

# The Linksletter

Spring 2021 Edition



## Upcoming Events

Several Links events are in planning for 2021. Date, time and details will be published via email in Links distribution.

## Contact Information

Please refer to your Links Directory for POC contact information for privacy protection.

A special thank you to all contributors to this edition and those who work to make the Links the great community that it is.

## Master Association Notes

### Links Community Improvements:

1. Community Center: Painting of the main room, entry hall and sitting room was completed in February 2021.
2. Charles Drive (road near the swimming pool) construction: The Developer stated that construction of the roads should be completed this spring:
  - a. A portion of the walking trails near the pool is torn up due to construction of Charles Drive. Repairs to the trails will be forthcoming.
  - b. With the construction of Charles Drive, the access to the swimming pool handicap spaces will be affected. The Board is working with the Developer and the design engineer to determine the extent and what repairs will be necessary.

### COVID Concerns:

The community center and gym were reopened for residential use on January 4 after the Governor lifted restrictions on gym closings. To improve the air quality in these spaces, the HVAC system was turned on to have the recirculation fan run continuously to increase air filtration. The Board is considering additional upgrades to the system to further enhance the air quality such as installing HEPA filters and a UV-C light. A fitness center sign-up calendar was put in place to ensure no more than two people are in the fitness center at any one time.

*Russ Arighi*

## Courtyards Development News

Wormald is constructing new homes on its last two lots. When these two homes are completed, the Courtyards community will reach 104 homes with seven lots remaining to be built out.

Our storm drainage study will kick off this spring; you may see some neighbors and maybe engineers walking around the neighborhood. Our goal is to identify potential underground issues that could be causing erosion or other issues before they become a critical problem.

Spring has sprung! Now that it is getting warmer, everyone is out more and focusing on projects outside the home. Please look around your property and exterior of your home and make sure there are no issues lingering from the winter. We all want to keep our community standards up and if you need help to clean, fix or trim you can always refer to the “*Recommended Service Providers*” list compiled by your neighbors. While we do not endorse any particular contract for any service, your neighbors have provided a good reference tool based on their experiences. And please remember that any outside improvement, repair or project needs an ARC request and approval.

*Russ Arighi*

## Welcome New Residents

Cardona, Priscilla & Manny	114	Brookside Ln.	Garrison Falls
Crutchfield, Donna & Mark	93	Brookside Ln.	Garrison Falls
Davidson, Mike & Beth	50	Cooper Ln.	Cumberland Xing
Laubach, Craig & Gail	76	Garrison Falls Dr.	Garrison Falls
Richwine, Irene & Michael	31	Battery Ridge Dr.	Courtyards
Schwartz, Joel & Robyn	7	Banner Ct.	Courtyards
Stambaugh, Sam & Julie	104	River Rd.	Cumberland Xing

*If you know of a new resident to the community, please inform **Jerry Wright** along with a contact email and/or phone number for the new resident. To respect privacy, Jerry will coordinate with our new resident to determine appropriate contact information for our directory and distribution lists.*

## Winter @ The Links



**And this was  
less than 6  
weeks ago!!**



## **NEWS ABOUT OUR COMMUNITY CENTER**

With the help of Blue Stone Staging & Design Co. and the residents' input, we have refreshed the look and feel of our Community Center! The new paint colors of Green Earth with eggshell sheen and Alabaster trim in semi-gloss, give our center a classic and sophisticated look. M & M Contractors spent the first few weeks in February painting ceilings, beams, walls, trim and doors. Community volunteers then lent a hand with final details, hanging pictures and wall decor.



While this is the first phase of the makeover, we look forward to completing it in the next few years. Please take an opportunity to stop by and check it out. We are hopeful that we can gather there again soon for all those fun social events!

*Community Center Oversight Committee*

## **Community Center Gym**

The events of this past year have been challenging from many perspectives causing our gym and community center to be closed for most of that time. Looking on the bright side, this downtime provided an opportunity to evaluate and improve our Links exercise facilities. Given the limitation on square footage available for equipment and exercise, a new set of dumbbells was added to complement our existing universal gym weight system. Although we had several pairs of dumbbells, our collection was not able to accommodate the wide range of weights required by residents interested in a progressive weight training program. The picture below shows the current dumbbell collection purchased last fall by the Master Association for weight training. A chart describing numerous dumbbell exercises and the muscle groups they isolate now hangs above the dumbbell rack to aid in constructing individualized weight training programs.

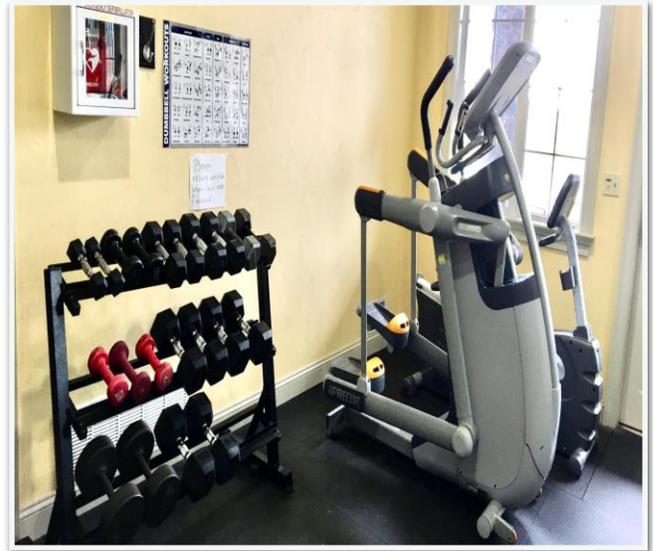
Regarding aerobic workout alternatives in the gym, we have two treadmills with adjustable speed and incline, two stationary bikes, and two ellipticals, which reduce the impact of running by replicating the natural elliptical motion path of the foot during walking and running. This past fall, we were alerted by one of our residents about an upcoming auction of Fort Detrick gym equipment. One of the items of interest was a commercial grade Adaptive Motion Trainer (AMT) by PRECOR. This machine has an adaptive stride length and fixed stride height to provide users of all fitness levels a wider range of movement during their workouts. The unit allows users to adapt their stride for a comprehensive cardiac workout. Since there was little demand for two stationary bikes, we replaced one of them with the AMT. We set our bid at 10% of the original retail price and our bid won. The

AMT is shown to the right of the dumbbell stand in the picture. All the aerobic exercise pieces of equipment in the gym are equipped with heart rate monitoring and all equipment except the treadmills require an AC power source. Several people have indicated a desire to have a rowing machine added to the gym equipment list for the future, which is under consideration.

In addition to the exercise equipment in the gym facility, attention has also been given to improving the air quality of the environment in the gym and Community Center as a whole. Currently, cleaning the ductwork, upgrading the HVAC filter system, increasing the number of air changes per hour (ACH) and adding an ultraviolet disinfection unit are under consideration.

Finally, in view of the need to limit the number of people using the gym facility to two during the COVID-19 recovery period, an internet-based sign-up sheet has been put in place for reservation of one-hour blocks of time. Links residents can access the gym sign-up webpage at [www.linkshoa.org](http://www.linkshoa.org), then click on *Community Center and Pool*, click on *Fitness Center Reservation* and enter the password.

*Community Center Oversight Committee*



*Expanded dumbbell collection and rack (5-50 lbs) and PRECORE Adaptive Motion Trainer*

## **Tennis/Pickleball Court Updates**



In mid-November, the Breneman Co. installed Elastomeric Rubberized Crack Filler in major structural cracks throughout the court surface. The areas addressed were the fence posts, net posts, and some smaller cracks on the inner court area. Further refurbishment in the future may be needed to maintain a playable surface.

Pickleball season is here! For those of you that are not familiar with it, Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, like a Wiffle ball, over a net. A group has begun playing on Tuesday mornings at 10 AM. Please come check it out.

A reminder to tennis or pickleball players to call the pro shop before playing so they can notify golfers on the range. Golf balls from the range have been known to fly onto the court! The ladies in the picture include Brenda Insalaco, Sue Bradshaw, Georgette Gut, and Pat Koziski.



*Community Center Oversight Committee*

## Yoga is Back



YAY! Spring is here and so are the vaccines! I am now fully vaccinated, and I hope you are too. I will be starting yoga classes again in April at the Community Center. We'll continue to keep everyone as safe as possible by keeping fresh air circulating and moving pool side when the weather allows.

### **Classes will begin Friday April 22 at the Community Center**

**CHAIR YOGA - 9 AM Thursday, April 22**

**MEN'S YOGA - 9 AM Friday, April 23**

**LADIES YOGA- 10:30 AM Friday, April 23**

Classes are taught by Brenda Insalaco (info for anyone new to the neighborhood). All are welcome! For any questions, please contact *Brenda* at [brenda3slp@yahoo.com](mailto:brenda3slp@yahoo.com).

## Links Pool Committee

Mary Thompson has stepped down from managing and overseeing the pool activities after many years of faithful service. We thank Mary for her time and contributions. The Pool Committee has stepped up and is now taking over those responsibilities. The committee is in the process of creating its own email address: [LinksPoolCommittee@gmail.com](mailto:LinksPoolCommittee@gmail.com). Stay tuned for upcoming information on the pool opening and other summer activities.

*Links Pool Committee*

## Links Garden Club



The Links has a parcel of land by hole #6 and #7 that Rick Klein has allowed our residents to plant gardens on plots approximately 20 by 30 feet. The Links Garden Club started out in 2008 with 12 gardeners, and this number has shrunk at times to only the hard-nosed gardeners. This next year will be our fourteenth year of growing vegetables for families who just want to have garden fresh tomatoes, cucumbers, green beans, onions, lettuce, peppers, beets and zucchini. It is hard work, but when the harvest comes in, BLTs are to die for with freshly grown tomatoes. We do have to combat the elements including varmints, pests, drought, and **WEEDS**, but when we get a harvest, it is very satisfying. The zinnia flowers we plant have been beautiful and attract butterflies and hummingbirds.

*Bruce Bradshaw*

# Many Links Activities on Pause

## Resumption of Activities will be Announced via eMail.

**Billiards League** on Monday evenings during the summer. (Gil Clark)

**Chair Yoga** Thursdays, 9 AM at the CC. (Brenda Insalaco)

**Family Activities Committee** organizes seasonal activities. (TBD)

**Ladies Book Club** at the CC at 10 AM on the fourth Wednesday of every month. (Claudia Clark)

**Ladies Breakfast** on a Thursday at 9:30 AM each month at the home of a Links hostess (Betsy Dougherty)

**Ladies BUNCO Group:** call organizer for more details. (Colleen Arrighi)

**Ladies Mahjonnig Group** on Thursdays, 2-4 PM (Linda Feldman)

**Ladies Second Tuesday Club** on the second Tuesday of each month, at 10 AM in the CC (TBD)

**Ladies Yoga Class** at the CC Fridays, 10:30 -11:30 AM (Brenda Insalaco)

**Men's Breakfast** on a Thursday each month at a local Gettysburg restaurant, aligned to the Ladies Breakfast schedule. (Stu Kravits)

**Men's Cigar Club** monthly, usually Thursday' 7-9 PM on patio outside the Pro Shop. (Joe Hunter)

**Men's Yoga Class** at the CC Fridays, 9-10 AM (Brenda Insalaco)

**Pickleball** at 10 AM on Tuesdays at the Tennis Court (Brenda Insalaco)

**Produce Gardens** -- takes place in the warmer months. (Bruce Bradshaw)

**Red Hat Divas** monthly outings and activities. (Barb Greeley, Queen Diva) TBD)

**Social Activities Committee** schedules Last Fridays and other events throughout the year (Sal Ferlisi)

**Wine Club** at the CC, on Saturday afternoon, once a quarter. (TBD)

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This newsletter serves the entire Links community. Residents are welcome to contribute articles, photographs, and suggestions/feedback to the Links Newsletter. Please contact Jerry Wright or Kay Larson via email or phone.