

## December Newsletter

# Slippery Rock Campground Association

1150 West Park Rd, Slippery Rock, PA 16057

724-738-0402 (for Security, press 2)

**Office Hours:** Monday - Thursday 9am 12pm then 1pm to 4:30pm

Friday - Sunday 8am to 12pm then 1pm to 4:30pm



## Board Meeting Dates

January 18, 2026

March 15, 2026

April 19, 2026

May 16, 2026

June 14, 2026

July 19, 2026

August 16, 2026

Annual Membership Meeting–  
September 6, 2026

Introduction of New Board  
Directors– September 7, 2026

## Emergency Calls

Call 911 FIRST!

Call Security at 724-496-2161

Give the location and nature  
of the emergency.

Always have a list of your  
medications on hand.

### Board Members (Term Expiring)

#### Section A

Renee Curry A220 (Secretary)

2026

Joyce Hobough A122

2027

Keith Critchlow A015

2028

#### Section B

David Kirch B138

2026

Cindy Storoz B194

2027

Jim McClintock B110 (President)

2028

#### Section C

Mike Harris C026

2026

Carol Phipps C044

2027

Dan Bowen C022 (Vice President)

2028

#### Section D

Justin Bosilovich D026 (Treasurer)

2026

Chuck Spicuzza D110

2027

Cindy Evans D287/D311

2028

## Our Staff

### Business Office

Jeff Schmid – Campground Manager

Jared Milligan – Operations Support Specialist

Melissa Munday – Administrative Assistant

Ruiting Feng – Administrative Assistant

### Security

Finn Hendrickson – Security Supervisor

Security Officers: Paige Duke, Brendan Earl, Dave Miller, Nick Miller,  
Kian O'Brien, Josh Ottaviani, David Zona

### Maintenance

Jonathan Kordish - Maintenance Supervisor

Maintenance: Zach Simmons, Chris Watt, Dan Watt, Jake Watt

## From the President

Let me start by saying I appreciate that you have taken the time to read the newsletter. It demonstrates a real dedication to be involved in the campground. I would love nothing more than to reward your commitment by providing insightful information and compelling analysis of the happenings at the campground.



What can I say. It's December and I've got nothin'.

Admittedly work is continuing with the transformer project. The office staff is completing a review of 2025 and identifying things that can be done to improve your experience next year. Various committees have already begun work on next year's calendar of events and activities, and other contributors will be giving details on their activities later in this newsletter.

So let me offer the following. December is host to a very festive holiday season with lots of activities. Even if you do not partake in the religious aspects, there are plenty of opportunities to visit with family and friends and enjoy this time of year.

Plus, January 1st is just around the corner. It's the day where you can gaze in the mirror, evaluate yourself, chart a new course for the coming year, and create a list of resolutions that will make you a better person. Of course, we all know how that goes. But even if the 2026 version of you looks a lot like the 2025 version, that will be OK. Most people like you just the way you are, and those who don't, can easily be ignored.

Happy Holidays. I'll try to be more informative next time.

Respectfully,

Jim McClintock

President

## Letter from the Manager

It's hard to believe but Christmas will be here in a few short days and once again I'm behind the proverbial 8 ball when it comes to being ready. With the snow flying and the cold temperatures it sure looks and feels like winter is here.

Once again, I would like to thank everyone for their patience and understanding during the transformer replacement that is continuing and should be finished in the next couple of weeks. This will be wrapped up hopefully before the water line study starts. The water will be shut off in sections starting in January and may be off for several days in each section as we try to determine where the water loss in the campground is occurring. We will give you as much advance notice as we are able to when this will be started and what sections will be affected and for how long.

As we prepare for the upcoming season, we will be communicating new processes and updates moving forward with many aspects of the campground. Several of these that we have been working on are Incident reporting, and golf cart stickers to name a couple. Please bring your golf cart/carts to the office for inspection and get your golf cart stickers early for every golf cart that you have. We will be sending out letters based on the information that we have which we hope is accurate, however if there is a discrepancy please bring it to our attention.

I just wanted to give a shout out to our maintenance department and security as maintenance works to keep the roads clean and security makes their rounds in this bitter cold weather.

We currently only have a total of 24 lots for sale or rent.

Merry Christmas & Happy New Year,

Jeff

## Notes from the Office

- 1) Reminder, Annual Dues are due by December 31st, 2025. Any questions or concerns please call the office at (724) 738-0402.
- 2) Reminder: During the off-season (December 15 - March 1) you are only permitted to stay overnight three nights a week (Sunday through Saturday). Two Week Vacation forms are available in the office and on the SRCA Website.
- 3) Office Holiday Hours: The SRCA Business Office is closed on December 24th and 25th & December 31st & January 1st.
- 4) Road Conditions: Due to winter conditions, the campground should be considered drive at your own risk.

Jared, Melissa and Ruiting

## Visit Our On-Line Merchandise Store

Go to [srcahome.com](http://srcahome.com)

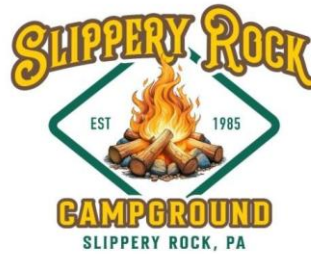
Click on the Link on the Message Board

OR <https://slippery-rock-campground.myspreadshop.com/>

Choose your merchandise

Men's, Women's, Kids & Babies, Accessories, Stickers and more to choose from

Select an Option from one of three Logo's



No new updates for the following committees:

Maintenance Committee Update

Ways and Means Committee

Land use

Membership committee

Pool committee

Youth and Teens

Nominating

Recreation

Finance

Audit

Safety

Special Projects



## Mental Health Minute

Gratitude is far more than a simple thank you; it is a profound state of being, a conscious acknowledgement of the goodness in one's life. At its core, it is the ability to appreciate both the small, everyday blessings—like a warm cup of coffee or a sunny afternoon—and the major gifts, such as loving relationships and personal health. This practice involves shifting focus away from what is lacking or desired, and intentionally centering one's attention on the abundant resources, people, and experiences already present. This shift in perspective is not about denying pain or difficulty, but rather about cultivating a broader, more balanced view of reality where positive elements are given their due recognition.

The importance of gratitude to mental well-being is extensively supported by psychological research. By fostering a thankful mindset, individuals can effectively counteract negative thought patterns like rumination and comparison. Studies show that a consistent practice of gratitude, such as daily journaling or expressing appreciation to others, leads to measurable increases in happiness and life satisfaction, while simultaneously reducing symptoms of depression and anxiety. This is because gratitude encourages the release of positive neurotransmitters, effectively acting as a natural psychological buffer against stress and adversity. Furthermore, it strengthens the social fabric of one's life, as expressing thanks improves existing relationships and encourages reciprocity, leading to greater feelings of connection and belonging, which are vital components of a resilient and healthy mind.

Here are three highly effective and easy-to-implement suggestions for fostering a more grateful mindset:

### 1. The Three Good Things Journal (or Mental Review)

- **The Practice:** Every evening before bed, take a moment to write down (or simply think about) **three specific things** that went well that day.
- **Key Focus:** They don't have to be major life events; they can be small moments, such as "the sun was shining during my walk", "I had a productive meeting", or "my neighbor smiled at me". Crucially, briefly note *why* it made you feel good.
- **Benefit:** This exercise shifts your mind's default setting from scanning for threats or failures to actively seeking and registering positive experiences, effectively "rewiring" your brain for optimism.

### 2. The Gratitude Pause Before Meals

- **The Practice:** Before eating any meal, particularly a main one, take just **10-20 seconds** to pause.
- **Key Focus:** Reflect on the journey of the food: the people who grew and prepared it, the resources (water, sun) that contributed to it, and the simple fact that you have access to nourishment.
- **Benefit:** This brief, mindful moment breaks the rushed pace of the day and transforms a mundane act into an opportunity to feel connected to and appreciative of the abundance and effort that sustains you.

### 3. The Gratitude Letter (or Text)

- **The Practice:** Once a week, choose one person in your life—a friend, family member colleague, or mentor—who has had a positive influence on you, and **express your thanks** to them directly.

- **Key Focus:** Be specific about what they did and how it impacted your life. For example, instead of “Thanks for everything” try “Thank you for listening to me last Tuesday; your perspective really helped me calm down about the project”.
- **Benefit:** This practice provides a dual boost: it strengthens your social bonds, which is critical for well-being, and it reinforces your own feelings of gratefulness by actively expressing it.

Ultimately, cultivating gratitude is a proactive investment in one’s psychological health. It trains the mind to seek and register the positive, fostering an inner environment of optimism and resilience. By consistently recognizing the good, individuals develop a deeper appreciation for their own intrinsic worth and the support system around them. This foundational well-being allows people to navigate challenges not as insurmountable obstacles, but as temporary difficulties within a life that is fundamentally good. Therefore, prioritizing gratitude is not merely a feel-good exercise, but a powerful, accessible tool for achieving sustained mental clarity, emotional balance, and a richer experience of life.

Merry Christmas and Happy Holidays!

Dan Bowen





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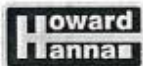


**Cart and Camper Solutions LLC**

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