

BAY WINDS

NEWSLETTER

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VOTE! VOTE! VOTE!

LETTER FROM THE EDITOR

Labor Day has come and gone and that's the official end of summer. September is our last month before we start rolling into the holiday madness. Before we do that though, there is one thing we have to do...vote on a new Selby Community Association Board. As with any election, this is the Selby resident's responsibility and privilege to vote on a community board that will represent the Selby community. It's also a great time to find out information about your community and ask a few questions that have been bugging you all year.

Selby elections are Sunday, 20 September down at the clubhouse from 3:00pm to 6:00pm. A private rental will be finishing up about that time so we're going to start outside if the weather is willing. As soon as we can, we're going to move inside the clubhouse, break out the munchies and flip on the Ravens game. It'll be a great time to get together and meet new people. Beverages WILL NOT be provided so make sure you bring some for you and the kiddos.

What kind of information will be available during elections?

There will be information about the digital communication in Selby. We're everywhere! If you would like to help with a community event like the Christmas party, then there will be sign-ups for that. There will also be a suggestion bucket for any ideas that folks may have. Looking forward to seeing everyone on Election Day!!

Tracie D'Angelo



SEPTEMBER

- All American Breakfast Month*
- Children's Good Manners Month*
- Eat Chicken Month*
- Happy Cat Month*
- International People Skills Month*
- World Alzheimer's Month*
- National Children's Obesity Month*
- National Mushroom Month*
- National Rice Month*
- Self Improvement Month*
- Women's Friendship Month*

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Club News

Zumba

Zumba is back on the schedule, but on a new night! Zumba is now on Thursday evenings at 6:30pm until 7:30pm. Summer is over and now it's time to get in shape. Start a good routine now because the holidays will be on us before you know it! Zumba runs for 7 weeks for \$56 and has a drop in fee of \$10. For more information you can contact Linda at SelbyBay@gmail.com.

Yoga

Yoga is also back in session and it too has a new night. You can get your Zen on on Wednesday nights now from 6:30pm to 7:30pm. Yoga is an 8-week session for \$100 with a drop-in fee of \$15. Yoga is fantastic for strengthening muscles and relaxation. For more information you can email Chris at SelbyBay@gmail.com.

Selby Street Band

Are you a musician? Are you looking for a few like minded people to sit and jam with? Then we have a club for you!! Selby musicians from all over the hood are getting together at the clubhouse to play music and have a good time. If the group gets good enough, then we'll have live music at the Happy Hours! The jam session begins at 8:00pm on Thursdays. For more information you can email Mike at SelbyBay@gmail.com.

Selby Book Club

The Selby Book Club is looking for moderators for the online Goodreads group. Do you read a lot? Would you like to lead an online book club from the comfort of your own home? We REALLY need someone for adult books! Email Tracie at SelbyBay@gmail.com.

Suicide Prevention Week - 7-15 September

Suicide Prevention Week is 7-15 September with 10 September being World Suicide Day. For any family for has gone through this, suicide is devastating and was the 10th leading cause of death for Americans in 2013. The most at-risk age group is 45-65 years of age with men being four times more likely to take their own lives. Risk factors are divided into three categories. Those with mental health issues such as depression, anxiety, serious or chronic pain, schizophrenia, bipolar, substance abuse including alcohol and psychotic disorders are at high risk. Environmental factors such as exposure to another suicide, access to firearms or poisons, stress factors, stressful life events or a family history may have a traumatic effect. Lastly, there are historical factors such as a family history or previous attempts that can cause vulnerability. There are several warning signs that can help friends and family determine whether someone may take their own lives. There may not always be a warning, but these suggestions may be useful. If someone is thinking about suicide, then they may be talking or mentioning killing themselves or that they have no reason to live or feel useless or a burden to others. They may act recklessly or increase their use of drugs or alcohol. People at risk may isolate themselves from friends and family, sleep more or never sleep, withdraw from favorite activities or want to give away things that they hold dear. Keep a watchful eye over friends and family who suddenly become depressed or anxious or irritable or unreasonably enraged. Suicide is a very personal act, but it effects so many and is never a good solution. If you have thoughts about suicide or know someone who is thinking about suicide, then please seek help immediately.

Source: www.afsp.org (American Foundation for Suicide Prevention)

Selby Bay Marina

Selby Bay Marina is NOT a part of the Selby-On-The-Bay community. It is a private business. Please do not enter the gates to stroll through the docks. Doing so is considered trespassing. The marina does have cameras that monitor the docks and boats throughout the day and night. If you are a guest of a Selby Bay Marina member, then they must accompany you through the gates and the marina property.

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Social Media 101 - Getting Started

EDITORIAL

My kids started with social media at a young age. My son really had no real interest, but my daughter took to technology like a duck to water. Since I too am a techno-geek, I have a box to collect the million IDs and passwords that are required for just about every website on the internet today. When my daughter ventured into the cyber-world, she was given a section in my box. The rule in the house was and has always been, ask before you make an account and the ID and password must be put in the box. That rule has proved to be invaluable since my daughter forgets her passwords to accounts she doesn't use often. Although I've never really had a reason to use it, her tech-life passwords are at my fingertips when I need them. I've never made the rule, but it's always a good idea to "friend" your kids on social media. My daughter generally "friends" me and many of her friends do as well. In respect to her and her world, I rarely comment, but if something looks sketchy then I'll go to her first. Before either kid ever got onto the internet, we sat down and had a chat. We set down some rules that I expected them to follow.

- Do not give out personal info (age, location, school, etc.)
- Do not say anything to anyone that you wouldn't say to their face.
- Treat people respectfully.
- Just because someone says they are kid, does not mean that they really are.
- Never agree to meet anyone offline that you meet on the internet and never give out your address.

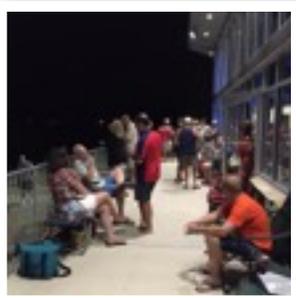
Social media is a great tool, but just like anything else, kids need a few rules. In the coming months, the Bay Winds will be examining popular social media sites. Stay tuned!



September is...National Library Card Sign Up Month!

This month's Facebook poll was who had a library card and who didn't. Not many people answered, but those who did said that they had one. With that being the case, let me address the folks who do not have a library card. Why? The Edgewater Community Library is a wonderful place and it's close and the librarians are helpful and nice. The library offers not only books, but internet access, movies, CDs, books on tape and MP3s, electronic books that you can access at home as well as programs for everyone to enjoy. The best part...it's free and there's not too many free things in life. No time? No worries. Hop online and put a book on hold! The book will be put aside with your name on it and you just come and pick it up. Stop by for a visit!

Selby Howl-At-The-Moon



Selby got one last chance to say goodbye to summer on 29 August 2015. That Saturday was the last full moon of the summer and what a full moon it was! The ginormous full moon sat high in the sky the Friday before and we all hoped that it would make an appearance the following evening. What's a full moon party without the moon! Although the sky was cloudy, the moon did appear later in the evening just as full and bright as the night before. Folks all over Selby came down to the clubhouse to enjoy neighborhood camaraderie. It was a party for everyone and everyone had a great time. Thank you to Ed Robey for coming up with the idea in the first place. Thank you to our DJ for the evening, Frederick Helms owner of DJ Musical Excellence.

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Banned Books Week: 27 Sept - 3 Oct



Editorial:

I remember when I was back in high school and there was a Crown Books right

across the street. I loved Crown books because, whether it was a true discount or not, all of them had stickers on them which showed the “original” price and the “discounted” price. It didn’t matter. I still felt like I was getting a deal. My favorite shelf was a whole wall, albeit small, but still a whole wall devoted to the...Banned Books. Talking about a great way of getting a kid to read!! That was never really a problem with me. I never needed a reason to read, but I did spend many pretty pennies on some controversial reading material. My favorite from that shelf was “The Catcher in the Rye” by J. D. Salinger. What is a banned book? A banned book is a book that someone, whether it be a parent, school or religious leader, has deemed to be inappropriate for a variety of reasons. Those reasons can include language, race, sex, graphic violence, and sorcery and witchcraft just to name a few. Books have always been dangerous because they are the best way of spreading knowledge which is terrifying especially to countries that revel in rhetoric. As Schoolhouse Rock taught the kids

of the 70’s...knowledge is power! Here in the good ‘ol USA though, we do have freedoms and banning books is a type of censorship, but it is practiced throughout the U.S. Over the years, the banned book has built quite a following and has now earned a special week in September for folks to walk on the wild side and enjoy what others may see as controversial. Banned Book week is 27 September through 3 October. Below is a small list of banned books that I’ve compiled. There are so many more for various reason and can easily be found through Google or a Goodreads search. Enjoy!!

- Harry Potter series by J. K. Rowling
- To Kill A Mockingbird by Harper Lee
- 1984 by George Orwell
- Animal Farm by George Orwell
- Fahrenheit 451 by Ray Bradbury
- The Catcher in the Rye by J. D. Salinger
- The Diary of a Young Girl by Anne Frank
- The Giver by Lois Lowry
- A Wrinkle In Time by Madeline L’Engle
- Alice’s Adventures In Wonderland by Lewis Carroll
- Lord of the Flies by William Golding
- Go Ask Alice by Beatrice Sparks
- The Great Gatsby by F. Scott Fitzgerald

My apologies to all of the naughty gems that I could not list. There are just too many!

Howl-At-The-Moon Cont’d

He did a wonderful job playing a wide variety of tunes as well as a little karaoke in the mix. His information will be listed on the Selby website and the Selby Nextdoor site in case anyone is interested in his services. Thank you to Brett Severson who prepared the pit ham, roast beef and turkey as well as the various bacon wrapped items. Thank you to all the folks who helped to set everything up and who helped clean up at the end of the evening. Thank you to everyone who donated to the potluck. There was plenty for everyone! Thank you to: Melissa Patterson, Rebecca Newman, Priscilla Luckett, Katrina Gateau, Peggy Duckworth, James Mauro, Kathleen Haehl, Heather Knighton, Megan Dombi-Leis, Susan Lanier, Susan Franklin, and Rachel Kunkel for signing up for donations using the Selby Sign-Up Genius. Thank you to the impromptu flame dancers on the beach. What a show! Most of all, a big thank you to Selby for making the end-of-summer celebration a hit! It’s always a good time when everyone comes together to make an event successful!

Sign-Up Genius Hint

Sign-Up Genius is a website that many schools and communities use to organize events. The advantages of using this is that everyone can see what is being brought and there is a good list for the organizer especially at the end for the thank-yous. If you are not comfortable with internet sign-ups, then you are always welcome to email SelbyBay@gmail.com and your information will be added. The desktop version seems to work better than mobile.

BAY WINDS

National Childhood Obesity Month



September is National Childhood Obesity Month. According to the Centers for Disease Control and Prevention (CDC), childhood obesity has soared through the years. In 1980 only 7% of 6-11 year olds and 5% of 12-19 years were considered obese. In 2012, the percentage of 6-11 year olds rose to 18% while the percentage of 12-19 year olds more than quadrupled to 21%. What's going on?! Michelle Obama's initiative *Let's Move* believes that the reasons may lay in the differences in lifestyles from then until now. More families are relying on fast food that is grabbed on the run and less families are cooking in the kitchen and sitting down to eat together.

Video games have replaced outside time. No longer are kids running around outside waiting for the street lights to come on to tell them to go home. Even something as simple as walking to the bus stop or walking to school, kids are getting lifts from mom and dad. Portions sizes have grown tremendously and bigger is always better...right? Have you noticed the Starbucks fad and teen girls who "need" their Starbucks? Well, they are not just sipping coffee. They are generally ordering the speciality drinks. One 12 ounce Starbucks Cotton Candy Creme Frappuccino contains 280 calories, 11 grams of fat and 42 grams of sugar. One 12 ounce can of Coke contains 140 calories, 0 grams of fat and 39 grams of sugar. Which leads to yet another reason for the rise in obesity levels...sugar. Kids today are consuming more sugar than they did in past years. Starbucks, energy drinks and sports drinks like Gatorade all contain insane amounts of sugar. In fact, the average American consumes 15 pounds more sugar now than in 1970. The CDC associates immediate risks that come with childhood obesity which includes: risk factors for heart disease (high cholesterol and high blood pressure), prediabetes ("...blood glucose levels indicate a high risk for development of diabetes."¹) and a greater risk for bone and joint issues as well as interrupted sleep. Further down the road, children suffering with obesity can expect health problems like heart disease, diabetes, cancer, stroke and osteoarthritis as adults. It's recommended that children get outside and get moving for at least 60 minutes per day. Selby is a great neighborhood to take a walk through or go for a bike ride. Getting outside right after school helps kids to shake off the antsy feet and legs from sitting in school all day. The outside air clears out their minds and after an hour, then they may be ready to sit down for a little homework. This month, Selby will be getting a Jogging Club for kids together at the beach for an hour. Many of the kids are already familiar with the Jogging Club from the elementary school so the cards and little feet will look familiar to them. A Play 60 group is also in the works to give kids a little motivation to turn off those video games, meet some other kids and shake off those cobwebs! Stay tuned to the website, Facebook and blog for more details coming soon.

(Sources: www.cdc.gov¹ and www.letsmove.gov)

BAY WINDS

September is Self-Improvement Month

September is self-improvement month and here in Selby we have a few clubs that can help you with that! Zumba is a fast-paced aerobic work-out that is at the clubhouse every Thursday night. The instructor is upbeat and everyone has a great time. Selby also has a yoga class every Wednesday night. Yoga is a great exercise for those folks looking for a something to calm them down and get them back to zen. Yoga is a strengthening form of exercise which gently strengthens and loosens the muscles and body's ligaments. Yoga is also a great way to destress by focusing on one's breathing. September is also Library Card Sign-Up Month. Edgewater has an amazing community library with so many programs and events as well as books and books on tape that anyone can find something that interests them. Books are a great way to learn about something new or to travel to a different world inside of your mind. Selby also has two small libraries. Our Free Little Library makes it's home on our beach. It's filled with family friendly books and magazines. There is also a book rack inside the clubhouse across from the bathrooms with more adult books. We are approaching the holiday season quickly and Selby offers many opportunities to volunteer or donate to a good cause. Starting in October there will be the annual Selby-For-The-Hungry and closer to the end of December, Selby has a gift card drive to collect gift cards for the Ronald McDonald House in Baltimore. Right here in your own backyard are so many ways to celebrate Self-Improvement Month!



Selby Facebook

The Selby Facebook page is now over 1,000 members. Thank you to everyone who makes that page a primary source of information! Please be conscious that the page is for everyone, but mainly Selby residents. Please be aware that there are children who are also on the Selby Facebook group and refrain from inappropriate language and postings. Please think before you post. We are all neighbors and we all want is best for our community. Selby is an amazing community! Let's keep up the great work and continue to make our Selby Facebook place a go-to for information, ideas, and encouragement!

A Look At West Nile Virus



The West Nile Virus began in Africa, Asia and the Middle East. The virus is carried by mosquitoes who have fed off infected birds and can not be carried from human to human. It came to the U.S. in 1999. About 80% of people that are infected with West Nile have no signs or symptoms. About 20% of those infected develop flu-like symptoms. In some cases (about 1 in 150), the virus can reach the brain and becomes what the CDC refer to as "neuroinvasive" West Nile. About 1% of those infected have severe symptoms such as encephalitis or meningitis and the risk factors of developing a severe reaction can include those over 50 and those with compromised immune systems. The incubation period for West Nile is 3-14 days. West Nile virus symptoms can last a few days and leave no lingering effects for the mild cases. Severe cases may take longer to recover from and may require hospitalization. The best way to protect yourself is to use bug spray to repel mosquitoes and to empty any standing water on your property. A tablespoon of water is enough to spawn mosquitoes.

*mayoclinic.org; www.healthline.com; www.webmd.com

BAY WINDS

Advertisements

• Advertising is free for a limited time only and for only one month. If you would like to advertise, then send your information to SelbyBay@gmail.com. At this time we are not accepting graphics. Only text.

Community News

- Zumba will resume in October on it's new night...Thursday!
- Yoga is in session on Wednesday nights. Drop-in fee is \$15.
- Selby Boo-At-The-Beach is coming up in October. Keep an eye out for the sign-up and ways that you can help!
- Jogging Club will be up and running (heehee) soon. This is an after school kids' program.

Where Can I Find Selby Online?

* Selby-On-The-Bay Website

www.selbyonthebay.org

* Selby Blog

selbyonthebay.blogspot.com

* Pinterest

www.pinterest.com/SelbyBay

* Twitter

www.twitter.com/SelbyBay

*Nextdoor

selby-on-the-bay.nextdoor.com

* Facebook

search "Selby On The Bay"

BAY WINDS

UPCOMING IN OCTOBER...

- 2 Oct - First Friday Happy Hour 6pm
- 6 Oct - Board Mtg 7pm
- 7 Oct - Selby Tots 9:30am
- 7 Oct - Yoga 6:30pm
- 8 Oct - Zumba 6:30pm
- 14 Oct - Yoga 6:30pm
- 15 Oct - AACPS 2-hr early dismissal
- 15 Oct - Zumba 6:30pm
- 16 Oct - AACPS Closed for students
- 21 Oct - Selby Tots 9:30am
- 21 Oct - Yoga 6:30pm
- 22 Oct - Zumba 6:30pm
- 24 Oct - Boo-At-The-Beach 6:00pm
- 30 Oct - AACPS 2-hr early dismissal

Additional events and updates will be posted to Selby digital media as well as cancellations.

COMING UP AT THE LEGION...

- 30 Oct - Adult Halloween Party 8pm-12am
- 5 Dec - Brunch With Santa
- 31 Dec - New Year's Eve Party

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 11 Private Event 8p Private Event	31 AACPS First Full Day for 7:30p Meeting on Selby Ex	Sep 1 7p Selby Board Meeting	2 8:30 Selby Tots 7p Any cards, stickers 7:45p Community Center	3 6:30p Puddle Board and Kc 11 Private Event	4 7p Selby Community Happ	5 11 Private Event
6 Hold for Community	7 AACPS Closed Labor Day	8	9 6:30p Yoga at the Commu	10 6:30p Zumba at the Comm	11	12 11 Private Event 12p Beach Event
13 North Insharath	14 AACPS Closed - North H	15	16 8:30 Selby Tots 6:30p Yoga at the Commu 7p Community Center Re 7p Any cards, stickers	17 6:30p Zumba at the Comm	18 11 Private Event	19 11 Private Event 8p Private Event
20 11 Private Event 8p Beach Event 8p Selby Community Meet 8p Private Event	21 8p Selby BEB Book Club	22	23 AACPS Closed - Non Kc First Day of Autumn 6:30p Yoga at the Commu	24 6:30p Zumba at the Comm 7:30p Ladies Night	25	26 11 Private Event 8p Private Event
27 11 Private Event	28 8p Selby BEB Book Club	29	30 6:30p Yoga at the Commu 7p Community Center Re 7p Any cards, stickers	Oct 1 6:30p Zumba at the Comm	2 8p 1st Friday Happy Hour	3 11 Private Event 11 Private Event