

Ripples from the Lake

Ripples from the Lake

April 2019

News from the President & HOA

Spring has sprung! Updates from our Flea Market was amazing! We cleared \$1700 for our HOA. We would like to thank our workers whom without we cannot survive this event without and of course the donations from the community. The residents being able to come in on Friday night was wonderful and very welcome by all.



Flea Market

We also had a wonderful St Patrick's Day party. It was Sunday the 17th in the afternoon. We had a resident DJ and the Drake School of Irish Step Dancers!

HOA meeting scheduled for **Monday, April 1st at 7pm** is a very important meeting. There is a recently vacated position on the board and it needs to be filled.

We are also in discussions of possibly having open mic nights weekly or monthly and still looking for suggestions of what the community is interested in. Trips to museums, Shows, Shopping, Casinos and even a possible cruise or like adventure.



Drake Irish Step Dancers

Neighborhood Patrol

We had a Neighborhood Patrol meeting on Monday March 25 in the clubhouse. It is nice to report not too many issues happening. We are always looking for volunteers and to remember, "If you see something Say something!" The safety of you and your neighbors is in our control and we need to speak up when you see something. We continually ask that you **DO NOT CONFRONT**, but call the police. Confrontation can lead to a worse outcome regardless of your experience. Some of us do not have an issue with confronting people but remember this is not always the safest thing to do. Remember that there are many FaceBook groups to join in Coconut Creek including our own Deerfield Lake Community page.

If you would like to join Neighborhood Patrol please contact Sandy Ladue.

Remember 9PM routine, **LOCK THE DOORS!!**

SPOTLIGHT



For the month of April we are spotlighting Mark Reca and his great respect for our wildlife. He does a lot for other animals as well. This little feathery friend could not fly and was having issues with opening his beak. Not only did he get the hook out of the birds beak, he even brought the bird to the wildlife rescue. It is very nice to see that kind of generosity to wildlife. Restores our faith in humanity. Thank you Mark!

HOA Board & Officers

President ~ Sandy LaDue
954-425-8500

Vice Pres ~ Deborah Dane
954-420-9090

Treasure ~ Thomas Gildersleeve
954-290-1118

Secretary ~ Linda Cammallere
732-865-6404

Directors ~

Mark DiBattista 860-617-4340

Peter Saunders 401-855-1161

Committees

Audit Committee ~ Everett Rosner
954-254-0876

Bingo ~ Elena "Ellie" DiBattista 860-617-3736

Bowling ~ Maryann Larkin 954-427-2897

Crafts ~ Linda Cammallere 732-865-6404

Emergency Preparedness ~ Mark DeiBattista 860-617-4340

FMO ~ Dianna Saunders (Temp) 401-855-3253

Ladies Luncheon ~ Terry Koffer [954-425-8179](tel:954-425-8179)

Social Committee ~ Ginger Reca 954-854-4754

Library ~ [Linda Caswell 914-388-4548](tel:914-388-4548) & [Ellen McDuffee 954-481-2926](tel:954-481-2926)

Monthly Cards ~ Maryann Larkin 954-427-2897

Policy & By-laws ~ Deb Sulany 954-333-8453

Sunshine Lady ~ Terry Koffer 954-425-8179

Water Aerobics ~ Ellen McDuffee 954-481-2926

Web/Ripples ~ Dianna MK Saunders 401-855-3253

The 3H Corner; Health, Humor & Hope

the science and pursuit of Vitality & Longevity

by Lorrie Hollingsworth

As none of us are getting any younger, why not come along with me on a tour of the myriad topics relating directly and indirectly to **health, humor and hope** that likely impact our **vitality** and improve our **longevity**. I don't know about you, but to paraphrase: *I ain't here for just a good time, but a long time, a really long time ... like the whole "biblical-nine-yards" time of 120 years! And why the heck not, we've got the technology and the tools now. All we need is a little curiosity and a whole lot of will ... so let's make a go of it!!!*

This month's topic covers an area of cardiovascular

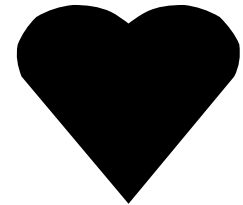
health known as HRV (heart -rate variability). We all know the importance of blood pressure and heart rate monitoring, but now we are being warned to keep tabs on our HRV, which Wikipedia defines as the "**variation** in the time interval between heartbeats", an interval that fluctuates with every single beat - by only a matter of micro-seconds, mind you, but the variation is measurable. It must be said that these variations are virtually impossible to detect without special technology, but why then would we even want to detect them? Well, **low** HRV is linked with higher

incidences of coronary heart disease, depression, diabetes and high blood pressure, while **high** HRV scores are associated with superior cognitive function and good vagal tone (i.e., the ability of our nervous system to deal with and recover from the stressors of life).

In the end, it is stress that became the great takeaway for me personally. Stress, you say? What stress? Well, it turns out stress is insidious, sneaky, stealthy and the very forerunner of disease well beyond junk food, tobacco and alcohol ... yikes!!! Thank goodness for that HRV warning!

So we truly owe it to ourselves to check out HRV with our health care specialists, or even acquire a personal HRV monitor for home use (there are numerous modestly-priced offerings; my naturopath recommended HeartMath LLC).

Our vitality and longevity are counting on us!
Chill and peace out!



Relections by Roselle

Once again, it's that time of year for the annual tidying-up tradition known as spring cleaning. Don't worry, I'm not advocating anything overly strenuous involving a lot of blood, sweat, tears, and elbow grease, but rather something more along the lines of eliminating the clutter and all the non-essentials--books we'll never re-read, clothes that no longer fit our style or shape, and all those irresistible do-dads that once-upon-a-time we couldn't live without which are currently covered in dust bunnies under the bed. And don't even get me started on all those piles of paper that just seem to multiply like rabbits. Where, you may wonder, does all the clutter come from? I have a theory. It's not so much that we're all such chronic shopaholics but rather that we buy things, forget where we put them, then go out and buy some more. Personally, I blame everything on the Dollar Store. There's no other explanation for the 12 placemats, 8 wooden spoons, 5 sets of salt and pepper shakers, 4 jars of oregano, and 3 corkscrews in my pantry. Trust me, no one needs that many kitchen supplies unless they're planning on opening a restaurant. The older I get, the more I realize I can get by with a lot less and that I want my home to be more of a sanctuary and less of a storehouse. With that in mind, I've recently embarked on a mission to scale back room by room, closet by closet, drawer by drawer, getting back to basics, deciding what to stash and what to trash. The more I clear away, the more clearheaded I feel. With less to keep track of, I find I have more free time, more breathing room, and more actual living space. When it comes to our 'stuff', we could all probably benefit from being a little more selective about what we bring into our homes and our lives. My new rule is simple: if it's ugly, has outlived its usefulness, takes up too much room, or has no real sentimental or mon-



REPORT FROM NOMINATIONS/ELECTIONS COMMITTEE

Lorri Hollingsworth, a Director on our HOA Board, has turned in her resignation citing medical issues, effective as of the April 1, 2019, HOA monthly meeting. We want to thank Lorri for her time on the Board. This leaves an opening to complete Lorri's term which ends in January 2020.

As per our By-Laws, when there is a vacancy on the Board, reducing the number to an even number of members, the vacancy needs to be filled. As the term is greater than 30 days, an election must be held at the first membership meeting following the notification of vacancy. Therefore, at the May 6, 2019, HOA meeting we must fill the vacancy.

At this month's (April 1st) meeting, nominations will be accepted from the floor. To be eligible one must be a bona fide homeowner, meaning their name must appear on the manufactured home title. They must be present at the meeting and may nominate themselves or

<p><u>Hand & Foot</u> Every Wednesday at 7pm & Saturday at 1pm in Clubhouse</p>	<p><u>Men's Breakfast</u> Wednesday April 17 @ 8:30 am. Meet at clubhouse</p>	<p><u>Ladies Luncheon</u> Wednesday April 17th @ 12:30pm Location yet to be decided sign-up in Clubhouse</p>	<p><u>Pool Aerobics</u> Mon, Weds and Fridays at 10am.</p>	<p><u>BINGO</u> Bingo at 7:00 on Tuesday evenings, at the clubhouse,</p>
<p><u>MONTHLY CARD PARTY</u> The <u>2nd Friday of every month</u> a card party is held at the Clubhouse. This is a social gathering for \$2 a person and refreshments are served. We are always looking for more people to attend, so feel free to come with your friends- there's plenty of room for more games. The hours are from 12-4. A table must be reserved by contacting Maryann Larkin at 954-427-2897</p>	<p><u>Koffee Klatch</u> Every Tuesday at 9 am join us for coffee, goodies and great conversations. Meet new neighbors and enjoy each other's company. All are welcome!</p>	<p><u>Bowling</u> Bowling at Sawgrass Lanes Bowling Alley 2:00 PM every Thursday. Please contact Maryann Larkin at 954-427-2897 EVERYONE IS WELCOME!</p>	<p><u>Neighborhood Patrol</u> Deerfield Lake neighborhood watch meetings are conducted monthly in the clubhouse. ALL are welcome to attend. Check your tubes for date/time.</p>	<p><u>Flag Disposal</u> Anyone replacing a worn American Flag should have the old flag disposed of properly. Please bring old flags to Dick Dabb at Lot D-18 for coordinating the proper disposal.</p>