

W I N T E R 2 0 1 6

Haw Creek

Community Association Newsletter

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HCCA Annual Meeting January 21, 2016

Join us on Thursday, January 21, 2016 at St. John's Episcopal Church, 290 Old Haw Creek Rd. when we unveil our 2016-event calendar , which has many exciting events for all ages, and discuss our 2015 and 2016 budgets. The evening will start with a social hour from 6-7pm with appetizers and warm apple cider; the business meeting begins at 7pm. Guest speaker this year will be Asheville Chief of Police, Tammy Hooper.

Two officers have stepped down from the board and we will have elections for Secretary and Treasurer. We hope you will join us, get involved in your community association and make new friends.



Library Update

On December 1st, Jeanie Martin presented information to the County Commissioners regarding the need for a new East Asheville Library. Approximately 35-40 East Asheville residents showed up in support. To hear Jeanie's presentation and to hear Mitchell Cohen read his award winning essay on his "Ideal Library" you can watch the video below starting at about 5:45. <https://www.youtube.com/watch?v=4scczHWA2t0>



Your Board

Lisa Thomson, President
 Kim Masnick, Vice President
 Jeanie Martin, Secretary
 Ben Moore, Treasurer
 Barber Melton, At-Large
 Anita Rose, At-Large
 Linda Stanton, At-Large

hawcreekn@gmail.com

hawcreekn.wordpress.com

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Little Free Library

Lisa Thomson

What is a Little Free Library and what's so special about it? A Little Free Library is a "take a book, return a book" free book exchange and we are very fortunate to have one in Haw Creek.

Erected on Bethesda United Methodist Church property by Missional Wisdom Foundation, this "little library" is for all those in Haw Creek and is stocked with books for you



to read. The "library" is located along the cemetery fence next to the church.

Please stop by 315 Old Haw Creek Rd take a book, leave a book and enjoy Haw Creek's Little Free Library.



1011 Tunnel Road
 Asheville, NC 28805
 Home Trust Bank Plaza
 (828) 505-7531

www.coppercrownavl.com

Monday	11:00AM - 10:30PM
Tuesday	CLOSED
Wednesday	11:00AM - 10:30PM
Thursday	11:00AM - 10:30PM
Friday	11:00AM - 12:00AM
Saturday	11:00AM - 12:00AM
Sunday	11:00AM - 10:00PM

Our focus as a small neighborhood restaurant is to have something on the menu that everyone will enjoy. Our cuisine pays homage to New Orleans, Italy and the American south while also utilizing the relationships that we have built with local farmers over the years. We offer a casual lunch menu, a diverse dinner menu with many options in all price points, a full bar and brunch on the weekends.

How to Contact Asheville Police

Emergency: Dial 911
 Non-emergency: 252-1110
 Crime Prevention: 259-5834
 Haw Creek Community Resource
 Officer: Ryan Justus
 230-3827
 or
RJustus@ashevillenc.gov

Spotlight on East Asheville

Linda Stanton

East Asheville's newest restaurant, The Copper Crown, opened October 17th at 1011 Tunnel Rd. Named for the ornamental roof at their Home Trust Bank Plaza location, the space formerly occupied by Azalea Café and 1011 Pizzeria has been transformed and has a fresh, modern-retro feel. Copper Crown is a family endeavor, the brainchild of Chef Adam Bannasch and his wife and General Manager, Kate. The Bannaschs live in the Beverly Hills neighborhood; sons Max and Milo attend school at Evergreen Charter in Haw Creek. Living in the area has given them insight into the need for more dining options in East Asheville.



Adam and Kate hope the Copper Crown will become a true neighborhood bistro with a little something for everyone. “A family of four could come in early and have a nice, reasonably-price meal together, a couple could come in later for a fancy date dinner and a group of friends can stop by after the movies for cocktails,” Kate says. Copper Crown offers high-quality food comparable to many downtown restaurants but without the drive and parking concerns, and for a better value. They have table, booth and bar seating as well as a twenty-seat patio.

The restaurant serves New American Cuisine with New Orleans-inspired flavors and a southern flair, sourcing many ingredients from local farms and vendors. Lunch service from 11 am – 3 pm is designed for a quick turnaround with call ahead, sit down and take-out options. “Happy Hour” from 3 – 5 pm offers a limited menu with several signature dishes such as red beans and rice and crawfish etouffee available as a snack or full meal. The dinner menu has both larger and smaller plates, giving diners the option of a traditional entrée or to create their own with several small plates. Kate relates that there is a trend in restaurants toward small plates, “It gives people options, they can try more things, share and aren’t married to one large entrée.”

Brunch is offered both Saturday and Sunday beginning at 11 am featuring loaded hash browns, shrimp and grits, omelets as well as salads and po’boys. A comprehensive bar features signature cocktails such as the *Copper Cup*, a refreshing gin and citrus concoction. There are eight beer taps and other bottled beer options and a wine list with both new and old world wines chosen to pair well with the food. Specials are offered through the week such as Burger & Beer Night on Sundays with \$1 off burgers and beer. They plan to begin offering wine tastings on Thursdays soon- stay tuned for more. Come see your neighbors at the Copper Crown for a great meal or a drink, right here in East Asheville!

Flu FAQ

Brad Melson, PharmD
Pharmacist at Blue Ridge Pharmacy

Cough, cold, and flu season is upon us! Even healthy people are susceptible to the flu, and it can be serious. Everyone 6 months and older should get a flu vaccine unless it is contraindicated due to severe allergic reaction or previous adverse reaction to a vaccination. Protect yourself, your coworkers, and your loved ones by washing your hands often and getting a flu vaccine this season!

What is the flu?

Both the flu and the common cold are highly contagious viruses, not bacteria. This is why antibiotics do not work.

When should I get vaccinated?

As soon as vaccines are available each year (usually September), but at least by October. It takes 2 weeks for your body to fully develop immunity from the vaccine.

Can the flu be treated?

Antivirals, such as Tamiflu®, can help shorten the duration of flu symptoms when started

within 48 hours of symptom onset. Fever and pain can be treated with Tylenol® (acetaminophen), Advil® or Motrin® (ibuprofen), or Aleve® (naproxen). A dry cough and sore throat can be treated with cough medicine such as Delsym® (dextromethorphan), cough drops, and throat lozenges.

****Caution**** Read over-the-counter (OTC) labels carefully as many flu and cold products contain multiple and similar ingredients which can be dangerous when taken together. Always talk to your healthcare provider or pharmacist before taking any OTC medication.

How do I know if I have the flu or a cold?

Please see the chart below to help you determine if you have a cold or the flu. If you think you may have the flu, you should call your doctor’s office for guidance as certain populations are at a higher risk for serious complications. Only your physician can offer a definitive diagnosis.

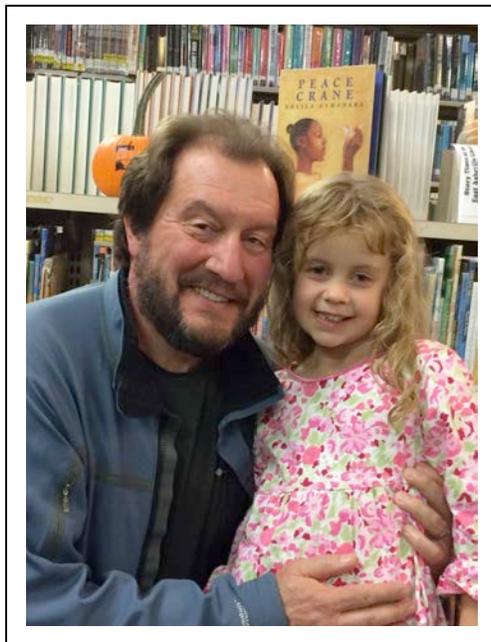
Symptoms	Common Cold	Flu
Tired?	Mildly	Moderately to severely
Fever?	Low grade or none	Higher than 100°F
Chills?	Rare	Common
Body aches?	Slight	Usual and often severe
Headache?	Less common	Common
Sore throat?	Common	Less common
Cough?	Hacking cough with mucus	Dry, tickly, unproductive cough
Chest discomfort?	Mild to moderate	Often Severe
Stuffy nose?	Common	Less common

2016 HCCA Annual Dues

Did you know Haw Creek Community Association's annual dues are only \$12.00 per calendar year? They are payable the 1st of January and can be paid in person at our annual meeting, through PayPal by going to our web site www.hawcreeknc.wordpress.com or mail a check to: HCCA, PO Box 9193, Asheville, NC 28815.

We do many events each year, some of which are member only; our annual BBQ offers a member discount on dinners; we have four newsletters, one, which is mailed, and three via email. Look for our event calendar in this newsletter, at the annual meeting, on our web site and Facebook page.

We are a great community and hope as a resident you join HCCA.



Your Dream Library Contest Sponsored by Friends of the East Asheville Public Library

Lucia Hess, age 5 pictured at left with her father, was the winner of the Grade K-2 drawing contest for the new library. She won a gift card from Dancing Bear Toys!

Mitchell Cohen, age 8 pictured above with his parent Kim and Dave, was the winner of Grades 3-5 essay contest. Mitchell won \$25.00 and read his essay to the County Commissioners at their monthly meeting on December 2.

Congratulations to our winners.

Natures' Corner

Groundhogs – Our only true hibernators

Jeanie Martin

We know them by a few different names – groundhogs, gophers, woodchucks and whistlepigs. I often see them beside the roads here in Haw Creek standing up on their back legs and chewing wild greens. They also eat acorns, fruit, snails, insects and any garden plants they can steal. The groundhog prefers open country and the edges of woodland. With development and clearing of forests, habitat for these critters has expanded and the groundhog population is probably higher now than it was before the arrival of European settlers in North America.

Groundhogs are the largest member of the squirrel family and have been a source of food, clothing, medicine, and music for generations of Appalachian folk. When I worked as a home health nurse in Henderson County, a few of my elderly patients sung the praises of groundhog meat. The fat would be rendered out before cooking and was used for medicine. People rubbed it on their bodies and claimed it was good for achy joints and for chapped skin in the winter. I was gifted a small jar of groundhog grease one year. I infused some medicinal herbs into it and that salve was one of the best I ever made. Stinky too. Groundhog skins have been made into banjo heads and my friend Doug Elliott has shoe-laces made from the tanned hide of a groundhog. What a useful creature for mountain people.

The groundhog's burrow is cleverly excavated. The main entrance is usually under a stump, a big rock or sometimes your house. The main tunnel can go six feet underground and be up to 40 feet long with a sleeping chamber, toilet chamber and several escape exits. The burrow is used for sleeping, rearing young and hibernating.



During the fall the groundhog is putting on the last bit of fat it will need before retiring to its burrow to hibernate for the winter. Several individuals may live in one burrow. They are the only true hibernators in these parts and around first frost a groundhog will begin a long winter's sleep. It lowers its heart rate to 4 beats per minute and it lowers its body temperature down to 38 degrees. Living on its fat stores, it will lose up to half of its body weight by the time it wakes up in late winter or early spring. The breeding season is from early March through mid-April. One month later 2-6 kits are born blind and hairless. They are weaned and ready to build their own burrows by 6 weeks of age.

In the wild, groundhogs can live up to six years with two or three being the average. Coyotes, fox, hawk, bobcats and dogs are their predators and cars hit many as they graze beside the road. At this time of the year in Haw Creek groundhogs should be in a deep sleep dreaming of spring sunshine and dandelions greens. Have a peaceful and restful winter yourselves dear neighbors.



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Council on Aging

Zoe Trout

Call A Ride (CAR) is a volunteer transportation program that provides rides to seniors who can no longer drive or access public/community transportation (ART, Mountain Mobility, etc.). Volunteers use their own vehicles to transport seniors to their appointments, the grocery store or to meet other needs such as haircuts or voting.

Socializing with seniors volunteers provide social interaction, mental stimulation, and emotional support to local seniors. The roles of the socializing with senior's volunteers are to keep the senior connected with the community and the outside world, and to reduce the individual's sense of isolation. Volunteers assist a senior in maintaining feelings of independence and self-worth, and to increase their social contacts while maintaining professional boundaries.

If you can volunteer contact Zoe Trout, Volunteer & Development Coordinator, (828) 277-8288 ext. 308

Asheville's Neighborhood Leadership

During 2016 calendar year, the Coalition of Asheville Neighborhoods (CAN) will have a program scheduled for every other month, which will alternate with business meeting for the other months. These programs will provide you with an opportunity to engage Asheville's leadership to discuss current and emerging neighborhood-based issues or perhaps preferences that are most important to you.

Our January 11th meeting will have the newly elected members of Asheville's City Council. With an informal format and joined by your fellow neighborhood leadership, you will have an opportunity to ask questions, voice concerns and get to better know these members of Council.

Where: Oakley Community Center
Located behind the Fire Station and below the library
749 Fairview Rd

When: Monday, January 11th
7:00pm-9:00pm

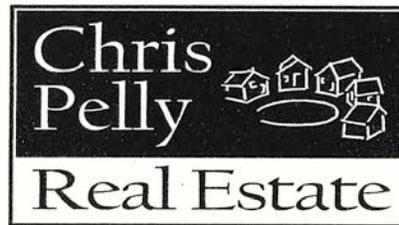
Empowering Neighborhoods since 1986, CAN is a 501(c)3 non-profit, all volunteer umbrella organization serving Asheville's neighborhood organizations.

Shop With A Cop

On December 15 Chief Hooper, APD Officers and APD Explorers took 3 elementary school kids shopping for Christmas at Target! Darth and the storm trooper insisted on a photo bomb. One of the APD Officers is Haw Creek Community



Resource Officer, Ryan Justus (far right).



828-231-3704

chris@chrispelly.com

www.chrispelly.com

Comprehensive Plan & Unified Development City of Asheville Barber Melton

Why Haw Creek residents must come together and make their ideas for how we will look 5 years from now as a neighborhood and what will changes to the UDO do to my property values, way of life, traffic, infrastructure, etc.

The Haw Creek Community Association was present at a forum sponsored By Coalition of Asheville Neighborhoods and the Neighborhood Advisory Committee that was designed to prepare all of the Neighborhoods in the city for the upcoming revisions that will be done over at least a 2 year period to upgrade the UDO and the Comprehensive Plan. We had 27 other neighborhoods there along with Planners, other City Staff, presentations were done by neighborhood associations that have registered plans for their community that took hard work, community input over several years, and then was accepted by City Council. Why should we care? If you do not have a plan in place, commercial intrusion into neighborhoods is being tried all over Asheville, people that live in the neighborhood should have a say as to how it will grow or change. We do not want a consultant or City staff to be the only persons with input on Haw Creek. Comprehensive Plan tells the City what residents want to see for their future and is a guide. The UDO is an ordinance (law) and will impact us because the City wants to have much more density among other things in Haw Creek and other areas. We must chart our own future.

I don't want 8 or 16 units per acre, I don't want our roads so clogged we can't get in and out of the valley - these are just a few things that will be dealt with. But I urge you when the Haw Creek Association meets in January please be there to hear and ask questions. The RFP is ready to hire a consultants group from out of town or state to get this process started.

Barber Melton, is a Haw Creek Board member, member of Neighborhood Advisory Comm. and Co-President of Coalition of Asheville Neighborhoods.

2016 EVENT CALENDAR

- JANUARY,** **Thursday, 21** - Annual Meeting 6:00 pm, finger food, 7:00 pm business meeting
St. John's Episcopal Church, 290 Old Haw Creek Rd.
- MARCH** **Saturday, 12** – Pot Luck Supper, 6:00 pm
St. John's Episcopal Church, 290 Old Haw Creek Rd.
- APRIL** **Tuesday 12** - Educational Program, 7:00 pm
St. John's Episcopal Church, 290 Old Haw Creek Rd.
- MAY** **Saturday, 14** - Spring Yard Sale, set-up 8:00 am, sale 9:00 am - noon
(rain date 21th)
St. John's Episcopal Church, 290 Old Haw Creek Rd.
- JUNE** **Tuesday, 21** - Board meeting, open to the public
St. John's Episcopal Church, 290 Old Haw Creek Rd.
- JULY** **Tuesday, 19** - Annual BBQ, 5:30 – 7:30 pm
St. John's Episcopal Church, 290 Old Haw Creek Rd.
- AUGUST** **Tuesday, 2** - National Night Out, 6:00 – 8:00 pm
Bullman Park, (East Asheville Event)
- SEPTEMBER** **Saturday, 10** – Ice Cream Social, 2:00 – 4:00 pm
St. John's Episcopal Church, 290 Old Haw Creek Rd.
- OCTOBER** **Saturday, 22** – Cider Fest, 6:00 – 8:00 pm
St. John's Episcopal Church, 290 Old Haw Creek Road

Once again Haw Creek Community Association would like to thank St. John's Episcopal Church for welcoming HCCA and the use of their fellowship hall in 2016. Being left without our community center, which was leased to LEAF for 5 years at \$1.00 per year, we would not be able to offer our community these events without St. John's Episcopal Church.