

News from the President & HOA

Summer is coming. We know that this means our winter residents are returning to their other homes and Hurricane season is on the way. This is also our last Ripples until September but the calendar will continue and we have the FB page for any other pressing notifications.

Our next HOA is Monday May 6 at 7 pm in the clubhouse. This is the last meeting until September.

At our last meeting there were concerns related to our maintenance staff being late to respond. For those of you that are not aware, both of our wonderful maintenance people lost loved ones at the same time and had to be on leave. We understand the inconvenience that was placed on some but please remember that life happens and we need to be respectful of that. Management did what they could do in this unfortunate situation and we are happy all is restored.

Neighborhood Patrol

As it is the time of year some of our neighbors head back to their summer residents, we must maintain our vigilance. We are always looking for volunteers and 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 which we also have CCPD as part of our group. If you would like to join Neighborhood

SPOTLIGHT

For the month of May we are spotlighting some thank you's.

Dave would like to thank everyone for the sympathy cards, conversations to a minimum, a saving of not only words, special to him but to the community as well. Thanks to Jessy's daughter, Lisa and neighbor, Sue for all their help with the memorial service for Lu. We should be respectful and not dismissive if someone hasn't lived as long as others. Remember, we all have something to bring to the table.

From Ellen McDuffee to all her friends and neighbors and residents of Deerfield Lake. "My heartfelt thanks for being here for me in my time of need. The phrase 'neighbors helping neighbors' applies to this park and I am proof of that. (cont pg 3)

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 ~

Ladies Luncheon ~ Terry Koffer
[954-425-8179](tel:9544258179)

Social Committee ~ Ginger Recca
954-854-4754

Library ~ [Linda Caswell 914-388-4548](tel:9143884548) & Ellen McDuffee
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

Laughter is actually a STRONG medicine

because it triggers healthy physical and emotional changes in the body like boosting the immune system, increasing mood, diminishing pain, and protecting us from stress (the dreaded "S" word!). One study even found that laughing for 10 to 15 minutes a day could burn up to 40 calories - enough to drop a few pounds over the course of a year - BONUS! And here's

the ticket - **humor adds years to life - YIPPEE!**

And guess what? THIS medicine is **FREE!!!** I don't need to engage a therapist to bring laughter into my life - I can create my own opportunities to laugh: a) watching a funny show; b) visiting a comedy club or a pet store; c) reading the comics; d) inviting a humorous person into my inner circle (any volunteers?); e) sharing a good joke (do you know any?); f)

checking out the humor section at Barnes & Nobles; g) doing Karaoke (now THAT'S good for a belly laugh!); h) engaging with children; i) or doing something silly just for the heck of it (I'll need some practice there!)

Now, none of this info is useful if you don't have a strategy. Try to focus on: Surrounding yourself with reminders to lighten up, Remember funny stories/events to share later, avoid negative people & just

ment, take myself a little less serious, laugh at life's tribulations (find the silver lining), DON'T GO A DAY WITHOUT LAUGHING!

Our vitality & longevity are counting in part on our humor. I hope you find laughter in your world today!

Chill & peace out!

"Your happiness is not predestined.

You create it every day, not by chance but by choice."

Relections by Roselle

Every day we're given 24 brand new hours -- 1,440 minutes -- to spend, savor, save, or squander. Just think of what a wonderful transformed fulfilling life we can live if we make a conscious effort to fill them up with thoughts and things that give our life more meaning. Whatever brings us joy and a better sense of self is never a waste of time. Starting here and now, why not choose to:

See the glass as half full...Learn something new...Commune with Mother Nature...Set realistic goals...Think positive...Say a prayer of thanks...Stretch your body and imagination...Be true to yourself...Be generous with your attention and affection...Do your very best...Finish what you start...Go with the flow...Let go of worry...Put your ideas into action...Remind yourself you're only human...Trust your intuition...Keep the faith...Express your uniqueness and creativity...Pay a compliment...Read something inspirational...Lend a hand where needed...Be more fully in the present moment...Laugh out loud...Count your blessings.

Happiness is not complicated. It's a conscious choice we make to nourish our mind, body, and spirit with positive energy. It's a humble state of gratitude for simple pleasures, tender mercies and recognized blessings. Remember that the key to our personal happiness is not in someone else's pocket. It's in our own hands. It's a funny thing about life. If we refuse to accept anything but the best, we very often get it.

Happy Mother's Day. Happy Memorial Day.

See y'all in the fall



Spotlight (cont pg 1)

There are too many people to thank, the list is so long. However, I must thank Monique for saving my life and to Linda for her loving care of my Sassy. God bless all of my friends and neighbors. This is a great place to live."

Hurricane Preparedness & Readiness

For all our residents we have attached the annual readiness list. Please remember if you are leaving for any length of time during the season (JUNE 1st—November 30th) please ensure the storage of any outdoor furniture or lawn ornaments. This is very important. If you are unable to do health contact the office or one of your neighbors that might be able to assist. Remember to check into hotels, shelters or other accommodations as soon as possible. The city WILL shut off water depending on the category of the storm. I believe anything higher than a 2 an evacuation will be imposed by the city of Coconut Creek. This is not controlled by management or the HOA. For your safety, please heed to the recommendations of the city. It might be inconvenient but it is for safety.

According to AccuWeather, there is predicted 13 named storms. It should be

<p><u>Hand & Foot</u> Every Wednesday at 7pm & Saturday (unless a party has been scheduled) at 1pm in Clubhouse</p>	<p><u>Men's Breakfast</u> Wednesday May 15th@ 8:30 am. Meet at clubhouse</p>	<p><u>Ladies Luncheon</u> Wednesday May 15th@ 12:30pm Miller's Ale House in West Boca. 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 has been moved to another Alley. 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>