

Abbottsford

715 Overton Park • Nashville, TN 37215
www.abbottsford.net

Jan/Feb/Mar 2025

Abbottsford Real Estate

Did you know that the average square foot selling price of homes in Abbottsford was \$205 in 2018, but rose to \$226 per square foot in 2019? In 2020, the average price per foot dropped to \$212, but in 2021, it jumped to \$262 per square foot and in 2022, the neighborhood averaged \$333. In 2023 the average was \$364. Feel free to copy and paste <https://tinyurl.com/abbottsford> for the neighborhood activity in 2024. Also, if you would like to receive email updates on the current activity in our neighborhood, please text your email address to 615-479-2146, Kim Anderson, your neighbor at 1007 Greenwich Park.

A New Year's Toast

To love, laughter and a happily ever after.

Daily Observations

Have you ever thought about using a calendar as a journal? Wall calendars sometimes arrive free in the mail or can be found at deep discounts after the first of the year. Use each day's square to jot down observations such as the price of gas, the weather, a meal you cooked and any significant things that happen. It's an easy way to record everyday life.

President's Letter

I hope that all of you enjoyed a wonderful Thanksgiving weekend. I've enjoyed seeing Christmas decorations light up all over Abbottsford. It really is, as the song says, "the most wonderful time of the year."

Landscaping - The Landscape Committee drafted, and Board approved, an RFP for 2025 landscape services for Abbottsford. It was sent to landscape service firms with experience in communities such as Abbottsford. Responses are due Dec. 13. The Landscape Committee will recommend three finalists to the Board. The Board will make the final decision regarding the finalists. The goal is to complete the process and select a service provider by Jan. 15.

Budget - The approval of the draft 2025 Budget was tabled to enable the Board to get definitive estimates for several significant expense categories; thus the meeting has never been adjourned. Our goal is to reconvene that meeting in the first two weeks of January. We will send a notice as soon as possible and no

less than ten days before the meeting date.

Paving - Rhodes Engineering is finalizing the Bid Package and will go out in Dec. 2024. They will conduct pre-bid and walk-through in early January. They will assist the Assets Committee and Board in evaluating the bids and selecting the paving company. The goal is to be ready when asphalt plants open in March.

Management - Our current contract with Floyd & Associates provides that they can expand their services to cover the resident functions that Cody has been providing. During the interim, the Board is preparing an FRP for management services in 2025. The goal is to complete the RFP process by Jan. 31.

Please join me in thanking all of the volunteers who give their time to working to keep Abbottsford a great place to live. I hope that all of you enjoyed a wonderful Holiday Season filled with family, friends & joy all around.

Abbottsford Board

Townes Duncan	President
Bradley Pendleton	Treasurer
Noelle Kinser	Engagement
Dr. Chris Wells	Asset & Secretary

Vacant Board Seat

A notice will be sent out for a Special HOA meeting to elect a new director to fill the vacancy left by Ashley Cantrell's resignation until the Annual HOA meeting May 2025. Former board member Nancy Lorenzi has agreed to be nominated to serve on the Board for that time.

Extreme Weather Wonders

We love to talk about the weather—especially when it goes wild! Add these fun facts to your collection of conversation starters:

- Alaska is the coldest U.S. state, with an average temperature of 28.4° F. North Dakota, Wyoming, Minnesota and Montana round out the top five.
- If that temperature has you reaching for a warm blanket, remind yourself that at least you don't live in the East Antarctic Plateau. That's where the lowest surface temperature on Earth has been measured: a frigid 144.4 below zero (° F).
- Valentine's Day on top of a mountain? Sounds romantic, but we don't recommend it. On Feb. 14, 1927, Japan's Mount Ibuki received over 90 inches of snow, which accumulated on top of existing snowfall. The resulting depth was 38.8 feet.
- Ice is a common sight in winter, but it also makes an appearance during summer thunderstorms in the form of hail. The U.S. record for largest hailstone fell in South Dakota in July 2010. It had a diameter of 8 inches—about the size of a volleyball—and weighed 1.9 pounds.
- Worldwide, about 44 lightning strikes occur every second. During severe thunderstorms, huge lightning bolts called "megaflashes" can occur. Measured using infrared technology, the largest known megaflash spanned more than 477 miles over the southern U.S.
- Mawsynram, India, is widely considered the wettest place in the world. On average, the city receives 467 inches of rain every year, mostly during the monsoon season.

Welcoming Baby Hudson Muir Dill



Caitlin and John Dill are delighted to announce the arrival of Hudson Muir Dill on October 23rd, weighing 7lbs, 9oz and 20.25" long. Caitlin and John moved here in March 2022 from San Francisco, CA. John is originally from Florence, AL, and Caitlin is originally from St. Louis, MO. Please join the Board in congratulating Caitlin and John on the birth of their sweet baby boy!

January Book Club Selection



Our January selection is: **This is Going to Hurt: Secret Diaries of a Jr. Doctor** by Adam Kay. Welcome to 97-hour weeks, life and death decisions.

Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay provides an unrestrained account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know about life on and off the hospital ward. And yes, it may leave a scar.

Join us on Jan. 15, 2025, from 7:00 - 9:00pm at the Clubhouse.

Welcome New Neighbors Tracy and Michael Beckers



Tracy and Michael Beckers moved to Abbotsford a few weeks ago and are gradually settling in. The Beckers shared that the neighborhood has been very welcoming, and some neighbors helped them move-in with meals and offers of support. They moved here to be close to their daughter and it also met some of their living requirements: walkability, access to exercise club, socialization, and a home that would meet their daily living requirements, besides being turnkey.

Michael plays Pickleball and Tracy works out almost daily at the health club. They like to venture out for good food. Michael cooks with passion and grows herbs. Tracy loves the arts in many forms and also

produces her own.

They moved from Arkansas, where they lived for 19 years; before that 25+ years in Chicago. Michael is originally from Germany. They have traveled the world and will occasionally take off. Their favorite city is Paris. They were able to live for six months in Southern France during COVID.

They shared that they have found that Nashville is a destination, and friends and family have already announced they will be visiting them. They plan on this to be a forever home and look forward to the years to come.

Committees

- **Asset Committee** focuses on the grounds, roads, buildings, and recreational facilities (the swimming pool and tennis court) to ensure they meet required and acceptable standards.
- **Landscape Committee** focuses on working with landscape professionals to ensure the Landscape Committee Vision Statement is maintained. "We envision Abbotsford's landscape as an elegant, welcoming, park-like setting inspired by the timeless principles of English landscape design. This vision is based upon the belief that experiencing natural beauty throughout the year will contribute to a higher quality of life and enhanced community pride in Abbotsford." Landscape chair is Greg Bowers.
- **Engagement Committee** focuses on providing opportunities for the community to come together through a variety of options. The options include events that range from book discussion group to weekly Mah Jongg. There are Discover and Learn events by experts. There is a monthly Happy Hour as well as annual events that range from a Summer Celebration to Fall Fest and Halloween. This group supports the Little Library.
- **Financial Committee** focuses on allocating funds appropriately to determine current and future expenditures necessary to maintain the safety maintenance, and fund events for our community. They also prepare for future expenses, like repaving and replacing the irrigation system.



Featured Recipe

Mixed Berry Whole-Wheat Muffins

Reach for these healthy, hearty muffins for breakfast or a midday snack.

Ingredients:

- 1 1/4 cups whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened applesauce
- 1/2 cup chopped strawberries
- 1/2 cup blueberries

Directions:

Preheat oven to 400° F. Grease muffin pan and set aside.

In a medium bowl, whisk together flour, baking powder, baking soda and salt. In a separate large bowl, mix egg, maple syrup, vanilla, yogurt and applesauce.

Add dry ingredients to wet ingredients and stir until just combined. Fold in strawberries and blueberries.

Pour batter into muffin tins, filling each cup about 3/4 full.

Bake 15 minutes, until tops are golden brown and toothpick inserted in center comes out clean. Cool for 5 minutes in tin before removing.

Find more recipes at HealthyFamilyProject.com.



Protect Your Privacy

Much of our life is conducted online these days, from shopping to banking to scheduling appointments. It is important to take steps to protect your personal information and your privacy.

In a blog post at www.StaySafeOnline.org, Tracy Hulver of Verizon offers these tips:




Be ready. Make sure your computer has a security package (firewall, anti-virus and anti-spyware) installed and that it is always kept updated.

Be careful. Take precautions when dealing with online retailers. It's best if the company has brick-and-mortar stores you are familiar with or an online presence with a good reputation. Don't allow an online business to store your financial information.

Be creative. Don't use the same user ID and password for several programs and sites. To help you remember passwords, consider combining one word with a specific service. For example, if you use your favorite color as a common password, then for your online banking account, you could make your password "yellowmoney," and for an online bookstore it could be "yellowbooks." To make the password stronger, add an uppercase letter, number and symbol, such as "yellowBooks3#."

Be smart. Your bank and most other organizations will not ask you to confirm your account number or other personal information via email, so if you receive such a request, do not reply. If you have questions, call the organization and ask. Don't click on a link or open an attachment from a sender you do not recognize.

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1	Happy Hour 2 First Thursday Happy Hour 5:30-7:00pm, Clubhouse	3	4
5	6 Mah Jongg Lessons 12:30-2:30pm, Clubhouse	7	8 Mah Jongg 1:30-4pm, Clubhouse	9	10 	11
12	13 Mah Jongg Lessons 12:30-2:30pm, Clubhouse	14	15 Mah Jongg 1:30-4pm, Clubhouse Book Club Discussion 7:00-9:00pm, Clubhouse	16	17	18
19 Martin Luther King Jr. Day	20 Mah Jongg Lessons 12:30-2:30pm, Clubhouse	21	22 Mah Jongg 1:30-4pm, Clubhouse	23 	24	25
26	27 Mah Jongg Lessons 12:30-2:30pm, Clubhouse	28	29 Mah Jongg 1:30-4pm, Clubhouse	30	31	

"This Month In History" JANUARY

1908: Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.