

# Dunwoody North

CIVIC ASSOCIATION

DUNWOODYNORTH.ORG · NOV 2017

## A Spiritual Haven

### MEDITATION GARDENS — SPIRITUAL RETREAT IN YOUR OWN YARD...

By Jackie Willey

For most people the primary purpose of a meditation garden is to provide a quiet place where you can renew your body, mind and soul. A meditation garden should be a temporary reprieve from stress and a place where you release tension. To achieve this, you need to let all family members know that the meditation garden is a quiet place where arguing, fussing and fighting are not allowed. You can enjoy your garden alone or invite your kids to bring a book, drawing materials or any other items they enjoy during quiet time.

There are many elements that can be included in a meditation garden to make it your perfect retreat.

- ☞ **Water:** Water is peaceful and has a calming effect. It is also useful in blocking out noise. A note of caution is that standing water attracts mosquitoes, especially in the summer, so any water that is used should be flowing, as in a fountain.
- ☞ **Simplicity:** Keep your meditation garden simple and clutter free. Study after study has shown that for most of us, clutter causes stress.
- ☞ **Separation:** It is important to create a sense of separation from the rest of the yard. This means clearly marking off a space through the use of hardscaping, paths, etc.
- ☞ **Maintenance:** Keep it low maintenance. The last thing any of us needs is one more thing to maintain.

Dunwoody North is home to a number of Meditation Gardens, including one at the home of Joan Vernor and her husband Jim. Joan is a dedicated gardener and a



*Joan Vernor enjoys a moment in her meditation garden.*

Remember, New 2017 Neighborhood Directories are included free with your annual membership.

ARE YOU READY FOR THE 3RD ANNUAL HOLIDAY DECORATIONS CONTEST - SEE BACK FOR MORE DETAILS...

# President's Message



By Gerri Penn - DNCA President  
President@DunwoodyNorth.org

Dear Neighbors,

Holiday time is just around the corner. The Board and I want to wish you Happy Holidays and hope that they will be joyous and safe.

In order to protect your home during the holiday season and year-round, make sure your newspapers are not left in your driveway. Leaving newspapers lying in the driveway is a welcome sign for thieves. I make arrangements with my neighbor to pick up all newspapers when we go out of town. For newspaper subscriptions you can request a temporary delivery stop and the post office can hold your mail on request as well. If you receive presents or make purchases, please cut up the box into small pieces and recycle or put in your trash. Large new boxes from TVs, etc. are a great invitation for thieves. If you are going on vacation, you can go to the Dunwoody Police web site and sign up for vacation watch.

I have noticed that some people wear dark clothing when walking at night. I have also noticed dark colored dogs being walked at night and not wearing light up collars which can be easily purchased on Amazon. Please be safe when walking, use a flashlight and walk facing oncoming traffic.

We have coyotes in our neighborhood so please be careful with your cats and dogs. It breaks my heart every time I get an email of a missing pet.

By the time you receive this newsletter, members should have received the 2017 Directory. I want to thank all of our advertisers, Judy Hofer and her Neighborhood Watch Volunteers, Julie Horowitz and Daine Pearson for making this Directory possible.

Please become a member of DNCA for 2018 and pay your \$20.00 by mail (**membership form included with this newsletter**) or on line at our web site, [www.DunwoodyNorth.org](http://www.DunwoodyNorth.org). If you are mailing your \$20 dues, please send to DNCA Treasurer, 4661 Stonehenge Drive, Atlanta GA 30360. Check should be made out to DNCA. All memberships that are financially up to date will have a Directory mailed to them.

Thank you in advance for your support of the Dunwoody North Civic Association and our neighborhood.

If you have any program suggestions for our Annual Meeting in February, please email me at [President@DunwoodyNorth.org](mailto:President@DunwoodyNorth.org).

Happy Holidays!

Thanks. Gerri Penn  
President

## Neighborhood Watch



This has been a very eventful year for many, myself in particular. Our push to provide an updated Directory was confounded by the sudden and unexpected death of my husband. I want to thank all the dedicated block captains and also the Board members who stepped forward and volunteered to canvas the streets where I had no block captains. I really appreciate everyone's willingness to help out in an emergency. This is really a wonderful neighborhood.

That doesn't mean that no crimes occur here. We have had mailbox pilfering and plundered cars with valuables stolen. Most of the cars had been left unlocked and the mailboxes had had mail placed in them the night before. **None of that should matter - we should be able to do those things, but unfortunately times have changed.** Consequently, I again urge everyone to take reasonable precautions. Please don't leave valuables visible in your cars, and lock your vehicles and homes, even when you are inside. Put mail out in the daytime, not the night before, particularly if checks are enclosed. Better, drop it in a USPS box. If you see or are the victim of a crime, call 911 and then call me at 404-402-9354.

There are several new developments in Dunwoody. One is the Civilian Police Patrol. They are volunteers who drive around in white Crown Victorias, and they are also the individuals who check your home if you register your vacation with the Dunwoody Police.

The police have also instituted a new program called **[www.Smart 911.com](http://www.Smart911.com)** for which everyone can register to input personal health and home information, so that in the case of a 911 event, the first responders already have a great deal of information before their arrival on the scene.

In addition, there is an opportunity to register for CodeRED mobile alerts which will notify you in the event of a local emergency, like a boil water alert.

## Neighborhood Watch Continued...

The role of the Neighborhood Watch is to inform everyone in the neighborhood about crimes that directly affect us. We do not report missing pets, although if you email the president, she/he can send out an email blast, hopefully with a picture, to everyone who has given us an email address. We do not advise of missing children - that is dealt with by an Amber alert.

We are in the process of updating the CallingPost list and setting up a text messaging system, as well as an enlarged email blast list. The CallingPosts cost almost \$100 per call, cannot include pictures, and can only last 70 seconds. So, if you're wondering why the message seems to go by so quickly, that is your answer. Also, if I'm not informed in a timely manner, there is no point in doing a CallingPost for a single event. The purpose is to get the message out quickly, so the perpetrator may be caught. An email notification system will be ideal as it will allow us to include pictures of lost or stolen objects and the cost is diminished.

**However, no notification system can be 100% accurate unless you notify us when you change phone numbers, drop your landline in favor of a cell phone, change your email, or move away. Please help us to help you.**

Please keep in mind that the Dunwoody North Civic Association provides the financial support for Neighborhood Watch, so if you are not already a member, please consider joining. We all benefit from the Neighborhood Watch and many other programs that the Civic Association supports.

Thank you, Judy Hofer  
Neighborhood Watch Chairwoman  
404-402-9354

[NeighborhoodWatch@DunwoodyNorth.org](mailto:NeighborhoodWatch@DunwoodyNorth.org)

### TRASH PICKUP

- PLEASE DO NOT PUT YOUR TRASH, RECYCLE, AND/OR YARD DEBRIS OUT TO THE CURB BEFORE 5 PM THE NIGHT BEFORE PICKUP.
- ANY YARD DEBRIS LIKE LIMBS AND SMALL BRANCHES MUST BE BUNDLED OR PUT IN CANS OR BAGS. THEY WILL NOT PICK UP A BUNCH OF DEBRIS LEFT AT THE CURB IN A HUGE PILE. YOU CAN CALL SANITATION FOR SPECIAL PICK UP FOR DEBRIS OR TREES THAT HAVE BEEN CUT DOWN. THE NUMBER FOR SANITATION IS 404-294-2900.
- PLEASE KEEP OUR NEIGHBORHOOD BEAUTIFUL BY FOLLOWING THESE SIMPLE RULES.

## Values

Lyn Coltman

I recently met some new neighbors and was struck by their enthusiasm and delight when talking about Dunwoody North. This couple has lived overseas, in New York City and other parts of the U.S. When they arrived in Atlanta, they lived in an apartment close to Dunwoody North.

Living there convinced them that this lovely neighborhood was where they would like to settle. They spoke of the proximity to Brook Run Park, the genuine friendliness of the people around the area, plus the ease of access to downtown and shopping. As a long-time resident, I am so pleased they are as happy as I am living here.

The value of our neighborhood is coming into its own and it's reflected in recent home sales. Prices have risen steadily, and many have sold within a few days of being listed.

Keeping our homes and yards tidy and well-maintained shows pride of ownership and a caring community. This impresses potential buyers in addition to making our environment pleasant for us.

Let's all contribute to our neighborhood and its value.

### WANTED: Beautification needs a Photographer!

For the Holiday Contest. You would take photos of the ten nominated homes between December 4 and December 13. We currently use cell phone photos but want to enhance the quality for our newsletter and website. Contact Pat Cloud: 404-316-2057



Path winding through the Vernors meditation garden

## Meditation Garden Continued...

member of the Beautification Committee. I recently spent some time with Joan and asked for her advice in creating a meditation garden. Here is what she had to say:

### What type of prep work was needed before you created your garden?

Joan: First we marked off the area to be used for the garden. Then we brought in about ½ of a dump truck filled with dirt to cover an area that is approximately 25 x 20.

### What plants did you use in your garden?

Joan: We hired a landscape coordinator (Leslie Robson of Dragonfly Landscaping) to help us design and create our garden. We used Leslie about five years ago to put in a Tennessee fieldstone front walk. I explained to her that I wanted a meditation walk on a patch of ground in the backyard where nothing would grow. After bringing in the soil, I laid out the path of the walk with chalk and she dug out the path and lined it with red crushed rock. To keep the space low maintenance Leslie planted mostly perennials...

Visit the DNCA website to read the full story by Jackie Willey:  
[www.DunwoodyNorth.org/Meditation-Gardens](http://www.DunwoodyNorth.org/Meditation-Gardens)

# 3rd Annual Holiday Decorations Contest



## READY, SET, DECORATE!

The holiday season is just around the corner. Time to untangle those light strings, dust off your ornaments and get creative with your home decorations! Early in December the Beautification Committee will select 10 homes to be entered in the 2017 Holiday Decoration contest. Following are the guidelines for the contest:



4538 Sharon Valley {2016 West Side Winner}



2508 Briers North {2016 East Side Winner}

- ☞ Have your exterior holiday decorating completed by midnight on December 3rd.
  - ☞ Registering your interest in the contest will make the notification and photographing jobs more efficient for the Beautification Committee. To register your interest in advance email Pat Cloud: [Beautification@DunwoodyNorth.org](mailto:Beautification@DunwoodyNorth.org). Pre-registration is not required. All homes will be considered regardless of pre-registration.
  - ☞ The committee will nominate 5 houses from the Dunwoody North area on each side of Tilly Mill (10 total nominees). Residents are not eligible for the award in consecutive seasons.
  - ☞ Photos of the houses will be posted on the DNCA website by midnight December 13th.
  - ☞ Residents are invited to tour the neighborhood to select one house from each side of Tilly Mill as their vote for Best Holiday Decorations.
  - ☞ Residents will visit [www.DunwoodyNorth.org](http://www.DunwoodyNorth.org) to vote for their 2 favorites. One vote per email will be tallied to determine the winners, one on the west side of Tilly Mill and one on the east side of Tilly Mill. Voting deadline is midnight December 20th.
- Winners will receive a prize and be posted on the DNCA website.

Visit the DNCA website for more information, updates and voting:  
[DunwoodyNorth.org/Holiday-Decorations-2017](http://DunwoodyNorth.org/Holiday-Decorations-2017)

If you have questions, contact us at: [Beautification@DunwoodyNorth.org](mailto:Beautification@DunwoodyNorth.org)

Or call Pat Cloud at 404-316-2027

### Volunteer and High School Community Service Hours Opportunity

The Beautification Committee would greatly appreciate help with the planting and maintenance of our four Dunwoody North monuments. As little as an hour a week would be beneficial and highly valued. We welcome volunteers from any group – high school students, Boy Scouts, Girl Scouts or just neighborly gardeners! To volunteer contact Pat Cloud: 404-316-2057