

Ripples from the Lake

The Official Newsletter of the Deerfield Lake Homeowners Association



May Homeowners Meeting

Support your Deerfield Lake Homeowners Association by attending the May 2014 meeting on Monday May 5th, 2014 at 7:00 PM. This is the last meeting before summer recess!

MAY 2014
Volume 7 -
Issue 5



With Honor & Gratitude
We Remember

A Message from our Homeowners Association President

It seems like it was just a few weeks ago we welcomed all of our winter residents back to Deerfield Lake. Now it is May and we say farewell for the summer to those residents migrating north.

This has been a very busy season with many positive achievements and memories. We began the season with our Fall party, Thanksgiving Dinner, and Christmas, New Years, Valentine's Day, and St. Patrick's Day parties. We would like to thank our Ladies of the Lake and their committees for their outstanding efforts organizing, planning and coordinating these events and parties.

During this year we have added an AED Unit in the clubhouse and a new Ping Pong table top.

We also noted increased interest in the regular weekly and monthly scheduled activities. We also added new monthly activities to the calendar.

We also recognize our HOA Board of Directors for their cooperation and support during a time of transition and change.

This will be the last RIPPLES publication until Fall. Activities and events will continue during the summer months. Watch for a monthly calendar and Flyers highlighting scheduled events.

Everyone have a fantastic summer.

Anthony Lananna

MEMORIAL DAY CELEBRATION

MONDAY MAY 26

9:30 Memorial Day Service

10:00 Memorial Day Parade

- Golf Carts
- 3 wheel bikes



12:00 - 3:00

- Grilled Hamburgers
 - Hotdogs
 - Salad
 - Chips
- Soda and Water



Entertainment 1:00 – 3:00 PM

Featuring: Mark on the Mic

Singing and Playing Your Favorites

FREE TO ALL DEERFIELD LAKE RESIDENTS
GUESTS: \$5

REFLECTIONS by Roselle

"You only live once. But if you work it right, once is enough"

--Joe E Lewis

We've all heard that laughter is the best medicine. Turns out, it's really true. Medical experts now say that the way to achieve longevity is to stress less, lighten up more, and laugh. There's even a name for this concept: Gelotology - the study of humor and its effects on the mind, body, and spirit. Who knew that a good laugh actually had the healing power to make us happier AND healthier. Laughter is the perfect prescription for what ails us--minus the bad side effects and expensive doctor bills.

Extensive research has proven that laughing lowers blood pressure and helps reduce blood sugar, improves oxygen levels in the bloodstream to protect against heart-related problems, all the while decreasing our unhealthy stress hormones and increasing our protective immune cells. Laughter is a natural stress buster, too, improving overall mood and relieving anxiety. TV's Dr. Oz also sees laughter as an excellent way to promote social bonding by bringing people together, "Sharing a good joke, good times, and fun activities with others is a carefree way to achieve optimum health and wellness." But, perhaps, more importantly, laughing releases endorphins--that feel-good chemical in our body--that is proven to increase our tolerance to pain. As far back as the 1960s, Dr. Norman Cousins understood how crucial it was to treat the mind as well as the body. In his book, "Anatomy of An Illness," he wrote candidly about the important part humor played in battling his own life-threatening illness. As he explored options for managing his chronic pain, in addition to studying up on prescription medication and natural healing, he began watching comedies--in particular, Marx Brothers movies and "Candid Camera" TV episodes. He said, "Laughter, like an antibiotic, heals." He attributed his recovery in part to the restorative power of humor, believing that by vastly improving his overall emotional attitude, laughter actually helped to strengthen his compromised immune system as well. Recent studies now show that watching as little as five minutes of laugh-out-loud comedy not only makes you feel emotionally better but it relaxes all your body muscles for up to 45 minutes, making it as effective as a full body massage and less expensive.

So make it a point to bring a lot more levity into your life in whatever shape or form that tickles your funny bone. Woody Allen movies. Neil Simon plays. Everything from Three Stooges slapstick and 1940s screwball comedies to "I Love Lucy" reruns. No one is ever too old for Bugs Bunny cartoons and knock-knock jokes. Read a funny book or comic strip. Wax nostalgic with videos of old-school cut-ups like Bob Hope and Sid Caesar or hang with the newer kids on the block, like Robin Williams and Billy Crystal. There's the high-brow humor of "The Big Bang Theory" and the down-home style of Larry the Cable Guy. Take your pick.

Inspirational writer Anne Wilson Schaef says "Laughter is like the human body wagging its tail." So let's wag on!! Given a choice--laughter or tears--choose laughter. It's a lot less messy.

REMINDER

Sealcoating and Striping of
Hillsboro Blvd Scheduled Tuesday
April 29th – Friday May 2nd
Any Questions Call:
Park Office (954) 421-1116



Remember -
our fallen heroes.
They are the reason
that we are free.

CLUBHOUSE WIFI UPGRADE

The Wireless Internet Service in the Clubhouse has been upgraded. This upgrade provides a stronger WIFI signal in the clubhouse and pool areas for the use of residents and our guests.

CPR and AED Update

On April 4th 8 park residents—Art Green, Jim Overstreet, Ellie McDuffee, Maryann Larkin, Don O Malley, Monique Lananna, Robert Schenck, and Linda Caswell completed the American Heart Association CPR and AED program.

Anyone interested in taking the course can register on-line at www.coconutcreek.net. Navigate under government go to classes, find CPR classes and register.

Please check out the AED in the clubhouse.


Art Green

Committees

Bowling	Maryann Larkin	427-2897
Crafts	Gert Speiser	570-1154
Emergency Preparedness	Board Members	
FMO	Jan Klafka	270-5405
Koffee Klatch	Vacant	
Ladies Luncheon	Terry Koffer	425-8179
Ladies of the Lake	Joanie Derosalia	954-557-1913
Library	Pat Green	481-8580
Men's Breakfast	Art Green	481-8580
Monthly Cards	Maryann Larkin	427-2897
Policies, Procedures & By-Laws	Pat Green	481-8580
Sunshine Lady	Jenny Freestone	531-0950
Water Aerobics	Ellen McDuffee	481-2926
Web/Ripples	Allen Pummill	309-287-8223
Welcome Lady	Darlene Marcusson	363-4509

Deerfield Lake Association Officers

President
Tony Lananna



954-570-8705

Vice President
James Overstreet



609-220-7521

Secretary
Chris Frasca



954-644-9537

Treasurer
Don Potter



954-698-5194

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Board Members

Ellen McDuffee



481-2926

Suzanne
Overstreet



609-220-6863

Art Green



954-481-8580

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Community Activities

Water Aerobics

Meet Monday, Wednesday and Friday at 10:00 AM.
POOL IS HEATED



Koffee Klatch

Come join us every Tuesday morning at 9:00am for coffee, a treat, and good fellow-ship. We discuss upcoming events and all are encouraged to attend. Come meet your neighbors.



Bingo
 Tuesday Nights
 7pm \$ 8.00
 Admission

BINGO

March 2014

Attendance 139 (35 weekly average)

\$ taken in \$1900

\$ given out \$1790

Jackpot average \$150



Hand & Foot

Join Us:
 Every Monday 1pm
 Every Thurs. 7PM

Ladies Luncheon

Ladies Luncheons are well attended. Come and join in the fun! Watch your calendar for next date.

Sign-Up Sheets in Clubhouse

Crafts

Is that time again for a vacation.

Crafts will be stopping on May 27th for a short vacation. We will resume on Tuesday September 2nd at 9:45-12:00 at the clubhouse, following Coffee Klatch.

Have a wonderful vacation.

Gert 954-570-1154

Men's Breakfast Club

We had a good turnout for April. We had 10 men and we went to the Lemon Tree restaurant here in Coconut Creek.

The May Men's Breakfast will be Wednesday May 21st.

A sign-up sheet will be in the clubhouse. We meet at the clubhouse at 8:30 AM

**FMO April Update
 submitted by Jan Klafka**

Be a member of the FMO (Federation of Manufactured Home Owners of Florida). Each of us has worked long and hard to get to where we are today, so help the FMO help you and our community. We are all connected. What's in it for you?-----EVERYTHING!!! Join the FMO to help preserve our way of life. Have your voice heard in Tallahassee through the efforts of our lobbyist, Nancy Black Stewart. Numbers count!

Next district meeting will be in October.
 Note: it was suggested that even if you don't have insurance on your home, you might want to get liability insurance to cover wind damage.

Jan Klafka. 954-270-5405

***The Sunshine Lady Report
 By Ginny Freestone***

Get Well Cards Sent

George Gwinn Judy Williams
 Betty Quinn Carmen DeCarlo

***Welcome Lady Report
 By Darlene Marcusson***

Welcome our new residents for March

Jane & Jim Noonan #D6
 Janice Winter #A16

Deerfield Lake HOA Website

Please visit the new Deerfield Lake HOA Website and check out the pictures from the Flea Market and St Patrick's Day Party. The website can be accessed as follows: <http://deerfieldlakehoa.org>

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