

The Pipeline



THE OFFICIAL NEWSLETTER
OF PARKWOOD TERRACE SUBDIVISION

SPRING
is in the
AIR!



Happy Spring!

When many of us think of “**Spring**” we think about spring cleaning...cleaning room by room, decluttering and organizing, tackling seasonal chores by power-washing and painting our home, and getting our lawn/yard in tip top shape. What we don’t think about is **Spring Cleaning Our Health**. It is time to move more and sit less, eat healthy foods, get plenty of sleep, and talk to your doctor about family health history.

March is **Women’s History Month** and was set aside to honor women’s contributions in American history. Reach out to women in your family...your mother, grandmother, aunts; ask them to share their inspiring stories with you about how far they have come in terms of recognition, and equal rights. Volunteer your time by helping at local shelters or community centers for disadvantaged women, and support women-owned businesses. There are many ways you can contribute meaningfully and make a difference.



PTIA Annual Dues Increase: In January 2023 each homeowner received a letter regarding the Proposed Amendment Process as well as the Proposed Amendment to Increase Annual Dues, from \$36 to \$50 beginning July 1, 2023. **Voting** will take place at the PTIA Meeting, Monday, April 3, 2023 at 6:30 p.m. via Zoom. ***Please note that only paid PTIA members can vote.***

Parkwood Terrace Amended Restrictions: We have finalized our Amended Restrictions. These revisions will include all three (3) filings in Parkwood Terrace. The purpose of the Acts of Restrictions is to maintain the uniform plan of development, preserve property values, quality of life, and preservation of the natural beauty of the neighborhood. **I encourage each of you to attend the April 3, 2023 PTIA Meeting to learn about the next steps in this process.**

Please be sure to contact me, the Executive Board or your street captain directly with any questions or concerns you may have.

Cynthia D. Miller, President

PTIA Executive Board

Cynthia D. Miller
President

Tasha McClain
Vice President

Vallory Hills
Secretary

Linda Stokes
Financial Secretary

Rose Cusic
Treasurer

Cherryl Montgomery
Zoom Coordinator

Eddie Young
Parliamentarian

PTIA
P. O. Box 874
Baker, LA 70704

Email: ptia.baker@gmail.com

THE PIPELINE (E-Newsletter)

**IS ISSUED TO ALL RESIDENTS
OF PARKWOOD TERRACE SUBDIVISION**

**HARD COPIES OF THE PIPELINE
WILL ONLY BE PRINTED FOR NEIGHBORS
THAT DO NOT HAVE AN E-MAIL ADDRESS**

March is the equivalent of September in the Southern Hemisphere. Every year, March and June finish on the same day of the week. March is the time of year when animals start waking up from hibernation. The name for March comes from Mars, the Roman god of war.

Put Your Best Fork Forward!

March is National Nutrition Month

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.

Week 3: Stay nourished and save money.

- See what food you have at home before purchasing more.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.



March Birthdays

Barbara Allen
Warner Anderson
Thomas Bennett
Clara Brooks
Esie Brown
Joyce Brown
Bridget Curtis
Joyce Ellis
Lois Farris
Trini Gibson
Mack Hilton
Deloris Jackson
Carolyn Brown James
Georgia Jenkins
Judy London
Admon McCastle
Robert Montgomery
Derick Rheams, Sr.
Laura Scott
Danice Sims
Willard Singleton
Monteic Sizer
Sarah Square
Elvin Stewart
Carolyn Thompson

CAST YOUR VOTE!

(For or Against)

To Increase PTIA Dues
from \$36 to \$50 per year
Effective July 1, 2023

When: PTIA Meeting
Monday, APRIL 3, 2023
6:30 p.m. via Zoom

PTIA & Crime Prevention Meetings
Meetings Begin at 6:30 p.m.

Apr., 3, 2023 - PTIA (Via Zoom)

May 1, 2023 - PTIA (Via Zoom)

June 5, 2023 - Crime Prev.
(Baker Library & Via Zoom)

NEWSLETTER COMMITTEE: Bridget Riley, Chair
Vallory Hills | Cheryl Montgomery