

# Meadowword

The Meadows Community News and Lifestyle



PRESORTED  
STANDARD  
U.S. POSTAGE  
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PERMIT #1  
MANASOTA, FL

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COMMUNITY  
NEWS  
2-8

OUR  
LIFESTYLE  
9-22

ACTIVITIES &  
EVENTS  
14-15

MEMOIR  
GROUP  
23-24

SERVICE & SALES  
CLASSIFIEDS  
26-27



Marilyn Maleckas — MCA Board President

# The Meadows Single-Family Homeowners Alliance MSHA . . .

APPRECIATION IS EXTENDED TO THE SINGLE-FAMILY HOMEOWNERS ASSOCIATION LEADERS, MICHELLE JOHNSTON, PRESIDENT AND CHRIS PERRONE, BOARD DIRECTOR FOR THEIR LEADERSHIP IN THIS ORGANIZATION AS WELL AS PROVIDING THIS SUBSTANTIVE INSIGHT INTO THE INFORMATION PROVIDED HERE.

As we move into Fall and have many residents planning to return to Sarasota and join their friends and neighbors, I thought it a great time to let you know of an important change taking place in the community, specifically with one of our highly regarded group of Meadows homeowners formerly called the Meadows Homeowners Association (MHOA). Earlier this year, the members of MHOA voted to change the name of this group to The Meadows Single-family Homeowners Alliance (MSHA) to reduce confusion with the Meadows Community Association.

The Meadows Single-family Homeowners Alliance is not a traditional homeowners association because it is a voluntary association and is the only organized voice for single-family homeowners in The Meadows.

Specifically, the MSHA represents the homeowners at the Meadows Assembly which meets monthly, Emergency Preparedness Committee meetings and other meetings sponsored by the Meadows Community Association. It also contributes to and supports various projects in The Meadows. Visually, think of the Meadows like a necklace being made of fifty-two separate gems (we have 52 condo and HOA associations) held together by a green ribbon of single-family homes, yards, and gardens. The single-family homeowners keep the Meadows green and pristine.

Without us working together to keep our properties maintained and our voices heard, the value and importance of The Meadows would be diminished. The MSHA has monthly board meetings, during which issues pertinent to single-family homeowners, including standards, wildlife, and safety, for example are discussed. Twice a year, it has all-member social events, often with guest speakers providing new information for homeowners. MSHA also offers informational programs, publishes newsletters and emails special alerts for its members. All members are welcome to participate in MSHA committees and run for the MSHA Board as openings occur.

To become a member, email: MeadowsHomeownersSarasota@gmail.com. Membership is \$15 for the first year; \$25 for two years, \$35 for three years, \$45 for five years and \$55 for five years.

I have personally been a member for several years and can attest to the value that this organization has brought to me with informative seminars, socializing with friends and listening and discussing topics of mutual interests with new and long-term Meadows residents.

**If you are a single-family homeowner in The Meadows, we hope that you will take the opportunity to join this exciting organization and Save the Date for the MSHA event – November 15, 2023, at 5:00 PM, at Centre Court Lounge, Poolside, for Dinner and Dancing to your favorite “Sounds of Motown!”**

## OUR MISSION

To preserve the property values, ambiance and vitality of our community.



## OUR VISION

To be known as a well-maintained, welcoming, safe community with up-to-date housing, activities and services designed to meet the needs of all residents.



Frances Rippondi — MCA General Manager

# A crisp understanding

**Single Family Homes are not permitted to be rent for less than two months or be rented more than two times a year. Tenants aren't exempt from following the rules of The Meadows or their Association.**

## DON'T FALL FOR IT

Fall is the time of year that temperatures start to drop and the reason why so many of our northern friends are drawn to Florida and once again return to The Meadows. The past years' homebuying frenzy solidified new homebuyers' desire to soak up the sun, have some fun as the Sarasota real estate market exploded. The Meadows highly sought after real estate was no exception due to its beautiful natural setting, large canopied oaks, and convenience to beaches, shopping and downtown Sarasota.

As real estate prices rise, rental rates follow. So it comes as no surprise that some homeowners choose to lease their property, become a short term rental or Airbnb landlord, and why not? Leasing to a tenant or vacationer seems simple enough but it can come with consequences if the rules of the association are not followed. Don't fall into the trap of leasing your property without knowing all the rules.

**As the landlord, you can be held liable for your tenants' actions.**

## KNOW THE RULES Single Family Homes Not in an Association:

The rule is simple, as stated in our Declaration of Maintenance Covenants and Restrictions on the Commons for The Meadows, Paragraph 9 (u): Single-family homes, not in mandatory

homeowner associations other than The Meadows Community Association, Inc. (MCA), shall not be rented for periods less than two (2) months, and shall not be rented more than two (2) times in any twelve-month period.

## CONDOMINIUM AND ASSOCIATIONS

Condominium and Associations properties' rental periods differ throughout The Meadows. Many associations have at least a three month minimum for rentals. The only way to be certain is to check with your association property manager to ensure you are abiding by the association's rules and providing your tenant with accurate information.

## AIRBNBS

Considering using your home as an Airbnb? Not so fast. The Meadows does not allow for the rental of Airbnbs that are in conflict with single-family home, condominium and associations rental rules. Sarasota County also prohibits Airbnb rentals less than 30 days and require that you maintain appropriate documentation of all the parties that have leased the property. In addition, renting your property may result in losing your homestead exemption and being required to pay a rental tax to the county.

For further information on Sarasota County Code, visit [scgov.net](http://scgov.net) and search on Unified Development Code, click on Municode and scroll to Section 124-131-Dwelling Units. Obtaining and understanding your own association's

documents, rules and regulations will prevent any premature evictions of those to whom you may have improperly leased your property. Visit the MCA website: [themeadowssarasota.org/](http://themeadowssarasota.org/) Documents, for MCA regulations and go to the Condominiums and HOA section for your specific association's regulation documents, or reach out to your property manager by phone using the number provided.

## RENTAL RESTRICTIONS SUPPORT COMMUNITY STANDARDS

The Meadows is responsible for maintaining the overall ambiance and maintenance of the community. Preserving property values throughout the community is accomplished by enforcing the rules for the greater good of the community. While tenants are certainly welcome in our community, they are responsible to uphold and live by the same rules set forth in the community's Declaration of Maintenance Covenants and Restrictions on the Commons for The Meadows that the homeowners agreed to at the time they purchased. Tenants are residents of the community too, so that means, they are bound by the same restrictions.

**Tenants aren't exempt from following the rules of The Meadows or their Association.**

Some renters unknowingly break the HOA's rules and regulations simply because they were never told there were rules to be followed.

The best way to ensure compliance is to provide your tenant with a copy of the governing documents and have them sign an agreement to abide by the rules prior to moving in. If a tenant renting your home, violates the rules of the association, it is the homeowner who is responsible.

**As a landlord you are responsible for ensuring that your tenant follows The Meadows rules and regulations.**

Fines for violations can be substantial. The Board has the authority to levy a fine up to \$100.00 per day per violation to a maximum aggregate of \$5,000.00.

**Failure to follow rules can result in the homeowner being fined.**

Tenants play an important role in the community and have a significant impact on the community dynamics. It is in the best interest of you the homeowner and your tenants to have a mutual understanding of what is required, to ensure expectations are met up front.

The MCA wants to make sure that all residents enjoy what The Meadows has to offer. Knowing the rules goes a long way in protecting both the homeowner, tenant and the overall well-being of the community.

# Don't Fall Victim to the latest SCAMS



Tia Calomeris— MCA Director, Marketing & Communications

Scammers are like viruses: They continually evolve in response to the latest news and trends, using them for new ways to separate us from our cash. These criminals “are so adaptable, they’re going to just follow the headlines,” says Amy Nofziger, director of fraud victim support for AARP. AARP- Patrick J. Kiger and Sari Harrar provides the latest scams to be aware of. This information was last updated April 2023.

## WATCHDOG ALERTS

Scammers have proved ingenious when it comes to updating traditional criminal operations with new twists to make them more convincing and effective. Now, scammers are increasingly going online.

“Most con artists have taken a digital-first approach to scamming,” says Josh Planos, vice president of communications and public relations for the Better Business Bureau (BBB). He notes that the vast majority of today’s scams originate through a digital on-ramp, such as social media or email.

Here are some emerging scams that anti-fraud experts are tracking in 2023, along with tips on how to thwart the crooks.

### 1. PAYDAY LOAN SCAM

Criminals exploit the inflation squeezing workers by offering fake payday loans that they claim will help people settle their bills, according to Nofziger. Loan applicants are told they’ll need to prepay a fee. The money goes into the crooks’ pockets, and the applicant gets nothing.

**HOW TO STAY SAFE:** Be wary of anyone who asks you to pay any sort of loan fee with a gift card or some other nontraceable form of payment.

### 2. ONE-TIME PASSWORD (OTP) BOT SCAM

Credit reporting company Experian warns that scammers utilize bots — automated programs — to deceive people into sharing the two-factor authentication codes sent to them via text or email from financial institutions (or from companies such as Amazon). The bot will make a robocall or send a text that appears to come from a bank, asking you to authorize a charge, then it asks you to enter the authentication code you’ve just been sent if the transaction isn’t yours. It’s actually the bot that’s trying to log into your bank account, and it wants the code that the bank sent to you as a precaution, so it can get in.

**HOW TO STAY SAFE:** Never share authentication codes, or provide other information, in response to an unsolicited phone call or text.

### 3. ‘OOPS, WRONG NUMBER!’ TEXTS

Seemingly misdirected messages are increasingly the start of a scammer’s ploy. A text message addressed to someone else pops up on your phone. It seems urgent — a rescheduled business meeting, or maybe a romantic get-together. You text back, “Sorry, wrong number!” The scammer keeps up the friendly texts, and may eventually invite you to join an adult website to see revealing pictures so you hand over credit card info and money, or try to

convince you to make a cryptocurrency investment (and take your money).

**HOW TO STAY SAFE:** Don’t respond to texts from numbers you don’t recognize. Don’t click on links in them or respond with “STOP” if the messages say you can do this to avoid future messages. Block the phone numbers they come from.

### 4. BANK IMPERSONATOR RACKET

Let’s say you’ve set up your bank or credit card online accounts so you can access them only with a live code sent from the institution. And let’s say a criminal has your bank or credit card username and password login and wants to steal from you. What would he or she do? In this increasingly common fraud, they call you, claiming to be from your bank and warning about a problem with your account. The caller tells you they’re emailing or texting you a “onetime passcode” for logging in and asks you to read it back to them for verification. In reality, the scammer’s login attempt triggered your bank to send you the passcode. Handing it over gives criminals full access to your account.

**HOW TO STAY SAFE:** Never give your onetime passcode to anyone who calls you. Hang up, find your institution’s phone number on a bank statement or on your credit card, and call. Ask if there really is a problem and report the con to the bank’s fraud department, McKenna recommends.

### 5. ‘I’VE GOT YOUR PACKAGE, WHERE’S YOUR HOUSE?’ HOAX

New package delivery scams include texts and phone calls purportedly from a professional-sounding delivery driver who can’t find your house. Didn’t order anything? They may try to convince you someone’s sent a gift. Or you may receive an email about rescheduling a drop-off or a fake “package delivery attempt” sticker on your front door. Their goal? To get you to provide personal information or simply click on a link they provide. That link then downloads malware that will harvest passwords and account info from your computer.

**HOW TO STAY SAFE:** Contact the seller or delivery service using a verified phone number, the FCC recommends. Don’t use numbers or links provided by potential scammers.

### 6. OUT-OF-STOCK ITEM SCAM

Scammers often place fake ads on social media sites for products at too-good-to-be-true prices, take your order and payment info, then tell you the item’s not available right now. Your refund is on the way, they promise, but it never arrives. And you can’t reach anyone at the company about it.

How to stay safe: Research businesses online before you buy. Only shop on secure websites with a lock symbol in the browser bar and an internet address that begins with “https.” Pay by credit card, the FTC recommends. That way, you can withhold payment pending an investigation.

# AUGUST SAFETY REPORT



Incidents are defined as a variety of complaints or concerns ranging from minor to more concerning activity reported by a resident. Examples of such (but not limited to) are; an alarm, animal and fishing complaints, reports of safety hazards, burglary, harassment, welfare check, dumping, solicitation or suspicious person(s).

Citations are violations that do not respect our documents related to Meadows standards. Examples of such are: restricted vehicles, parking violations, garbage cans not being picked up or put out too early, violations subject to tow, and sign restrictions.

## AUGUST REPORT

During the month of August, 2023 there were (15) incident free days - (2) more than July 2023. There were (24) reported incidents - (5) less than July 2023. There were (41) citations issued this month - (27) less than July 2023.

### SUSPICIOUS PERSON

- 8/22/23 a suspicious person riding a bicycle was loud & swearing in the Map area. Safety responded but, saw nobody in the vicinity, searched the surrounding area, nobody was found in the area.
- 8/28/23 a suspicious incident— A homeowner in Myrtle Wood reported seeing someone on her door bell camera, trying to open her door. When the lights came on, they left. Complainant was advised to call the Sheriff’s Office.

### PHONE NUMBERS FOR EMERGENCIES

In the event of an emergency, call 911. After you have called 911 please report the incident to the MCA Safety Patrol.

The non-emergency Sarasota County Sheriff’s Office number is 941-316-1201.

The Meadows Safety Patrol number is 941-809-0084.

### DISTURBANCE COMPLAINANTS

- 8/4/23 in the 5000 block of Champagne Safety arrived for a report of someone screaming. It was determined to be a child and confirmed by the parent that all was ok.
- 8/9/23 on 4000 block of Longwater Chase alarm was heard from inside a residence. Owner was contacted and informed. Fire Dept. was contacted and arrived. It was determined there was no fire danger present.
- 8/19/23 request to remove a “non-compliant” boyfriend from a home in the 4000 block of Glebe Farm Rd. Complainant was advised to contact The Sheriff’s Office.
- 8/27/23 complaint from 4000 block of Chatsworth Greene concerning hearing gun shots. Safety while on scene did not hear any gun shots. It is believed it may have been skeet shooting from the property adjacent to the Scarborough community.

### BURGLARY

- Burglary – Auto on the 3000 block of Surrey Ln. the lower portion of the rear window of

a car was broken, discovered by the owner in the morning. It was reported she had heard something around 3am when her dogs were barking but, she did not see anything. Sarasota County Sheriff’s Office was on site taking a report and investigating.

### ANIMAL CCOMPLAINTS

- 8/6/23 In the 4000 block of Glebe Farm Rd. it was reported that a dog got out of a house and made an unwanted approach towards the complainant. The dog retreated.
- 8/17/23 resident of morning side reported her cat got out and has not returned. Cat returned hours later.

### SOLICIATION COMPLAINTS

- Solicitation complaints (3) all on 8/11/23, all persons left when advised.

### FISHING COMPLAINTS

- 8/7/23 on Highlands Bridge Rd. Safety responded, nobody was seen in the area.
- 8/9/23 Highland Oaks Circle. Safety was unable to locate anyone.
- On 8/27/23 3 men were found fishing in the Spring Lake

pond and one said they were a resident of Somerset. The men were advised that they could not fish there but, were provided with the areas that they could. They were all pleasant and left as directed.

- On 8/29/23 a man on a bike fishing the pond behind 3000 block of Chatsworth Greene. Upon arrival safety observed the man fishing and advised him it was not allowed. The man got on his bike and left.

### ASSISTANCE RENDERED

- 8/21/23 A resident of Bunker Oaks believed they were experiencing possible issues with someone they had problems with in the past. Safety spoke with the individual and an additional police report was made by complainant with the Sheriff’s Office.
- 8/22/23 In the 4000 block of Waterbridge Down Safety assisted a resident to their feet who had slipped in the back yard and needed assistance. Resident reported no injuries.
- 8/25/23 Complainant requested a check of their residence in the 5000 block of Village Lake. They had seen someone on their door bell camera leaving their home. Complainant advised that they were having work done by a service repair vendor. Safety checked the area and did observe a repair service van and informed the homeowner.

### HELPFUL SAFETY TIPS TO KEEP IN MIND

- Keep your doors locked.
- Make sure your garage door is always closed.
- Lock your car and do NOT leave any items that are visible, it attracts unwanted activity.
- Trim your bushes around your home to eliminate the possibility of opportunitst to take easy cover.
- Make sure your home is properly lighted outside.



Tom Bondur— Standards Committee, Chair

# Living in an HOA



Owning a home is a big commitment— financially and physically. For most of us, it is the largest financial investment we will ever make. It is the foundation of our financial security and independence.

Owning a home requires committing to a never-ending cycle of maintenance, repairs, and improvements. I joke with friends that I didn't retire. I just changed my career to property management.

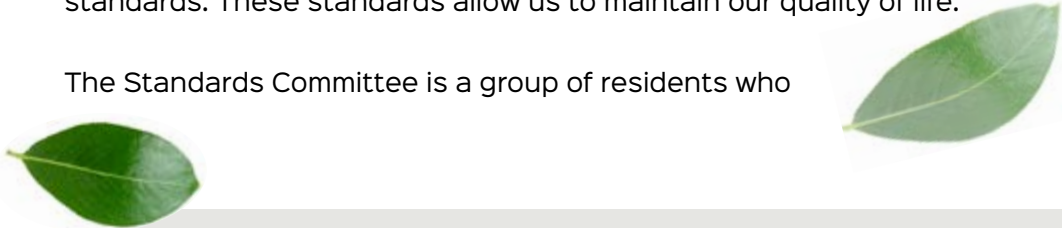
We build, remodel, decorate, and landscape our homes to create an environment that is uniquely our own. Our homes become an expression of ourselves-- a source of pride, satisfaction, and serenity.

It is a place of refuge from the stresses of modern life-- a place we find comfort and rest. It is the place where we gather with family and friends to enjoy life and good fellowship.

In a homeowner association (HOA) like The Meadows, this sense of community is an important factor. It is why we live here.

An HOA is a deed-restricted community where like-minded people choose to live together according to mutually agreed upon rules and standards. These standards allow us to maintain our quality of life.

The Standards Committee is a group of residents who



volunteer to help maintain standards for the benefit of the community. They are friends and neighbors who take pride in the community and want to help preserve this quality of life.

The volunteers donate personal time each month to assist Meadows Community Association (MCA) staff with the task of keeping our environment orderly and attractive. The volunteers perform monthly inspections of assigned zones, make notes on any observed problems, and submit a report to staff.

Staff evaluate these notes and contact residents if they feel a problem warrants further attention. The staff work with the residents to resolve the issue.

If you receive a postcard in the mail notifying you about a problem with your property, contact MCA staff to discuss the matter. They can advise you on how to remedy the problem. If there are extenuating circumstances, let the staff know. They can adjust expectations to accommodate your situation.

**Please use the following checklist to evaluate whether you may have a problem that could result in a violation notification. It is the guide used by the volunteers.**

## STANDARDS COMMITTEE INSPECTION CHECKLIST

HOUSE	
Roof	Dirty with leaves, pine needles & other organic debris; discolored by mold; worn/damaged shingles/tiles; damaged or dirty fascia, soffits, gutters, or chimneys.
Walls	Damaged wood or stucco (cracked, chipped, or peeling paint); dirty from mold, mud, or other discoloration (such as mismatched paint) on front & side exterior walls, decorative walls & arches.
Fences or enclosures	Damaged or leaning fences, broken or open gates.
Mailbox & House numbers	Tilting, dirty, or broken mailbox; missing or unreadable house number on mailbox, garage, porch, or front door.
Driveway	Dirty with leaves, pine needles & other organic debris; discolored by mold (black or blotchy); severely cracked, broken, uneven or missing concrete/paving stones; weeds or grass growing in cracks.
Trash cans	Garbage, recycling & organic debris cans improperly stored/visible from street.
Pottery, statuary,	Excessive clutter of pottery or other objects on porch or yard; obtrusive/wall decorations unapproved statuary or wall decorations.
LANDSCAPING	
Trees	Overgrown branches or dead palm fronds need trimming; tree stump needs grinding; fungus infection (Ganoderma conk) needs removing.
Shrubs	Overgrown shrubs need trimming; dead plants need removing.
Lawn & garden	Large patches of dead grass; debris (leaves, pine needles, fallen limbs); weed-filled or overgrown lawn or garden beds; overgrown edging on curbs, sidewalks, & driveways.

## AUGUST APPROVED ARCHITECTURAL REVIEWS

- Oakley Greene Condo Assn  
2321 Arborfield Ln  
2483 Crispin Ct
- 5473 Downham Meadow  
5172 Marsh Field Ln  
2957 Longleat Woods  
(2) 3306 Highlands Bridge Rd  
3338 Highlands Bridge Rd  
3120 Heatherwood Ln  
Oakley Greene Condo Assn  
4584 Glebe Farm Rd  
5078 Marsh Field Rd  
(2) 4772 Greencroft Rd  
2483 Crispin Ct  
4672 Glebe Farm Rd  
4611 Chandlers Forde  
3420 Longmeadow  
3390 Hadfield Greene  
3437 Highlands Bridge Rd  
2957 Longleat Woods  
Meadows Village Center  
Commercial Land Condo Assoc  
4974 Waterbridge Down  
2830 Longleat Woods  
(2) Windrush Bourne Condo Assn  
2483 Crispin Ct  
3306 Highlands Bridge Rd  
Heronmere Condo Assn  
1903 Dalecroft  
4836 Greywood Ln  
4413 Longmeadow  
4988 Taywater Dell

# The First Big One Was Kind To Us

## Time to prepare in case there is another one



Bob Clark — Emergency Preparedness Committee, Co-Chair



### BE SMART ABOUT THE CONE OF UNCERTAINTY

The name "spaghetti model" may sound funny and appetizing, but the reality is that sometimes it generates confusion and concerns, especially during hurricane season.

Technically, spaghetti models refer to lines on a computer model that show the potential paths of a storm.

During a hurricane warning, meteorologists receive information from 21 possible trajectory models. Those lines, shown together on a map, resemble strands of spaghetti.

### IF YOUR REPORTED EVACUATION ZONE IS TOLD TO EVACUATE, DO IT.

It is Wednesday morning, August 30. Last night The Meadows dodged a bullet. A huge, snarling, dangerous storm named Idalia decided to take a track that was far enough offshore that it prevented us from major storm damage. This was an historic storm due to its arrival so early in the season and the track it took up the west coast.

Having a major storm this early in the season is not a good thing and it probably means we are going to be challenged again this year. If there was any benefit from the near miss it provided an opportunity to assess your own emergency preparedness so you can be better prepared for the next one.

It was also a chance to test the procedures of the Emergency

Preparedness Committee under close to critical conditions. Under Mike Mazur's organizational leadership, the challenge went very well. The Command Center was open and the volunteer rangers and leaders reported the conditions in their areas in a timely manner.

As with so many functions in The Meadows, the Emergency Preparedness Committee is run by volunteers. If you would like to join this seasonal committee and help keep your community safe call us and volunteer. I can tell by the response we receive from our current volunteers that they consider their service rewarding and a value to the community.

You might consider what we just experienced a dress rehearsal.

If events made you wonder if you were properly prepared, do a self-assessment. Did you have enough water and food for three to five days? Were your prescription medicines in a safe place and of sufficient quantity to get through the emergency? Did you have back up for your cell phone and a good supply of batteries? And if you had special needs, did you contact the county ahead of the storm?

A big thank you goes out to the members of the Emergency Preparedness Committee for the excellent reporting they did in the aftermath of the storm. And as always, a salute to the MCA staff for everything they do during a crisis and on a daily basis.

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**FEATURED PROPERTIES**

- 4578 Longwater Chase—2Bd/2Ba** Condo w/Golf view, carport, excellent rental history... **\$314,900**
- 5138 Harpers Croft—2Bd/2Ba—Golf vi** Very private... **SOLD** **\$299,000**
- 4631 Longwater Chase—2Bd/2Ba—Fr** view of entire 18th hole. .... **SOLD** **\$314,900**
- 3385 E Chelmsford Close—2Bd/2Ba** age, Den, Golf view..... **SOLD** **\$444,900**

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# Fall Assembly Programs

Mike Mazur and Ned Boston— Assembly Program Development, Co-Chairs

Fall is like turning pages in the book of a year. It represents for the Assembly of Property Owners a new chapter as we come out of an off-season break and move forward on the path of new programs and topics for our Association leaders and other residents. Despite being on hiatus for monthly programs, the Assembly Executive Committee has been hard at work developing programs of interest for the coming year.

For the first program of the season on October 18, 2023 at 4:00 pm, Bryony Swift, a Shareholder with Becker, will present a program on the legislative updates to both the condominium and HOA statutes. There are sweeping changes primarily to Florida Statute 718, The Condominium Act, that were adopted by the Florida legislature this session. Many of them do not apply to our community, so Bryony will focus on the changes

that do have impact on your association.

There are some changes in the Assembly Executive Committee that we are pleased to announce. Mike Mazur, who chaired the Assembly since 2017, and Ned Boston now serve as co-chairs of the program development aspects of this leadership group. They are joined by Cathy Gruneisen and Lorraine Scrimshaw. For the election aspects of this group, Ned serves as Chair in conjunction with Cathy and Lorraine. Mike, a Meadows resident and part-time MCA employee, serves as staff liaison to the Executive Committee for its election management and oversight role.

For the MCA Board of Directors election at the March 4, 2024 Annual Meeting, applications are being accepted through 3:00 pm on Friday, October 6, 2023. The Assembly Executive Committee is

charged with handling all aspects of the election process and, at the November 15, 2023 Assembly meeting, they will conduct the first introduction of the Board candidates.

For the 2024 Assembly meetings being held January through May, topics being considered include Legal Insights for Effective Operation of your Association, Navigating the Legal Landscape of Emotional Support Animals, Best Practices for the Care and Handling of Trees, Round Tables: a Forum for In-Depth Dialogue, and Mastering Interpersonal Dynamics: Building Positive Relationships.

The mission is to provide the volunteers leaders of the 52 Associations within The Meadows some of the best practices for managing their communities.

Join us for these programs and the community interaction that each Assembly meeting provides.



**READY TO BUY OR SELL?**



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## A Big Welcome to Bob Bolton TMCC Membership Director

BOB HAS 30+ YEARS OF EXPERIENCE IN MEDIA AND EVEN HOSTED HIS OWN GOLF PROGRAM AND SPECIALS FOR THE VALSPAR CHAMPIONSHIP (PGA TOUR) AT INNISBROOK RESORT.

The Meadows Country Club is excited to welcome Bob Bolton, new Membership Director, to The Meadows Country Club. Bob's first day at the Club was August 14th, and he hit the ground running becoming familiar with the Club, the team members, club members and responding to the inquiries from new member prospects that live inside and outside our community.

Bob is the proud father of two grown children (Jordan-son, Lauren-daughter) and two grandsons (Cameron & Levi). Bob is originally from Danville, Illinois and a graduate of Butler University. Bob has 30+ years of experience in media and even hosted his own golf program and specials for the Valspar Championship (PGA Tour) at

Innisbrook Resort. Bob is an avid golfer, tennis and pickleball player. Bob's excited to be a part of The Meadows' country club family and is excited to get to know the many residents that surround our beautiful club.

If you have any questions about club membership or are simply curious to its many offerings, please reach out to Bob (bbolton@theiconteam.com (941) 893-3224). The club is still running an exclusive resident program designed for The Meadows community. Bob will be happy to take you on a tour and answer any questions you may have.



Crystal Romeo (Director of Fitness) and her team at the Fitness Center (located in the Meadows Community Lifestyle and Wellness Facility) have been busy introducing the amenities and resources available since the December 2022 opening. If you haven't had the opportunity to visit the fitness center, please reach out to Crystal to schedule a tour. The fitness center is accessible for eligible residents through The Renaissance Access Plan and provides an array of aerobic equipment, and a robust collection of strength machines and free weights. It's a great place to keep yourself fit, while enjoying the social camaraderie of your neighbors and club members. There are also multiple classes that are available including: Yoga, Stretch and Tone, Water Aerobics and Dance. Reach out today to continue being active and living a healthy lifestyle.

For more information about the Fitness Center or class schedules contact Crystal (cromeo@theiconteam, (941) 404-4055).

### Florida Southern Roofing Has You Covered



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\*Anchin Pavilion is a licensed Assisted Living Community providing assistance with activities of daily living for seniors who may need more care and services than independent living provides. This program is also available in our memory support neighborhood.

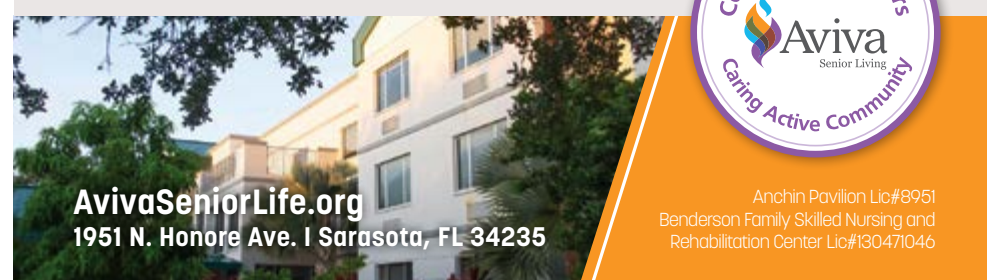
Aviva Senior Living is a part of the Meadows Community which provides beautiful tropical vistas, nature walkways in an idyllic location for our residents.



Try us on for size. **Fully furnished** large assisted living studio apartments are now available for short-term lease. Apartments include kitchenettes, weekly housekeeping, 3 meals per day, laundry and linen services, cable, internet and full access to programming, entertainment, and professional nursing services. Move right in knowing you will have 24 hour care, medication management, assistance with your daily personal care routine—all without the worry and responsibility of managing your home!

Contact any one of our professional Senior Living Counselors for more information on our 'Quick Move-in Application Process' by calling **(941) 702-4907** or email us at [info@avivaseniorlife.org](mailto:info@avivaseniorlife.org).

Retreat requires a two-week minimum short-term lease that can convert to an ongoing monthly lease, if desired.



AvivaSeniorLife.org  
1951 N. Honore Ave. | Sarasota, FL 34235



Anchin Pavilion Lic#9261  
Bardessoni Family Skilled Nursing and Rehabilitation Center Lic#100470346

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REVIEW - SALE IN THE MEADOWS

If there was a grade on the grading scale higher than an A+, Jennifer would receive it. Her knowledge, professionalism, and communication was outstanding!! Jennifer went above and beyond, and her work ethic is certainly something to be celebrated... Thank you, Jennifer!!  
Read more of Jennifer's reviews online at [www.rem.ax/jennifer-naylor-reviews](http://www.rem.ax/jennifer-naylor-reviews)

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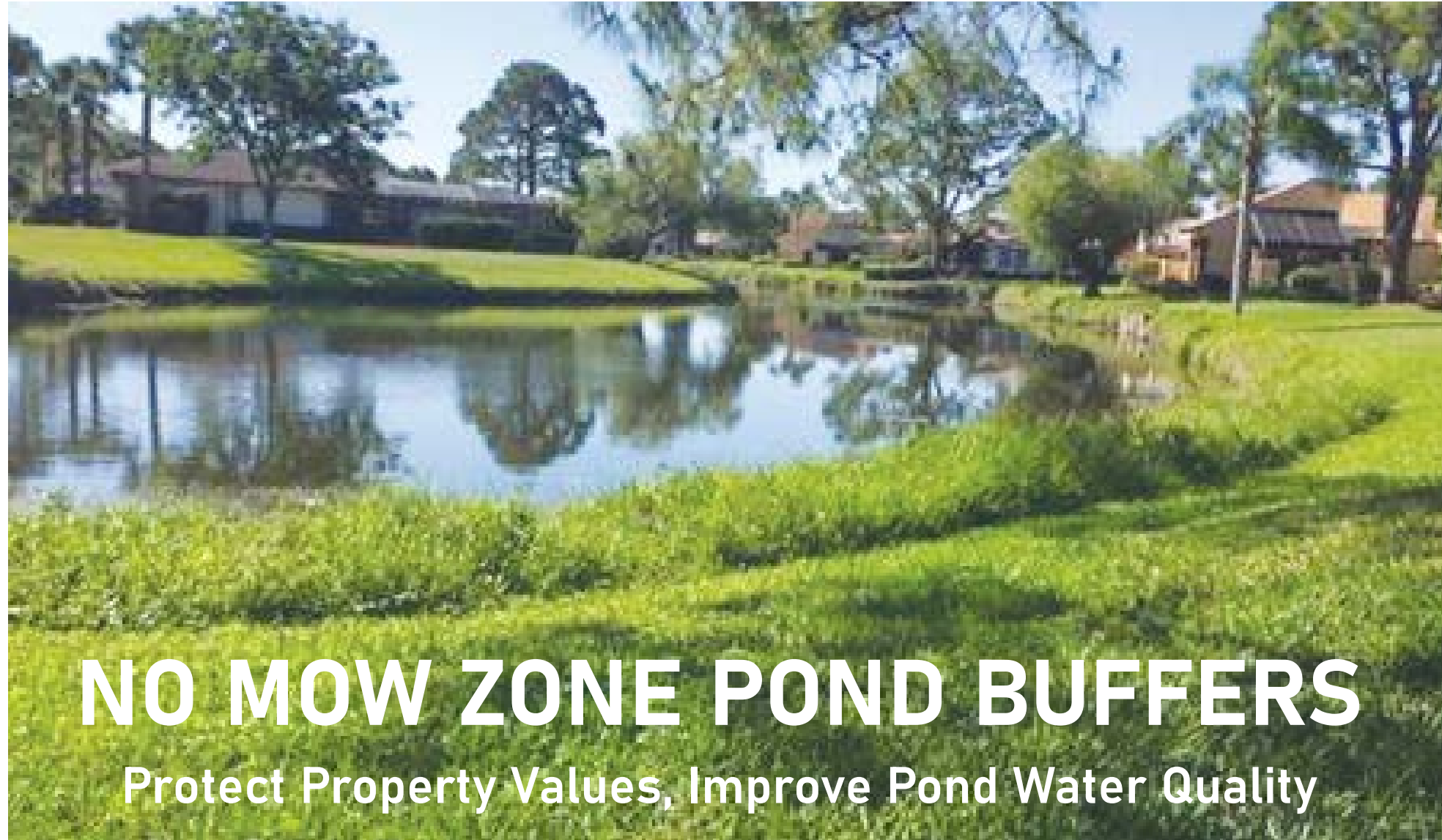
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# NO MOW ZONE POND BUFFERS

## Protect Property Values, Improve Pond Water Quality

Dick Bragaw— Water & Wildlife Committee

Over the past five years, The Meadows has transformed the look of our pond shorelines from scalped, often brown banks to living, green buffers. Most people agree these natural shorelines around our waterways look better. They help Meadows homeowners protect their property values, prevent the need for costly geoengineering, improve pond water quality, and create habitat for wildlife. It's a no brainer: keep those heavy mowers away from the pond's edge.

Maintaining natural shorelines by enforcing No Mow Zones (NMZs) around all waterways requires keeping heavy landscape equipment away from shorelines and littoral shelves (the shallow shelf where water meets land inside the ponds), thereby creating a buffer to enhance growth of native aquatic plants. This buffer filters storm water runoff, removing chemicals from fertilizers and pesticides and other pollutants, and helps to stabilize pond banks and prevent erosion.

Substantial, damaging erosion has occurred in many Meadows ponds. This erosion denigrates the ability of the ponds to serve their vital function as a stormwater system, reduces their support of native wildlife, encroaches on residents' lands, and threatens community property values. The health and proper management of our ponds, therefore, is essential not only for the esthetic beauty and natural environment of The Meadows community, but also for the preservation of residents' home values and mitigation of the costs of pond maintenance.

MCA Board policy recommends NMZs consisting of a border at least 3 feet wide and 10-12 inches high, consistent with Sarasota County recommendations. It's important to understand that these are not "No Maintenance Zones" where the vegetation is permitted to grow wild. NMZ buffers should be regularly maintained to control invasive plant species and maintain an attractive appearance, but only with handheld trimmers and other such tools, not mowers or heavy equipment.

The Board's NMZ policy has been effectively implemented in the great majority of Meadows communities, which are governed by their individual condominium and homeowners associations. We are now more than ever looking to single family homeowners to join our efforts in improving our lake bank edges by establishing NMZ's. There are 128 single family homes that border our ponds. "It is imperative that these homeowners also be a part of the solution and require their landscapers to establish a and maintain NMZs," says Dr. Robert Hueter, a single family homeowner and

**WE ARE NOW MORE THAN EVER LOOKING TO SINGLE FAMILY HOMEOWNERS TO JOIN OUR EFFORTS IN IMPROVING OUR LAKE BANK EDGES BY ESTABLISHING NMZs**

Chair of MCA's Water and Wildlife Committee. Our goal is to improve our water quality, protect our lake bank edges from erosion and keep lawn mowers away from lake bank edges for safety purposes.

"Running heavy lawn mowers near a pond's bank contributes to erosion and presents a significant safety hazard," says MCA General Manager Frances Rippondi. The mower can tip and pin a maintenance worker. "A landscaper died recently in Venice when his ride-on mower tipped over on an eroded pond shoreline that collapsed when he mowed close to the edge," adds Hueter.

Sarasota County recommends NMZs and insists that no grass clippings be washed, swept, or blown into waterways, either intentionally or accidentally. The county has no specific guidelines on how NMZ buffers are maintained but suggests a maximum height of about 18 inches and urges operators to be careful clippings don't end up in the pond.

"The mission of MCA's Water and Wildlife Committee (WWC) is to enhance the beauty and ecology of The Meadows' aquatic systems while continuing their essential role in water drainage and flood control. NMZs create good habitat for wildlife, like birds and small fishes, while at the same time discouraging haul-out of alligators on homeowners' properties," Hueter says.

"NMZs are a natural, low-cost deterrent to shoreline erosion," adds Hueter, "and the alternative, geoengineering the shoreline, would cost our homeowners upwards of \$100 per linear foot."

The stormwater system of ponds and other waterways in The Meadows protects homes from flooding and reduces pollutants in downstream waters, which contributes to the health of Phillippi Creek, Sarasota Bay, and ultimately the Gulf of Mexico. The ponds serve their purpose best when their littoral shelves and shorelines support the growth of native plants. These aquatic plants help to maintain each pond's water clarity and quality, enhancing its ability to serve as suitable habitat for birds, fish, turtles, and other aquatic wildlife.

Most importantly, aquatic and shoreline vegetation have a critical role in preventing erosion of pond shorelines.

## Fall Into The Season

Michelle A. Johnston— MSHA President



all is a wonderful time in The Meadows, because our friends and neighbors return, the activities and events increase, and the weather is cooler, which is a welcome relief from the scorching heat of the summer. Although the leaves do not change colors into vibrant reds, yellows, and oranges like in the northern states, and there are no pumpkin patches in The Meadows, the autumn spirit is here when friends gather for pumpkin pies, cinnamon donuts, caramel apples, and other fall favorites. The Meadows Community Association (MCA) even has a special event for the children who live here when they share treats with the children in

their clever costumes. It is always a fun event.

For single-family homeowners, October is a busy time because we have lots to do to make sure that our homes and yards maintain the highest standards of beauty by being preemptive and preparing our yards for the next seasons. Specifically, October is the time to control winter weeds by not mowing our lawns too short. Cutting the lawns too short stresses the turf and encourages weeds. Some homeowners want to use herbicides but have concerns about appropriate usage. By clicking on Lawn Weeds at [https://edis.ifas.ufl.edu/topic\\_lawn\\_weeds](https://edis.ifas.ufl.edu/topic_lawn_weeds), homeowners

can find answers to herbicide questions.

October is also the time to work on ornamental trees and shrubs. Perhaps fertilizing non-performing trees and shrubs would be appropriate for our yards in October, because fertilizers cannot be used later in the year.

To learn more about fertilizers, including controlled-released fertilizers look at:

- Palm Nutrition and Fertilization: [https://edis.ifas.ufl.edu/topic\\_palm\\_nutrition](https://edis.ifas.ufl.edu/topic_palm_nutrition)
- Landscape Fertilization: [https://edis.ifas.ufl.edu/topic\\_landscape\\_fertilization](https://edis.ifas.ufl.edu/topic_landscape_fertilization)

- Lawn Fertilizer: [https://edis.ifas.ufl.edu/topic\\_lawn\\_fertilization](https://edis.ifas.ufl.edu/topic_lawn_fertilization)

Some native trees and bushes do exhibit color in the fall. Those trees and bushes include Florida Maple, Sweet Gum, and Oakleaf Hydrangea. The Florida Maple (acer floridanum) is occasionally called the southern sugar maple. It grows in densely forested hammocks. Sweet Gum trees are decorative and used for ornamental purposes. Lastly, the Oakleaf Hydrangea plant has beautiful flowers. We all need to enjoy trees and bushes in the fall. To learn more about Florida-Friendly plants and meet other garden enthusiasts, contact the Meadows Garden Club at [meadowsgarden334@gmail.com](mailto:meadowsgarden334@gmail.com).

Mulching is a good fall activity for homeowners because the dropped leaves and pine needles make excellent, natural mulch. Look around The Meadows, the trees with pine-needle mulch look great. Try to avoid disposing of your leaves and reuse them in your landscape.

After all the challenging work to keep your yard under control and beautiful, sit back and enjoy a pumpkin spiced latte and get into the fall spirit!

**For membership information contact [meadowshomeownersmembership@gmail.com](mailto:meadowshomeownersmembership@gmail.com).**



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### FOR SALE ELSEWHERE IN THE MEADOWS

- 5605 Pipers Waite – Spotless villa with spectacular pond and golf views . . . . . Pending
- 2977 Heather Bow – Maintenance-free single family home, large lot . . . . . \$459K
- 2633 Greenbelt Yard – Gorgeous lake views from this updated villa . . . . . \$399K
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- Sarasota - Beautifully updated home in centrally located Center Gate . . . . . Pending
- Grande Oaks Preserve -Gorgeous penthouse overlooking a preserve . . . . . Pending

# Know How to Fall Safely

Tia Calomeris—Director, Marketing and Communications

Everyone has had an experience falling. The trick is to know how to fall safely and protect yourself as much as you can, from serious injury.

I nearly did a faceplant in front of my house, then days later had another near miss by getting my heel caught in the concrete scoring. I was able to maintain my balance on those occasions, but there have been many times I have not been so gracefully lucky.

Here are some helpful tips on what to do when you can't avoid the fall, to help reduce injury.

## 1. PROTECT YOUR HEAD

The most important body part that you need to protect in a fall is your head. Head injuries can be very serious, even deadly. Make sure you prioritize protecting your head as you fall by properly positioning it.

- Tuck your chin down, lowering your head.
- If falling down, face first, turn your head to the side.
- Bring your arms up to head level for additional protection. Put them in front of your head if falling forwards or behind your head if falling backwards.

- If you are taking anticoagulants or blood thinners and fall and hit your head, this may result in a dangerous and life-threatening bleed inside your skull. Call your doctor, who may tell you to go to the hospital for a CT scan.

## 2. TURN AS YOU FALL.

If you are falling either straight forward or straight backwards, try to turn your body so you land on your side. Falling directly on your back can cause serious injury to it. A frontal fall can cause damage to the head, face, and arms. By landing on your side you can reduce the chance of injury from high distances (for example, one way vertical paths).

## 3. KEEP ARMS & LEGS BENT

It may be tempting to try and catch yourself fully as you fall with your arms. However, landing with your arms straight out and absorbing the full force of the fall with them can cause injury.

- Try keeping both arms and legs slightly bent as you fall.
- Landing fully on your arms in an attempt to catch yourself can break both your wrists and arms.

## 4. STAY LOOSE

Tensing up during a fall can increase the chances of sustaining an injury. The tension in your body won't allow for the absorption of force from the fall. Instead of spreading the impact out over a flexible body, the parts that were kept taught are more likely to break instead of going with the motion.

- You can try breathing out as you fall to help keep your body relaxed.

## 5. ROLL OUT OF THE IMPACT

If you are able, a good technique to dissipate the force of a fall is to roll into it. By rolling, you

send the energy of the fall into the roll, rather than having your body absorb the impact. Since the technique is difficult, you may want to practice falling and rolling at a gym or somewhere with padded and cushioned floors.

- Start in a low squat position.
- Lean forward and place your palms flat on the ground in front of you.
- Push off the ground with your legs and move your weight forwards.
- Your legs will go over your head.
- Keep your back rounded and gently try to land on a shoulder.
- Let the momentum carry you through the roll and back up onto your feet.

## 6. SPREAD OUT THE FORCE OF THE FALL

A big part of falling safely is to spread out the force of the impact over a large area of your body. Falling on a single point will result in that area taking most of the damage. By spreading out the impact, you reduce the chance of serious injury to a single part of the body.

# Fall in Line with Preparedness

Roy Wysnewski — August Weather Analysis in The Meadows

## AUGUST RAINFALL & TEMPERATURE DATA

Rainfall for month:	7.9 in.
Rainfall year-to-date:	27.7 in.
23 yr. rainfall average:	10.5 in.
Average high temperature:	97 F (normal: 92 F)
Above normal temperature days:	26
Record high-temperature days:	20

**DON'T FALL PREY** to the notion that hurricane development declines following the September 9th peak hurricane season date. History tells us that this notion may have merit for tropical cyclone development in the Atlantic Ocean, but certainly doesn't apply to the Gulf of Mexico where late September and the month of October is the "busiest period" for tropical storms and hurricanes. Remember Hurricane Ian (Sept. 28th), and Hurricane Michael (Oct. 10th)?

### STAY PREPARED!

Temperature Analysis: Yes, August 2023 was hot. How hot? The Weather Channel just announced that "2023 is Record Hottest Summer for Over a Dozen Southern Cities, From Texas to Florida." The MCA weather station data shows that The Meadows also experienced the hottest summer (so far) in our ten-year record-keeping history.

In The Meadows, August day-time temperature records were

broken on seventeen of the first twenty days with a grand total of twenty for the month. The "heat" (combination of temperature and humidity – the "heat index") eclipsed all records! There were eighteen consecutive days during the first twenty-three days of August when the heat index exceeded 103 degrees F i.e., the threshold number that signals when the heat becomes "dangerous" to one's health – see chart. Other August temperature statistics include monthly daytime temperatures averaging five degrees above normal, twenty-six above normal temperature-days, and twenty record high-temperature days.

Rainfall Analysis: Until August 28, only 23 % of normal August rainfall was recorded at the MCA weather station. Then, thanks to hurricane Idalia, we received an additional 5.5 inches. Unfortunately, the total at month's end still fell 78% short of normal August numbers (10.2 inches). Keep in mind that

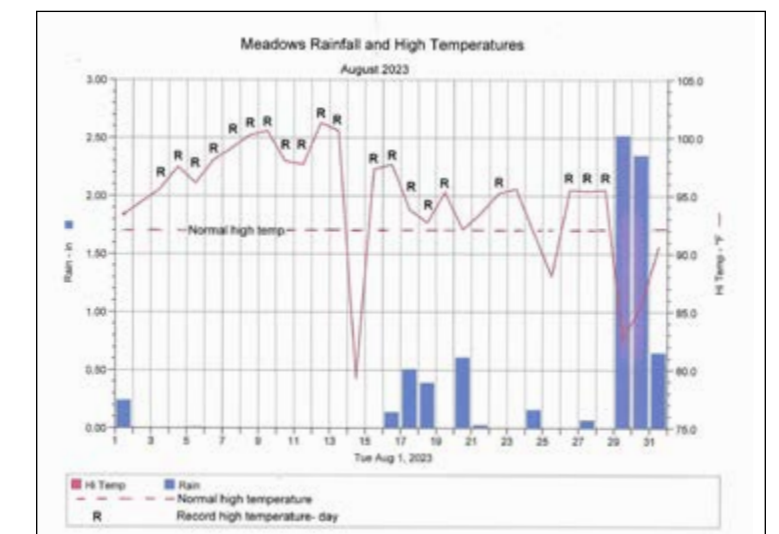
August is our rainiest month. What's troublesome is that combined with June and July's rain shortfalls, the three-month totals (14.8 inches) fell well-short of expectations (27 inches). At this pace, it is unlikely that the 2023 year-ending goal of 52 inches will be met!

### HURRICANE SEASON

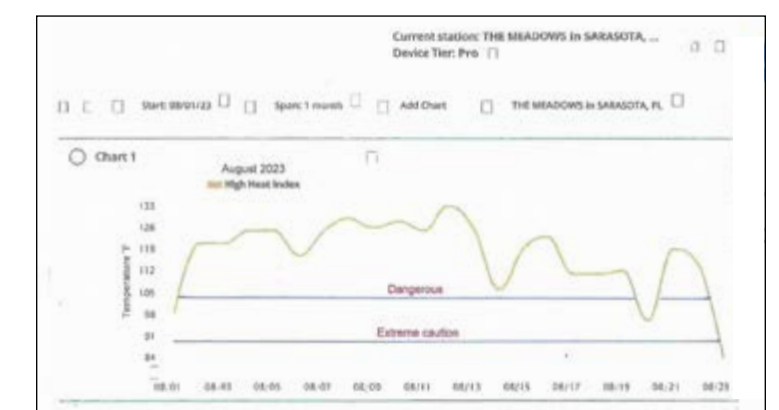
Because of the record high sea temperatures in both the Atlantic Ocean and in the Gulf of Mexico, NOAA increased their Atlantic hurricane season prediction to 'above normal' on August 10th.

And, as though on cue, tropical cyclonic activity increased significantly in August. There were six named storms – four tropical storms (Emily, Gert, Harold, and Jose), and two category 4 hurricanes (Franklin and Idalia).

Due to both the persistent high sea temperatures in both the Atlantic and Gulf, and a highly 'supercharged' greenhouse effect in the atmosphere, being extra vigilant (and prepared) can't be overstressed for the rest of the 2023 hurricane season!



MEADOWS RAINFALL AND HIGH TEMPERATURES AUGUST 2023



MEADOWS WEATHER STATION DATA FOR AUGUST 2023

Send comments and questions about this month's report to: [roywys9@gmail.com](mailto:roywys9@gmail.com).

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# Falling Head Over Heels for MCA Events and Activities

**TRUNK OR TREAT  
OCT. 30  
5:30-6:30 PM  
AT MCA**

**MCA'S ANNUAL HALLOWEEN PARTY**

Tickets \$15  
Sign up on the MCA website  
[themedowssarasota.org](http://themedowssarasota.org)

**Tuesday, October 31 | 6:00 - 8:30 PM**

The Meadows Community Lifestyle and Wellness Facility (MCLWF)  
Halloween Attire or Halloween Costumes.  
**DINNER | DESSERTS | DJ**

**WALK TO END ALZHEIMER'S**  
alzheimer's association™

**ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.**

TOGETHER WE CAN MAKE A DIFFERENCE

**JOIN TEAM MEADOWS**  
(THE MEADOWS COMMUNITY ASSOCIATION)

WALK TO END ALZHEIMER'S  
NATHAN BENDERSON

SATURDAY, OCTOBER 28  
8 AM

**SIGN UP ON THE MCA WEBSITE**  
[themedowssarasota.org](http://themedowssarasota.org)

**CONTACT SUE LYTLE AT 941-377-2300**

**SPECIAL PERLMAN PERFORMANCE**



MCA in collaboration with  
The Perlman Music Program SunCoast  
Presents alumni of  
**THE TOBIAS QUARTET**

**Featuring**  
Oliver Neubauer, violin; Kate Arndt, violin;  
Sam Rosenthal, viola; and Sterling Elliott, cello.

Enjoy the musical talents of these gifted artists.  
Followed by a reception to meet the artists.

**November 16, at 7:00 pm**  
The Meadows Community Lifestyle & Wellness Facility  
**\$10**  
Sign up on MCA website at [themedowssarasota.org](http://themedowssarasota.org)

**SOCK HOP**  
TUESDAY NOV 28, 6-8:30



- DJ
- DANCE OFF
- BEST 50's LOOK
- HULA HOOP CONTEST
- DINER DINNER
- TICKETS \$15 PP

**BE THERE OR BE SQUARE**

Register now. Limited Space.  
Sign up on MCA website  
[themedowssarasota.org](http://themedowssarasota.org)

**SARASOTA HEALTH DEPARTMENT**  
**FREE FLU SHOTS**



**Tuesday, October 3  
10 am-2 pm**

The Meadows Lifestyle and Wellness Facility

**SIGN UP ON THE MCA WEBSITE**  
[themedowssarasota.org](http://themedowssarasota.org)

**DeSoto Palms ASSISTED LIVING COMMUNITY** **FITMINDS**

Presenter Cindy Black- DeSoto Palms  
Ever wonder how some people can stay so sharp? It all starts with having a Fit Mind.

**TUESDAY, OCTOBER 10 AT 2 PM**  
The Meadows Community Lifestyle & Wellness Facility

Learn ways to increase your brain power, concentration and memory through easy and fun games and exercises.

**SIGN UP ON THE MCA WEBSITE**  
[themedowssarasota.org](http://themedowssarasota.org)

**McNulty**  
COUNSELING AND WELLNESS

**UNDERSTANDING GRIEF  
COPING WITH LOSS**

**Friday, October 20 at 10 AM**  
The Meadows Community Lifestyle & Wellness Facility

Presenter Carolyn McNulty Counseling

How do you cope with the loss? Discuss the stages of grief. Discover coping techniques, and gain insight into the process.

**Sign up on the MCA website: [themedowssarasota.org](http://themedowssarasota.org)**



**CLEANING WITHOUT CHEMICALS**  
**Wednesday, November 29  
1 PM**

The Meadows Community Lifestyle & Wellness Facility  
Presenter Dr. Maria Portelos-Romero  
University of Florida IFAS

Explore a way of cleaning without chemicals.  
Safe for our environment and your health.

Sign up on the MCA website [themedowssarasota.org](http://themedowssarasota.org)

**CARFIT**

**BACK BY POPULAR DEMAND**  
1-on-1 check-up with a Trained CarFit Technician. Improve the "fit" of your vehicles for safety and comfort.

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**October 14, at 9:30 AM - 12 PM**  
To register call MCA 941-377-2300

**SCAMS TRICKS WITH NO TREAT!**

ARM YOURSELF WITH KNOWLEDGE ON SCAMS TARGETED TO OLDER ADULTS

**TERESA K. BOWMAN-PRESENTER**  
Certified Elder Law, Planning and Advocate Attorney.

**OCTOBER 12 AT 1:30 PM**  
Gain knowledge on how to avoid new SCAM trends.

The Meadows Lifestyle & Wellness Facility  
Sign Up on the MCA website  
[themedowssarasota.org](http://themedowssarasota.org)



**Keep it Clean with Respiratory Hygiene**

**WEDNESDAY, OCTOBER 25 AT 2 PM**

Presenter Jesse Turner of  
**MY SANCTUARY OF WELLNESS**

Respiratory Hygiene is more than a dusty topic. It ought to be an enriching, life-giving conversation. Let's talk about air quality, fitness, lung purpose and Halotherapy.

Sign up on the MCA website [themedowssarasota.org](http://themedowssarasota.org)

**MCA GAME NIGHT**

**NOVEMBER 29 AT 6 PM**  
Presented by Tampa Game Night  
\$5 per person

Friendly Feud, and more!  
**4 Games in total! Limited to 60 participants!**  
Snacks included.

Register on-line at [meadowssarasota.org](http://meadowssarasota.org)



# MCA ANNUAL HEALTH FAIR

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## PARTICIPATING VENDORS & HEALTH SERVICES, MORE TO COME



# REMINDERS

### HOLIDAY DECORATIONS

When planning your holiday decor please be mindful of The Meadows Basic Rules and Regulations regarding the timing of Holiday (this includes Halloween, Thanksgiving, Christmas and Hanukkah decorations.)

Basic rules- "5.3.1 Holiday decorations may be placed on residential and/or a condominium property from **the third week in October through the first week in January** of each year provided there is no unreasonable annoyance to other residents and the decorations and lights are removed at the close of that period of time.

### THE MEADOWS CHORUS

Rehearses are on Thursdays from 7 to 9 p.m. at MCA/ Lakeside

Rehearsals for the fall season begin on Thursday, October 5.

We invite you to attend our October 5th and 12th rehearsals with no obligation.

Contact Cindy Rubin at [Meadowschorusinc@gmail.com](mailto:Meadowschorusinc@gmail.com) or 570-316-3274.



### BLOOD DRIVE

October 19  
8 AM – 2 PM

MCA Parking Lot

Call 1-866-972-5663 to register.



### ONSPOT DERMATOLOGY

October 12 • 7:30 AM – 3 PM  
MCA Parking Lot

Call 941-444-0011 to schedule your appointment today!

### CALL FOR CANDIDATES

Consider being a candidate for election to the 2024 MCA Board of Directors Helping to Make The Meadows THE Best Place to Live.

Any interested property owner may consider submitting an application as a candidate for election by Friday, October 6, 2023, by 3:00 pm. All candidates will need to complete a Personal Information Questionnaire. For more information, call the MCA at 941-377-2300.

### ANNUAL ASSESSMENTS

Annual Assessments are mailed in January. **If you have an address change**, please contact MCA by email: [mcaaccounting@meadowssa.com](mailto:mcaaccounting@meadowssa.com) to ensure prompt delivery of your assessment no later than November 1st. Any changes made after that date will not take effect for the 2024 Assessment cycle.



### Meadows Morning Coffee & Conversation

Friday October 6  
8:30 - 9:30 AM

Sign Up on [themeadowssarasota.org](http://themeadowssarasota.org)  
The Meadows Lifestyle & Wellness Facility

### MCA & The Sarasota County Fire Department Team-up to Bring



### BASIC CPR, AED AND BEFAST STROKE TRAINING 60 MINUTE LIFE SAVING CLASS !

Sarasota County Fire Department–Presenter Emily Myers



### Friday, January 19 at 1 pm

Join us at The Meadows Community Lifestyle & Wellness Facility Learn the 3 part process on how to save a life. Hands Only CPR, how to use and administer AED, and BeFast Stroke Training.



Don't wait, limited space,  
Sign up early to secure your spot.  
MCA website: [themeadowssarasota.org](http://themeadowssarasota.org)

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OTHER TIMES BY APPOINTMENT

# Fall Fun

Liz Barnett— Memoir Group

Here in Florida, it might be hard to know that Fall has arrived if we didn't see the snow birds begin to return. Without the glory of green leaves becoming reds and golds and frost-tipped days whose chill energizes us to stir from summer's indolence, Fall might slip in unnoticed. That would be a shame. Fall can be a time for new beginnings.

Remember the new beginnings as you went back to school – learning new things, fostering friendships, unlocking your potential, and becoming part of a community whether it was PS 27 or the Gator Nation. Wasn't it fun? Well, you can still have that kind of fun at the Craft Group and you're allowed to talk to each other and chew gum while you're there.

At the Craft Group we know it's Fall; we're busy as we prepare for our November Craft Sale. It's a perfect time to join us. Whether you're a skilled crafter or a beginner, we do such a wide range of crafts that there's sure to be one which is just right for you. You might want



to learn how to make some of the gorgeous cards that are favorites at the Craft Sales. I'll confess that I have never been able to fold a business letter just right to fit its envelope. But under the patient instruction of our card makers, I have mastered the intricate folds needed to create the mosaic-like patterns of Iris fold cards. I was thrilled to create them and even more thrilled when people bought them at the craft sale. In the process, I made new friends and became part of a group, ranging from a professional whose cards sell for \$25 each in exclusive boutiques to beginners like me, who contributed the proceeds from sales of their work at the Craft Group to support local charities.

Of course, card making is not for everyone. There are other choices and we can supply the tools and materials needed. You might want to join one of the groups

## SAVE THE DATE 2 Day Craft Sale November 18-19 9 am-2 pm

making Christmas ornaments or decorative accents for the home. Perhaps making practical products to make life easier appeals to you. You could join those making Drier Balls which replace other fabric softeners as they cut drier time and soften clothes. Or you could be part of sewing projects to making things like Microwave Bowl Holders or flat Floor Mops in fanciful



designs to throw over a spill and push around with your foot for a quick clean up. Maybe needle work appeals to you. No prior experience is needed to join the group making Playing Card Holders, yarn covered plastic mesh circles that make holding cards easy even for children or those with arthritis. Or join jewelry makers who are creating playful designs like puzzle earrings,

intricate and elegant beaded pieces and the chunky metallics currently in style.

There is something for everyone to do. For example, one of our members is blind. We put her to work knitting "Scrubbys" used to clean non-stick pans, the smooth tops of your stoves, counter tops and dishes. She taught us to knit plush doggie bed liners to pamper your pet and protect your car's upholstery on trips to the vet. She joins other crocheters and knitters who are sharing ideas and are producing yoga socks, slippers, shawls, kid's wear and more. You'll find a wide range of opportunities here as we create crafts for our November sale to benefit local charities.

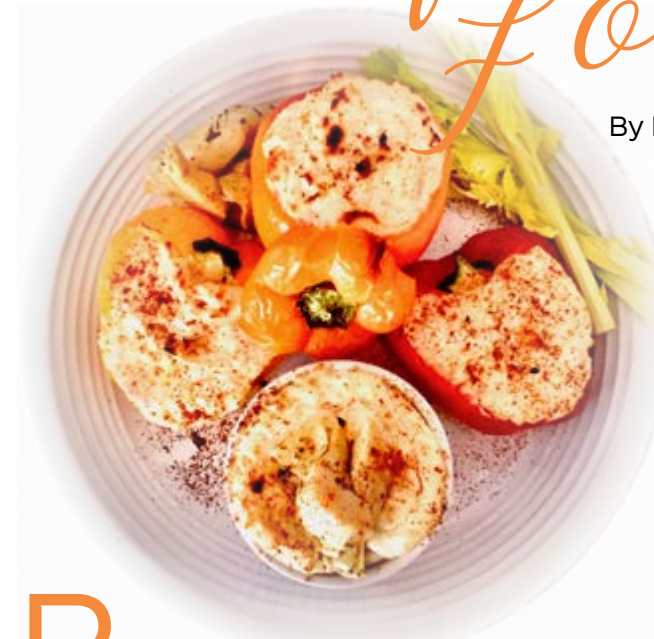
Try something new; have fun, enrich your life and build the bonds of community.

Join us at the MCA from 9 to 11 every Wednesday. If you can glue, we want you.



# Fall's Comfort Food

By Patricia Wilson



**P**eppers stuffed with three-cheese crab filling is a feel-good fall favorite that offers quite a bit of nutritional value. This hearty appetizer is perfect for game day. Colorful bell peppers contain immune-boosting vitamins A and C plus lutein, which is important for eye health.

Ricotta cheese is rich in calcium that supports bone health. Ricotta also contains phosphorus, an important mineral for healthy blood pressure. Crab is an excellent source of protein and contains vitamins B and C. Crab offers a wealth of minerals including magnesium, phosphorous, selenium, iron, and zinc.

### INGREDIENTS

3 whole bell peppers, cored and seeded; set aside  
Artichoke hearts, for topping, if desired.

### FILLING

3 6-ounce cans of jumbo lump crab, drained and rinsed  
1 15-ounce container of whole milk ricotta cheese  
¼ cup each of grated Parmesan and Romano cheese  
1 beaten egg  
1 teaspoon each of garlic powder and onion powder  
½ teaspoon of salt

### INSTRUCTIONS

Combine the filling ingredients in a bowl and stir well.  
Spoon the cheese filling into each pepper.  
Optional - Top with artichoke hearts, if desired.  
Bake on 350° for about 25 minutes, until the top begins to brown.  
Remove from the oven and sprinkle with paprika.  
Serve hot or warm. Serves 3, or 6 if divided in half.  
If your diet does not include peppers, bake the filling in an oiled ramekin.

Patricia Wilson is a designer, artist and published author living in The Meadows. Connect with her at PatriciaCWilson.com. Excerpted and adapted from "Comfort Foods" by Patricia Wilson. First published in LIFESTYLES Magazine/Tyler Morning Telegraph, Tyler, Texas. Image by Patricia Wilson. Copyrighted material; all rights reserved.



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# FALL GIVING

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Tanja Malkovich—  
Suncoast Blood Centers

SunCoast Blood Centers holds a special place within the community, serving as a lifeline to local hospitals by providing 100% of the blood products needed. Your decision to donate blood becomes a direct link between compassion and medical care, supporting accident victims, surgical patients, and those with medical conditions.

Donating blood is a remarkable act of giving back that can save lives and make a lasting impact on communities. This selfless gesture serves as a lifeline for those in need, from accident victims and surgical patients to individuals with chronic illnesses. By simply taking the time to donate blood, you become a vital link in the chain of humanitarian efforts.

Beyond the immediate impact on recipients, donating blood fosters a sense of unity and compassion within a community. It brings people from diverse backgrounds together with a common purpose – to support and uplift one another. Additionally, regular blood

donation has health benefits for donors, including reduced risk of certain health issues and a sense of fulfillment.

In essence, donating blood transcends the act itself; it embodies the spirit of empathy and collective responsibility. It's a tangible way to give back and make a positive difference, reminding us that the simple act of offering a part of ourselves can have a monumental impact on the lives of strangers, friends, and neighbors alike.

Fall is also a season of togetherness – from pumpkin carving parties to harvest festivals. By donating blood, you join a community of like-hearted individuals, united by the common goal of making a difference. This act not only renews your own spirit but also renews the hope in someone else's heart.

So, as you enjoy the cooler weather and relish the beauty of this season, consider giving the most extraordinary gift of all – the gift of life. Embrace the fall, embrace the change, and embrace the opportunity to make an impact that will resonate far beyond the falling leaves.

## Meet our New Neighbors Showtime Realty



Welcome to the Neighborhood Showtime Realty team! Anna Lee Williams, owner of Showtime Realty recently made The Meadows their new location.

As an accomplished broker with a Master's Degree from the University of Maryland and a proven track record as a realtor who can recognize a great location, she chose The Meadows as t Showtime Realty's new home. Anna and her team rolled up

their sleeves to contribute their personal touch to the shopping center location. With some much needed gardening and focusing on the front entrance of their new home, they got down to business weeding, creating clean new beds with freshly mulched lanscape. A new sign, for a pleasant and professional presentation, Anna Lee and her team are ready to serve Meadows' residents. Thank you Anna Lee for adding to the beauty of The Meadows.

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- ✓ What happens if you don't stimulate your brain?
- ✓ What is a typical FitMinds session like?

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## Come Sing Along with Us!

Cindy Rubin—The Meadows Chorus



Love to sing? Does music raise your spirits? Do you enjoy the sense of community and feeling of accomplishment that comes with singing in a group? If you answer yes to any of these questions, please consider joining the Meadows Chorus. For over 30 years, the Meadows Chorus has brought the joy of music to the Sarasota/Bradenton Area. We would love to have you join us!

The Meadows Chorus is a dedicated group of singers who perform a wide variety of choral music. Past selections have ranged from Broadway, folk, and pop songs to patriotic tunes, spirituals, and standards from the Great American Songbook. The chorus's mission is to share quality performances of choral music with our broader community. The group holds two public concerts annually, in December and in March or April, and sings at community events and assisted living and retirement communities. An ensemble from the Meadows Chorus recently sang at The Meadows' Earth Day Celebration.

These enthusiastic singers are led by their talented director of 28 years, Mr. John Yost. John, a former high school music teacher, has served as president of the Florida Vocal Association and was inducted into its Hall of Fame in 2013. The Chorus is accompanied by Dr. Danny

Zirpoli, pianist at the Presbyterian Church of the Covenant in Sarasota. Danny has delighted our concert audiences with his lively and masterful solos and is often sought after to perform professionally on cruise lines and at other venues.

The Meadows Chorus rehearses on Thursdays from 7 to 9 p.m. in the Lakeside Room at the Meadows Community Association Building. Rehearsals for the fall season begin on Thursday, October 5, 2023. We invite you to attend our October 5th and 12th rehearsals with no obligation.

The fall season culminates with our public holiday concert of Christmas and Hannukah music on Friday, December 15, 2023, at 7:00 p.m. at the Unitarian Universalist Church of Sarasota, Fruitville Road. Rehearsals for the winter/spring season are scheduled to begin in January 2024.

If you love to sing, joining the Meadows Chorus is personally fulfilling and a great way to share the joy of music with others. If you are interested in joining or would like additional information, please contact Cindy Rubin, Meadows Chorus Coordinator at [Meadowschorusinc@gmail.com](mailto:Meadowschorusinc@gmail.com) or 570-316-3274.

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Falling for Writing

Liz Barnett— Memoir Group

Melinda Gordan never thought of herself as a writer and she certainly never expected to fall in love with writing when she came to the Memoir Group. "I thought I would try to write one story about me as a little kid" she recalled. "The group liked it and so I kept writing."

Now she is compiling stories she wrote in the Memoir Group into a book, *Becoming Buster Brown*. Stories of how Melinda became Philadelphia's Buster Brown on a children's tv show where she modeled clothes for the Lit Brother's Department Store appeared in the Sept. and Dec. 2019 and March 2020

Meadoword. You can read them on the MCA website, <https://www.themeadowssarasota.org>.

Today, we share a story of her excitement at the prospect of going to school. Her story may evoke your memories of that Fall experience we all had, going to school. See page 24 for Melinda Gordon's memoir—*Becoming Buster Brown*.

Join us at the Memoir Group to share such stories. We meet from 10 to Noon on the 1st and 3rd Friday of each month.

For more information, email us at [meadowmemoirs21@gmail.com](mailto:meadowmemoirs21@gmail.com)

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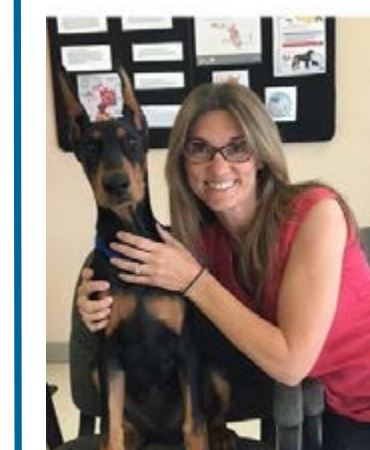


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# On Becoming Buster Brown

By Melinda Gordan



After my fifth birthday, summer moved in and spread itself lazily over our neighborhood. The days were filled with sunshine and popsicles and sprinklers to run under, and the nights became magical places where fireflies lit our way and the smells of hamburgers and hot dogs on the grill brought us home at supper time. I spent my days mostly outdoors, and on the periphery of the kids as they moved from one game to another. Sometimes I played, and sometimes I watched. I was content in that role. No one pressured or questioned – we were all part of the group and we were more interested in just being kids than in anything else. It was a simple life, and it felt good.

On Tuesday and Thursday afternoons, my sleepy summer rhythm was interrupted by trips to the TV studio. By this time, the costume lady was able to pick out something for me to wear without the weekly fittings, so we would just find the clothes waiting for us when we arrived. I had learned to be who they wanted me to be

when the green light went on. It was easy that way. Green light on – Buster Brown. Red light on – me again. Green light on – a girl in a party dress. Red light on – time to change clothes and go home. Every time my costume came off, I felt like I was peeling an orange. The peel is so thick and sometimes the part that you eat is small and isn't worth all of that work, you know? But there I was again, the peeled orange, worn out from a busy day of smiling, and ready to go home.

A few times that summer, there were special "Back to School" fashion shows held at Lit Brother's fancy restaurant. I was in them, along with a few other kids, and our job was to walk in between the tables and show off our clothes while people were eating. A lady with a microphone talked about what we were wearing, we spun around a few times, and then left to change into a new outfit. My mom was in the back room, ready with my clothes, and my dad was at the doorway of the restaurant, with a big smile on his face. Some of the other kids were cranky and once in a while one of them cried, but not me. My parents were proud, and I wouldn't dare do anything but what I was supposed to do.

At one of the fashion shows, one of the ladies working with the clothes asked me which my favorite outfit was. I picked a plaid dress that had a matching hat. The belt was a ribbon that tied in the back and surprisingly, unlike most of the others, there was no itchy crinoline

attached under the skirt. My mother chose a different one – a jumper with a white blouse under it. I thought it was too plain and planted myself right next to the plaid dress. After a little while, the lady took the plaid dress and hat down from the rack and handed it to me. She told me that it was my prize for working so hard and that it would be a great first day of school dress. I looked at my mom and she was smiling and nodding. This really was my dress to keep!

It took me a while to realize what the lady had said – a "first day of school dress". But I didn't go to school. I wished that I did, but I was never old enough. This time, my wish might be coming true! Was I finally going to school? For the first time in a long time, I felt like jumping up and down, and I did. I hugged that dress as tightly as I could and jumped and laughed. School! Finally! It was going to be just like Leave it to Beaver and my teacher would be like Miss Landers!

Finding out that I was going to school changed the way I felt every day. I couldn't wait for the summer to finish up. The new shoes that sat in a box in my room were begging to be worn. I even had a little briefcase that my mom had painted my name on. There were new socks, new hair bows, new tights and new underwear folded neatly on my bureau. New dresses started to appear in my closet, too. I felt very grown up and excited and just couldn't wait for the day to come when my parents took me to school.

The rest of the summer flew by. There were picnics, swim parties, family gatherings, the usual TV appearances, and all sorts of other things going on, but I was focused on one thing – the first day of school! We went to Grants 5 and 10 Store, and my mother showed me the big sign that said, "Back to School". On the table there were neatly stacked notebooks with black and white designs on their covers, bright yellow pencils, boxes of crayons, and all sorts of wonderful things. We picked out a notebook, pencils, a big pink eraser, a red pencil case and a brand-new box of crayons. These were supposed to be carried in my school bag (or "brief case" as my dad called it) and I couldn't wait to get home and pack them all in there! I imagined sitting at my desk in a neat row with the other kids, writing in my notebook with a very serious look on my face. Maybe the bell would ring, and we'd go out to play in the yard. Or maybe the teacher would read us a story! Who knew what wonders awaited me behind those mysterious brick walls, but I was ready to take in everything there was to offer.

My school bag sat on our dining room table with all of that wonderful stuff inside it for about a hundred days. Sometimes I opened it up to smell the new supplies...especially the crayons. I was in love with school supplies! My mom had painted my real name, Melinda, on the bag, not Peachy, like everyone called me. Melinda didn't sound right to me, because mainly I had only heard it when I had done something wrong. "Melinda Patrice...", it would start out, and usually end up with me in my room for a while. I guessed that the teacher would call me Melinda in a more gentle way, if that's what she had to call me. I really didn't care what I was going to be called, though, because I was going to school!

# THE DAUGHTERS OF YALTA

Joanne Simons – October Book Review



In what might have been the first "Bring Your Daughter to Work Day," Winston Churchill, Franklin Roosevelt, and W. Averell Harriman, U.S. Ambassador to the Soviet Union, were accompanied by their daughters when they met with Joseph Stalin in Yalta in February 1945 to negotiate the post-WWII world order. All three married men, for different reasons, chose to bring not their wives but these young women to the conference: Sarah Churchill, Anna Roosevelt, and Kathleen Harriman.

This last great summit of the war was held in Crimea amid ruins and riches. In making their way to the conference on the Black Sea, the 535 participants traveled through abject destruction populated by starving peasants to arrive at the formerly opulent summer palaces of the tsar.

"Each head of state came with his own tactical priority. Stalin had his eye on Soviet expansion into Poland; Roosevelt was troubled by

Japan and wanted Russia's support in the Pacific, while the protection of Europe from Russian dominance was top of Churchill's agenda. With their fly-on-the-wall observations of the tensions and behavior of other delegates, the daughters provided practical and emotional support to the fathers which became personally and politically indispensable." <sup>1</sup>

Full of details gleaned from letters, diaries, and participants' recollections, author Catherine Katz contrasts the abundance of vodka and caviar served at resplendent dinners with the spartan accommodations and abundance of bed bugs in the much-decayed palaces. Each of the daughters contributed to her father's success at the conference though the women

were not official participants. The author also traces the fascinating personal relationships among the participants.

One example, Churchill's daughter-in-law Pamela, a friend of Kathleen Harriman, was having an affair with Ambassador Harriman whom she married decades later. And there is the leering presence of Lavrentiy Beria, the notorious head of the Soviet Union's secret police, who accompanied Stalin at the conference. While the importance of Yalta was political, the more personal portraits of the participants are compelling.

"Catherine Grace Katz is a writer and historian from Chicago. She graduated from Harvard in 2013 with a BA in History and received her MPhil in Modern European History from Christ's College,

University of Cambridge in 2014, where she wrote her dissertation on the origins of modern counterintelligence practices. After graduating, Catherine worked in finance in New York City before a very fortuitous visit to the book store in the lobby of her office in Manhattan led her to return to history and writing. She is currently pursuing her JD at Harvard Law School. The Daughters of Yalta is her first book."<sup>2</sup>

**The Meadows book club will meet on Wednesday, October 11 at 2:00 p.m. to discuss The Daughters of Yalta. Please join us; all are welcome.**

<sup>1</sup> <https://www.spectator.co.uk/article/diplomatic-daughters-go-behind-the-scenes-at-yalta/>

<sup>2</sup> <https://www.catherinegracekatz.com/about-the-author>

## BOOK CLUB SCHEDULE

TITLE	AUTHOR	PRESENTER	MONTH
The Daughters of Yalta	Catherine G. Katz	TBD	October 11
Fahrenheit 451	Ray Bradbury	Jo Ann Lovell	November 18
Into the Beautiful North	Luis Alberto Urrea	Heather Fagnani	December 13
An Affair of Spies	REonald H. Balson	Besty & Davbid Neumeister	January 10, 2024
The Personal Librarian	Marie Benedict	Millie Irwin	February 14, 2024
The Girls of Atomic City	Denise Kiernan	Kathleen Roberts	March 13, 2024

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Median Sale Price	↓\$320,000 \$395,000	↓\$462,000 \$435,000
Condominium Sales	↓2023 (15) 2022 (22)	↓2023 (254) 2022 (282)
Med Condo Sale Price	↓\$314,900 \$388,500	↓\$369,000 \$360,000
House Sales	↓2023 (04) 2022 (02)	↓2023 (514) 2022 (575)
Med House Sale Price	↓\$737,500 \$785,000	↓\$525,000 \$470,000
For sale on the 31st	↓2023 (34) 2022 (21)	↓2023 (2319) 2022 (1573)
Property Pending	↓2023 (21) 2022 (15)	↓2023 (946) 2022 (1026)
Listing Supply	↓2023 (1.8) 2022(0.9)	↓2023 (3.0) 2022 (1.8)

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The deadline for advertising and article insertions into *The Meadowword* is the first Monday, one month prior to the month of insertion. The deadline for the November *Meadowword* is Monday, October 2.



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5049 Ringwood Meadow, Sarasota, FL 34235  
610-608-1991  
christinehannafin@gmail.com  
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The Concierge Realtor/Exit King. . 617-922-4714  
stevenverdelli@yahoo.com

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mark@gorillakleen.com  
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Classified ads cost \$25 for up to 40 words. Classified copy must be submitted with payment on or before the first Monday of the month prior to publication. If the first Monday falls on a holiday, ads are due the previous business day. Please practice due diligence when hiring service providers.

**HOMES FOR RENT**

Pinebrook Hollow - updated and fully furnished 2BR/2Bath, 1st floor condo. Private front door entrance with screened in lanai to extend living space. Just a few steps to the pool. Available monthly Oct/Nov 23' and April 24" Call Greg #941-265-2425. No smoking/pets

Furnished 3-bedroom 2 bath, garage, washer/dryer. Beautiful home 20 yards from neighborhood pool, golf view. Rent is \$5500/month Jan thru April 2024, 3-month minimum lease agreement. Pictures available upon request. Contact Barri at text 765-714-3764 or barriswift@yahoo.com

Meadows Sheffield Green furnished, updated 2br/2ba, first floor condo with attached garage. Screened lanai, all tiled flooring, heated pool. Available for seasonal rental. No smoking, No pets. Call or text 440-888-4500.

Lovely Weybridge condo. 2B - 2B, first floor, updated unit. Lake and golf course view, near pool. Available Jan-Apr. 770-605-0415

**HOMES FOR RENT**

Bunker Oaks seasonal rental, 1/1 condo with a golf course view. Fully furnished, wifi, pool and on-site laundry. \$2600 a month. Pictures on Zillow, rgruneisen@aol.com

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**WANTED**

DeSoto Palms assisted living is looking for mature people looking for a little extra spending money. We are looking for part time servers in our dining rooms. Pay is \$14.00 an hour, hours are 4-7 pm sstevens@desotopalms.com



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The Meadows Center for Nursing and Healing, Paul Easley  
Meadows Village Center  
Chris Perone

**THE MEADOWWORD**

Publisher, MCA: Frances Rippondi,  
MCA General Manager  
Editor-in Chief/Creative Director:  
Tia Calomeris, Director, Marketing and Communications

MEADOWS COMMUNITY ASSOCIATION  
2004 Longmeadow  
Sarasota, Florida 34235  
Phone 941-377-2300  
Fax 941-377-2600  
marketing@meadowssca.com

Submissions are published at the discretion of the editor and the MCA.

# Meadoword



The Meadows Community News and Lifestyle

## October 2023 Calendar

DATE	TIME	EVENTS/MEETING	
October 3	10 AM – 2 PM	Flu Shot Clinic	MCLWF
October 4	6:30 PM-7:30 PM	Bingo	MCA
October 5	1-4 PM	Electronic Tutor	MCA/Garden
October 6	8:30-9:30 AM	Meadows Morning Coffee & Conversation	MCLWF
October 10	2 PM	FitMinds Presentation	MCLWF
OCTOBER 11	6 PM	Movie Night-Haunted Mansion	MCA
October 12	7:30 AM-3 PM	OnSpot Dermatology	MCA
	1 PM	MCA Board Meeting	MCLWF
	1:30 PM	SCAMS-Tricks With No Treat	MCLWF
October 14	9:30 AM-12 PM	CarFit	MCA Parking Lot
October 18	6:30 PM-7:30 PM	Ice Cream Social	MCLWF
	4-5 PM	Assembly of Property Owners	MCLWF
October 19	8 AM – 2 PM	Blood Drive	MCA
October 20	10 AM	Navigating the Steps of Grief	MCLWF
October 25	2 PM	Keep It clean With Respiratory Hygiene	MCLWF
October 28	8 AM	Alzheimer's Walk To Remember	Benderson Park
October 30	5:30-6:30 PM	Trunk or Treat	MCA Parking Lot
October 31	6 – 8:30 PM	Boo Bash Halloween Party	MCLWF

## November Preview 2023 Calendar

November 10	8:30 AM	Veteran's Salute	MCA
November 11	12:00 PM	Veterans Day Celebration	TMCC
November 16	7 PM	Perlman Alumni Quartet	MCLWF
November 18-19	9 AM-2 PM	2 Day Craft Sale	MCLWF
November 23-24		MCA is Closed For Thanksgiving	MCA / MCLWF
November 28	6-8 PM	Rock-Around-The Clock-Sock Hop	MCLWF
November 29	1 PM	Cleaning Without Chemicals	MCLWF

### CLUBS & SOCIAL GROUPS

#### Drop in Art Studio

Melinda Gordon  
mpgordan@gmail.com  
Every Thursday 10:00 AM – 12 PM

#### Bike Club

Janet Schmidt  
jlschmidt\_74@yahoo.com  
Every Wednesday 9 AM  
Meets at Meadows Pub

#### Bingo

Agnes Rutushni  
RSVPBingo@yahoo.com  
1st Wednesday of the month  
6:30 PM

#### Book Club

Lois Robinson  
LRob18755@aol.com  
Monthly, 2nd Wednesday, 2 PM

#### Bridge-Wednesday

Kerriane McMurdo  
Kkm988@gmail.com  
Every Wednesday 1:30 – 4 PM

#### Bridge-Friday

John Harwood  
jharwood222@verizon.net  
Every Friday 12:30 – 3 PM

#### Bridge Saturday Duplicate

Dot Boulia  
mcauplicate@gmail.com  
Date/Time varies

#### Canasta: Hand & Foot

Debra Ashenofsky  
wheresmamamia@gmail.com  
Every Friday 1:15 – 5 PM

#### Cornhole

Susan Weisse  
cbweisse@yahoo.com  
Every Thursday 3 – 5 PM

#### Craft Group

Gayle Kroll  
Gkroll03@icloud.com  
Every Wednesday 9 – 11 AM

#### Game Night

Pat Webster  
mi2tail4u@gmail.com  
Every Thursday 6:30 – 8:30 PM

#### Garden Club

Melanie Babineau  
mbabineau50@gmail.com  
Monthly, 1st Thursday 2 – 3 PM

#### Hot Stove League

Mark Pienkos  
markpienkos2012@gmail.com  
Monthly, 2nd Tuesday 9 – 11 AM

#### Knit Happens

Vicki Carey  
vickidon1989@gmail.com  
Monthly, 2nd Monday 1 – 3 PM

#### Mah Jongg

Elizabeth Williams  
themedowsmahjongg@gmail.com  
Every Monday 9 AM – 12 PM

#### Meadowlarks

Michael Bruno  
michaelbruno@verizon.net  
2nd & 4th Fridays of each month  
10 AM – 12 PM

#### Meadows Chorus

Cindy Rubin  
meadowschorusinc@gmail.com  
Every Thursday 7 – 9 PM

#### Meadows Sailing Assoc.

Adam Lawall  
saltyadam@gmail.com  
Every Tuesday 1 – 3 PM  
Meets at MCA Pond

#### Memoirs

Liz Barnett  
meadowsmemoirs21@gmail.com  
Meets 1st & 3rd Friday  
10 AM – 12 PM

#### Pieceful Quilting & Needlepoint

Marge Erasmus  
margareterasmus@gmail.com  
Every Saturday 9 AM – 12 PM

#### Shalom Club

Helene Stone  
Shalomhelene24@gmail.com  
Joni Cohen  
Joni.Cohen2@gmail.com  
Every 4th Sunday at 3 PM



**Please Join us at the 15th Annual  
Veterans Day  
Celebration**

**HONORING ALL MEADOWS VETERANS**

**Saturday, November 11 at Noon**  
**The Meadows Country Club**  
**Complimentary Lunch**

**Veterans Day Committee**  
Chairs: Saul Feldman &  
Joe Gleason

**RSVP to Country Club**  
**941-371-6000**

All Meadows Veterans,  
their guests & friends are  
welcome