



HOA NEWS

Happy Summer!

NOTE: *There is no dumping of limbs and/or branches in the common areas.*

Dues Info - *All residents have paid their HOA dues.*

Annual Meeting - *Freedom*

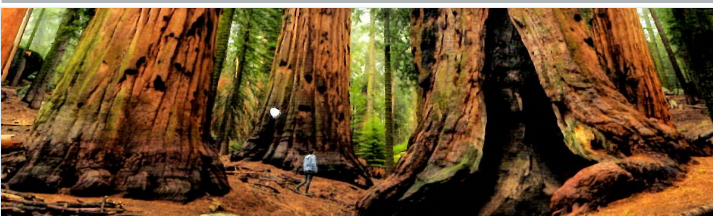
Room, Canton Administrative Building, Wednesday, June 12th from 7.00 pm to 9.00 pm.

Parking - *There is no parking on either of the Courts (Shagbark & Pond View) at any time by residents or guests. Pursuant to Canton Ordinance, please do not park in the fire lanes of the subdivision; guests should be advised as well. Having a vehicle parked in a fire lane could be dangerous if emergency vehicles were trying to gain entrance for a fire or EMS situation. Also, there should be no parking on the lawn, as this is also against Canton Ordinance.*

Drains - *If you have drains in front of or on the side of your home, or in your backyard, please clear the leaves and debris from the drains. This ensures the continuous flow of water into the drains and will prevent potential backups.*

NOTE: *Join NextDoor to ask for recommendations, give recommendations, inquire about things happening in our community, etc. - <https://nextdoor.com/g/w6srkm1xt/>*

NOTE: *REPLACING STREET TREES - Remember, if you received a notice that you needed to replace one or more street trees, the deadline was June 1, 2024, fines will now be assessed.*



NATURAL WONDERS TO VISIT THIS SUMMER

- ⇒ Redwood National and State Forests in northern California
- ⇒ Florida's 350 mile long Coral Reef
- ⇒ Horseshoe, American and Bridal Veil waterfalls - Niagara Falls State Park between New York and Ontario
- ⇒ Hawaiian Islands largest active volcano - Mauna Loa Volcano
- ⇒ Great Sand Dunes National Park and Preserve in southern CO

DID YOU KNOW . . . A Canton Fun Fact!

Canton Historical Society: The Canton Historical Society (CHS) was formed in 1975 by a small group of Canton residents with a dual purpose: to bring together people interested in the history of Canton Township and to establish a museum accessible to the public. Within two years, the society was formally established, and its first major project was to acquire the use of the Canton Center Schoolhouse, which was renovated and now serves as the Canton Historical Museum. The CHS is currently the custodians of the Canton Historical Museum as well as sites at Preservation Park in Cherry Hill Village including the Agricultural Barn Museum, the Bartlett-Travis House and several historic out buildings. (*Canton Connections*, March 1, 2024.)



HEALTH BENEFITS FROM DANCING

Dancing is more than just moving to the beat - it can be a reflection of cultural identity, a form of self-expression and an enjoyable form of exercise. With hundreds of styles, including ballet, modern, street, Latin, folk and ballroom, there's something for everyone. Dancing can also have a positive impact on your physical and mental well-being.

PHYSICAL:

Dancing is categorized as aerobic, so it's great for cardiovascular health. It can help build core strength, lower your chances of injury or back pain, and improve coordination and flexibility. Dance also incorporates short, intense bursts of anaerobic exercise. Anaerobic exercises include high-intensity interval training (HIIT), weight lifting, circuit training, and strength training which can strengthen bones and reverse damage from osteoporosis.

MENTAL:

Dance requires learning choreography, stimulating your memory and potentially lowering the risk of dementia or cognitive decline. It's been found to reduce anxiety and stress while boosting your self-esteem. Taking a dance class and socializing in a fun environment can also decrease loneliness and lead to new friendships. (©2024 The Personal Marketing Company (TPMC). All rights reserved.)



BEST AND WORST FOODS FOR SEASONAL ALLERGIES

One in four Americans suffers from seasonal allergies. If you are among them, strategically selecting your foods may offer relief from symptoms like runny noses, itchy eyes and sneezing.

Loaded with Vitamin C, citrus fruits, bell peppers, strawberries, broccoli, cabbage, cauliflower and tomatoes offer natural antihistamines.

Salmon, sardines, mackerel, walnuts, flaxseed, canola oil and chia seeds are great sources of Omega-3s, which can reduce the production of immune cells and have an anti-inflammatory effect.

Some studies show that turmeric might reduce symptoms of allergic rhinitis, while other research points to quercetin, found in apples, cabbage and onions, as a histamine blocker.

Limiting certain foods can also be beneficial. Consider reducing your intake of dairy, bread, alcohol, soda, red meat and fried foods during allergy season.

(©2024 The Personal Marketing Company (TPMC). All rights reserved.)



SAVORY BEEF AND FRESH VEGETABLES OVER WHITE RICE

Ingredients:

1 teaspoon Garlic Powder,
Onion Powder, Chili Powder,
Ground Cumin, Pumpkin Pie
Spice, Crushed Red Pepper,

Iodized Salt, Ground Black Pepper, plus additional salt and pepper to taste

1 cup Vegetable Oil, divided

½ cup Reduced Sodium Soy Sauce

16 ounces Black Angus Top Sirloin Steak

1 red pepper and 1 red onion, sliced

1 pint mushrooms, sliced

1 cup chopped broccoli

½ cup Season's Choice Extra Fine Green Beans

4 cups cooked Earthly Grains Long Grain White Rice

Directions

Preheat grill to medium-high heat. In a medium bowl, combine spices, ¾ cup oil and soy sauce. Remove 3 tablespoons and reserve. Add steak and marinate for 15 minutes at room temperature. Remove steak from marinade and grill for 3 minutes per side; let rest for 5 minutes. Slice into bite-sized pieces. In a large skillet, heat remaining oil over medium-high heat. Add vegetables and reserved marinade, cook for 5 minutes. Toss in steak and cook for 2 minutes. Season to taste with salt and pepper. Serve over white rice. Enjoy! (©2024 Aldi.us. All rights reserved.)

STAY SAFE WHILE BIKE RIDING



Each year, about 1,000 deaths occur from bike accidents, and most happen because traffic rules weren't followed. Accidental deaths in Canada involving bicycles is proportionately similar.

Spring begins a surge in bicycle riding, so it's smart to consider tips you may not have heard of before to help you stay safe. Here's one regarding lighting: Safety is maximized during night riding when lights can be seen from both ends

of your bicycle. Have one blinking to attract attention and a separate one that is steady on. This allows other road users to gauge your distance. In addition to proper lighting, wearing reflective clothing and using hand signals are also crucial for safe biking. Remember, staying visible and predictable on the road can significantly reduce the risk of accidents, ensuring a pleasant and secure ride for everyone. Other tips include:

- ◆ Drive with the flow, in the same direction as traffic.
- ◆ Obey street signs, signals, and road markings, just like a car.
- ◆ Assume the other person doesn't see you; look ahead for hazards or situations to avoid that may cause you to fall, such as pebbles, potholes, grates and train tracks.
- ◆ Don't use anything that distracts you by taking your eyes and ears or your mind off the road and traffic.

(©2024 www.nhtsa.gov. All rights reserved.)



New Neighbors:

No new neighbors have moved into the subdivision.

NEWSLETTER

HOUSEHOLD HAZARDOUS WASTE COLLECTION

Wayne County has announced their 2024 Household Hazardous Waste collection events:

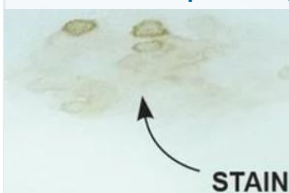
- ◆ **Saturday, June 29, 2024, at Henry Ford College, 5101 Evergreen Road, Dearborn**
- ◆ **Saturday, August 31, 2024, at Westland Shopping Center, 35000 W. Warren Road, Westland**
- ◆ **Saturday, October 19, 2024, at Wayne County Community College, 21000 Northline Road, Taylor**

Only household generated products from Wayne County residents will be accepted.

NOTE: GFL has consolidate all residential yard waste collections to Saturdays. Only yard-waste collections are moving to Saturday.

QUICK HOME FIX IT TIPS

How to Cover Up a Ceiling Stain:



Hide tough ceiling water stains with a spray-on product called Upshot by KILZ. It's blended to match an aged ceiling and even has a vertical spray tip, which makes installation a breeze. Lay a drop cloth on the floor and tape plastic on the walls before you spray.

How to Fix Stripped Screw Holes:



Remove the screw and hardware. Dip toothpicks in glue, jam as many as you can into the hole and break them off. You don't have to wait for the glue to dry or drill new screw holes; just go ahead and reinstall the hardware by driving screws right into the toothpicks. (©2024 Home Service Publications, Inc.)

RiverWoods Subdivision/Board Members:
HOA Contact Information
P.O. Box 871776
Canton, MI 48187
Email: riverwoods92@yahoo.com
Web: www.RiverWoodsofCanton.org

President—Dave McCreedy
Vice-President—Teresa Scott-Feijoo
Secretary—Julie Edgar
Treasurer—Jim Darling
Missed or Misdirected Mail - Call Lee Thompson—313-226-8607
***Report Road Hazards:** Call 888-762-3273 or go to the website below.

Director—Danette Murphy
Director—Joe LaRussa
Director—Jack Tandon
Contributor—Teresa Dickie

*The information provided in this newsletter is for informational purposes only and it is not intended to be a recommendation by the RiverWoods HOA or any of its board members for use of any information provided. The RiverWoods HOA and its board members disclaim any liability for the use of such information contained herein.

***Road Hazards:** <https://www.waynecounty.com/departments/publicservices/roads/report-a-road-hazard.aspx>