and source of dietary fat. For a neutral-tasting oil, use expeller pressed, organic canola oil.

We're on the web!

<http://www.neighborhoodlink.com/okc/briarcreek>