



President's Letter

Summer is almost gone, another 10 days of hot and steamy, and then the return of cooler air. I love the Fall – college football and the leaves are just about ready to provide their beautiful colors of gold, reds, and orange.

What has the Board been doing this Summer;
Preparing budgets for major expenses in 2025 – Expect to see Crockett Ridge repaved, the first third of repaving plans for the community. Expect to see a portion of Settings Boulevard and Guastavino repaved in the five year plan.

The Landscape committee is evaluating plans to improve the landscape at the clubhouse, also a major effort to improve the area around the pond. I recommend that for those who haven't been at the pond recently to take advantage of the improvements made to clear the overgrown vegetation.

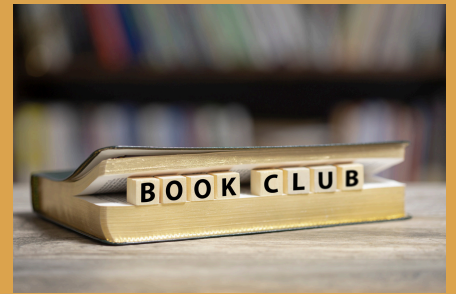
The Board has also dealt with an array of issues; trees, sewers, run-off from construction sites, endorsing a new aerial fire truck for Black Mountain, gates that aren't open, and gates that aren't shut, as well as the every day requests for help.

The Board also participated in a presentation of infrastructure presented by David Gramley and Rod Allen. It is quite a story, how this community almost failed, and was saved by a dedicated core of original homeowners who laid the foundation for what we enjoy today.

Enjoy what's left of Summer, and enjoy the Fall colors!

One last request, the builders have asked that people who are walking their dogs refrain from throwing the doggy do-do bags in the dumpsters. Turns out the bears consider this a culinary treat. Who knew?

Jim Schorr - President



The Book Club meets the 3rd Wednesday of the month at 3:00 PM in the Clubhouse. All are welcome to attend.

Here are the book selections for the coming months:

September 18 - *The Women*
Author Kristin Hannah

October 16 - *Anxious People*
Author Frederik Bachman

November 20 - *Breakfast with Buddha* Author Roland Merullo

December - Holiday break

News From the Design Review Board (DRB)



The DRB is tasked with enforcing design and construction standards in order to preserve the beauty and architectural harmony of our community. The DRB also enforces rules related to worksite maintenance in order to minimize erosion and stormwater runoff, and to control unsanitary and unsightly trash. We cannot do this work effectively without the community's cooperation.

First, residents and visitors should never enter into homes that are under construction or onto worksites unless permitted and accompanied by the builder or owner. Active construction sites are replete with hazards and serious injuries can occur. No Trespassing signs have been posted on many of the worksites. Ignoring these signs is not only illegal, but also dangerous.

A second significant problem is the dumping of personal or household trash in the dumpsters that are designated solely for construction debris. This attracts bears and other wildlife that scatters trash throughout the community. Some of the trash has come from outside the community, but residents and their guests have also contributed to this problem. Part-time residents and guests should use the trash dumpsters near the gatehouse or carry their trash outside the community for disposal. Pet waste is a particular problem. It should not be placed in construction dumpsters but disposed of at home.

Home Improvements and Modifications

Homeowners are reminded that any modifications to the exterior of their homes requires approval from the DRB. This includes additions, re-painting, the addition of or modifications to decks, porches and patios, changes to exterior lighting, and major landscape changes. The Application for Residential Improvements and instructions for submission can be found at Appendix 1 to our Architectural Guidelines on the community website under the Homes tab, then Building Your Home.

Thank you for your cooperation.

UPCOMING SOCIAL ACTIVITIES

*Join us at the SOBM
Clubhouse! Meet new
neighbors and catch
up with old friends.*

October 11 (Saturday): Fall Festival

Time: 5:00 PM to 8:00 PM.

An invitation will be coming your way soon.



December 7 (Thursday): Holiday Social

Time 6:00 PM to 8:00 PM.

Further information will be provided in the future.

*Happy
Holidays*



The Settings Social Committee Update

What a busy year this has been! Each month there has been some sort of activity for our residents of The Settings. These activities provide opportunities for meeting new neighbors and old friends. We are so happy these events are well attended!

With the growth of The Settings Community, comes the challenges of managing these events. Some of those challenges we have identified are: getting the clubhouse ready for an event, cleaning up after the event and expanding our Social Committee group for planning future activities.

Here are some of our ideas that we feel will help us as our community continues to grow:

- Several of our monthly socials include signing up for food options on Meal Train. For those social events where we use Meal Train, we will include additional signup lines for set up and clean up. Anyone who signs up for helping is not expected to bring a food item.
- For Social events not using Meal Train (Drinks on the Porch, Game/Bingo Night and etc...) we would like to create a Volunteer List where we can call you to see if you're available to help with the set up and/or clean up as needed. This list is just a way of identifying individuals willing to help. Anyone interested in being on this list, please contact any of the members of the social committee who are listed below.
- Join our Social Committee. For those interested, please contact any of the members of the social committee who are listed below.

Thank you!

The Social Committee- Roynan Jones, Linda Barber, Joanne Rechline, Jana Simpson and Chris Finkel.

Special Thanks to Carol Milton for being on the Social Committee over the last few years. Your hard work is greatly appreciated!!



Fall Foliage Info

By Randy Sarton

Peak color here in Black Mountain, as a rule of thumb, is normally the third week in October. However, this can vary by 7-10 days due to various factors.

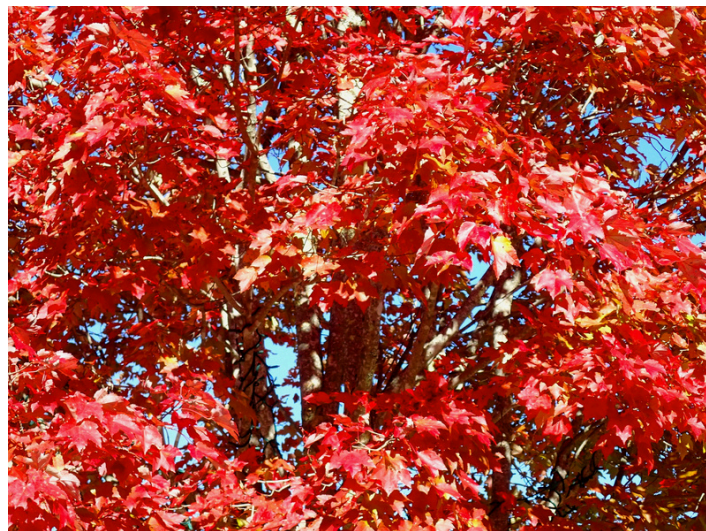
The three most important factors causing leaf color change are day length, leaf pigments, and weather conditions throughout the summer. Most fall color pigments are already in the leaves; they simply have been covered with chlorophyll, which is what makes leaves green. In the fall, the chlorophyll moves out - it is either recycled by the tree or destroyed. And, the remaining color pigments (carotenes and anthocyanin) become visible.

The following is a list of 8 tree species that are prevalent in our neighborhood followed by the usual color they “turn” in autumn.

Birch - yellow
Tulip Tree - golden yellow
Hickory - bronze
Oak - red, but some russet,
and some yellow

Black Gum - red
Sourwood - crimson
Dogwoods - purple/red
Maple - notably red, but some orange,
and some yellow

Tulip trees, or tulip poplars, can start to change in late august or early september. our maples at the Settings entryway turn early as well, that beautiful pinkish red shade. Poison ivy vines growing up trees are early birds, turning crimson, usually in september Oaks and hickories are usually the last to change. If you observe a tree that is starting to change too early, in the summer, it often indicates that it has been undergoing a good amount of stress.



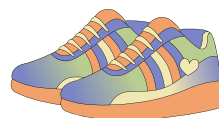
Did you know there is a walking group in the neighborhood?



During the Covid-19 lockdown, walking emerged as one of the most accessible and beneficial forms of exercise, offering a range of health benefits. Amidst the constraints imposed by the pandemic, regular walking became a crucial means to maintain physical health and mental well-being. This led to the establishment of the twice-weekly walk in the Settings.

Over the past four years, the group has grown steadily. Every **Monday and Friday at 9 AM**, walkers gather at the front gate. The next 60-90 minutes provide an opportunity for participants of all fitness levels. Beginners or those unaccustomed to hills can shorten the walk as needed. The only reasons for cancellation are rain and ice on the roadways, though some dedicated walkers continue through the winter.

Just show up—everyone is welcome, and newcomers are always appreciated!



The Pain Behavior Connection in Dogs

by Joann Rechtine



Did you know there is a correlation with pain and behavior or fear issues in dogs? It is such a strong correlation that a mantra in the dog training and behavior world is that a behavior change is deemed medical in origin until proven otherwise.

Just like humans, dogs experience pain and discomfort, and it can significantly impact how they act toward other dogs and people. It can also alter how they respond to normal everyday events. Think about how you interact with the world when you have an injury, are in pain from arthritis, have an upset stomach or are experiencing an illness. It is very similar for dogs and understanding this correlation is crucial for us to ensure the well-being of our canine companions.

Dogs cannot communicate their discomfort verbally, so they express pain through changes in body language and behavior. These changes can be subtle or pronounced, depending on the dog's personality and the severity of the pain. As their advocates, it is up to us to learn our dog's body language and interpret what they are trying to communicate to us. Some common signs of pain or discomfort include:

- Decreased or altered activity with previously enjoyed activities
- Difficulty or reluctance with walking on previously comfortable surfaces, jumping, climbing stairs
- Irritability or aggression toward others or when being touched.
- New fear of things that were OK before: i.e. noises, thunderstorms, or being home alone
- Changes in appetite, reluctance to eat, difficulty chewing or reaching the food bowl
- Upset tummy
- Hiding or seeking extra attention from their owners

Pain can significantly affect a dog's emotional and psychological state, leading to anxiety, fear, and even depression. Chronic pain, in particular, can result in long-term behavioral changes. For instance, a dog suffering from chronic arthritis may become more withdrawn, less interested in play, and develop a negative association with activities that exacerbate their pain.

Accurate diagnosis of pain in dogs is essential for effective treatment. Conditions like arthritis, dental problems, injuries, or internal illnesses can all cause discomfort. Once pain is identified, a treatment plan can be initiated. Pain management not only improves the dog's quality of life but can also help restore normal behavior.

If you notice a behavior change in your dog, pay attention to his body language, note your observations and report them to your veterinarian. Remember the mantra, a behavior change is deemed medical in origin until proven otherwise. Your dog thanks you for being his advocate.

SUMMER VACATION PHOTOS



Black Mountain, NC



South Africa



South Africa

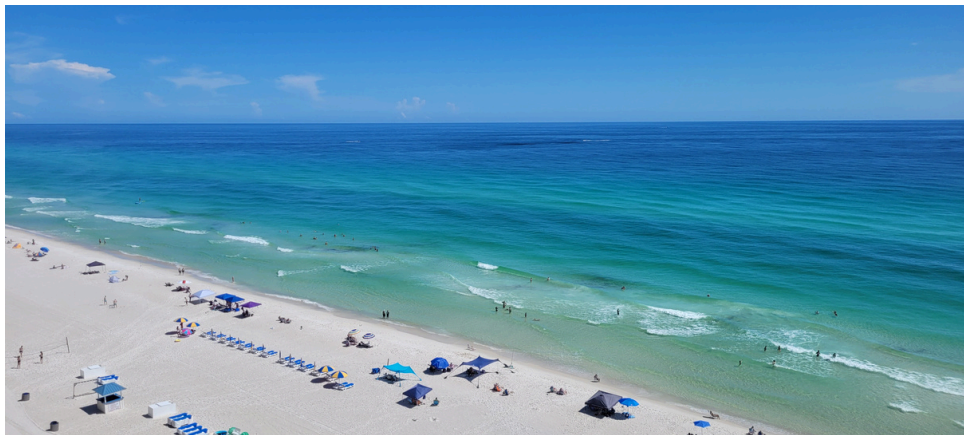
SUMMER VACATION PHOTOS



Cape Elizabeth Lighthouse, Maine



Payette Lake, McCall, ID



Panama City Beach, Florida

SUMMER VACATION PHOTOS



Stockholm, Sweden



Sedona, Arizona



St. Lucia

SUMMER VACATION PHOTOS



Hofn, Iceland



Gig Harbor in Washington
Mount Rainier

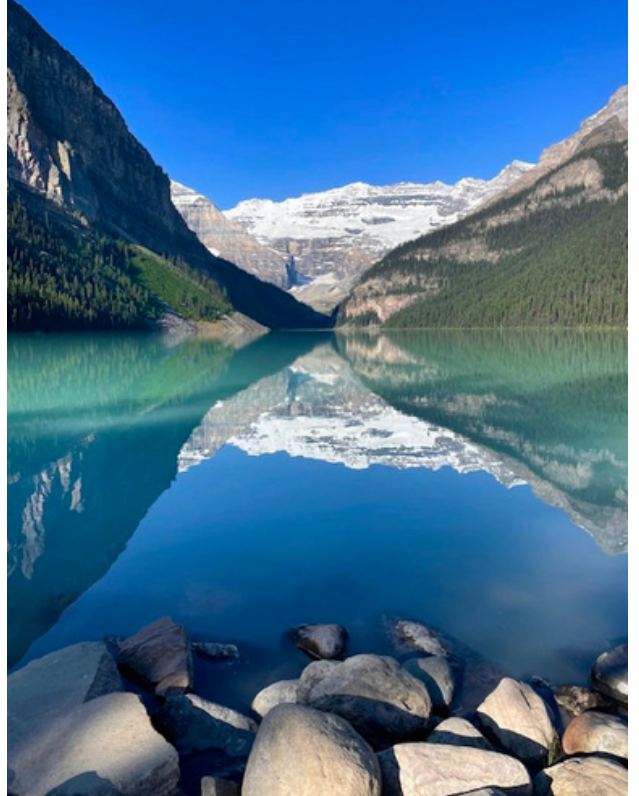


Kristiansand, Norway

SUMMER VACATION PHOTOS



Cedar Breaks Monument, Utah



Lake Louise

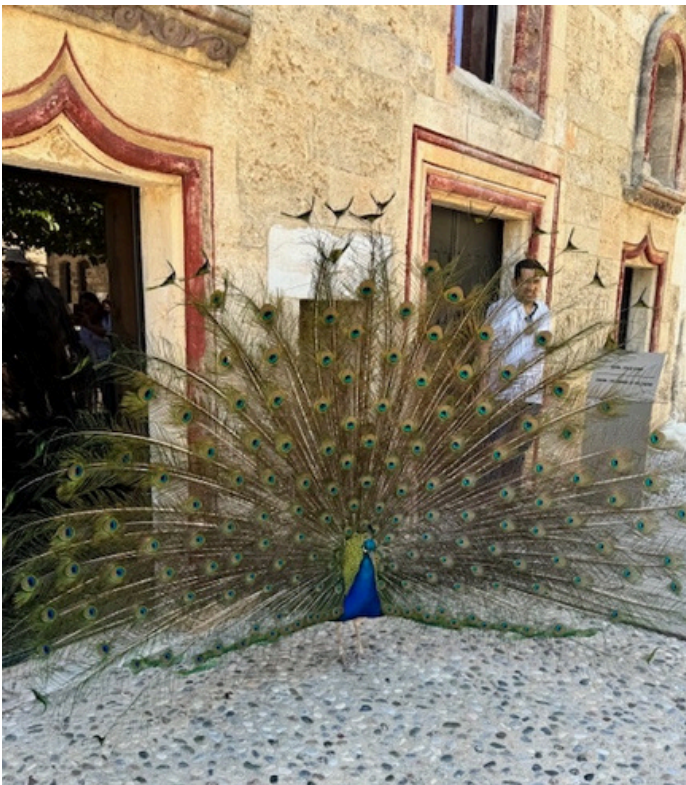


Jasper National Park

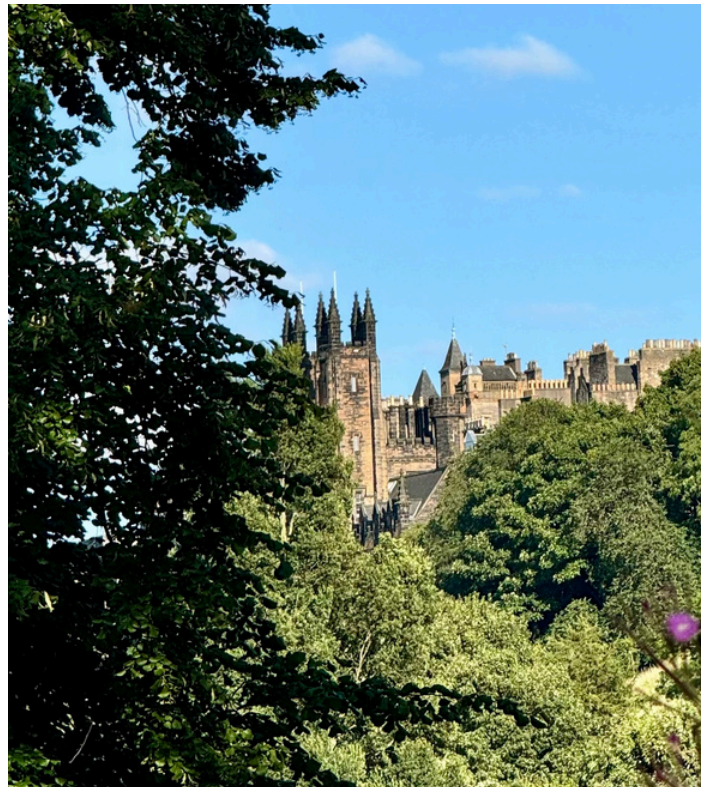
SUMMER VACATION PHOTOS



The Acropolis in Athens, Greece



Bodrum Castle, Turkey



Edinburgh Castle, Scotland

SUMMER VACATION PHOTOS



Stavanger Norway



Bar Harbor, Maine



White Potato Lake, Pound, WI

DRINKS ON THE PORCH - JUNE



PLEASE JOIN US
— For —
DRINKS



DRINKS ON THE PORCH - AUGUST



TAKE ME OUT TO THE BALLPARK

The Barbers coordinated a fun evening at an Asheville Tourists' baseball game.



Here are some events that are happening in town this fall.
Click on the image or scan the QR code for more information



the *Little* TOWN
that ROCKS
BLACK MOUNTAIN, NC

Black Mountain Swannanoa
Chamber of Commerce
Listing of Local Events



HOLLY JOLLY
Downtown Black Mountain



FRIDAY, DECEMBER 6TH

