



THE MEADOWWORD

THE MEADOWWORD

March 2020

The Meadows Community News and Lifestyle

Volume 38, Number 3
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A Community on the Move

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Forging a New Partnership

Marilyn Maleckas—MCA Board President

We are very excited to announce that The Meadows Country Club Board has signed a three-year contract with the preeminent Southwest Florida country club and community management company, ICON Management Services to manage and operate all aspects of its facilities and business effective April 1, 2020.

Headquartered in Bradenton, Florida, ICON Management Services is composed of an assorted team of industry professionals who have the aptitude and passion to bring The Meadows the considerate service deserved. ICON employs over 1,500 people in various amenity and property management services, including agronomy, finance, business planning, golf, tennis, marketing, food and beverage, and general administration.

ICON currently manages over 20 golf and country club operations, over 120 HOA communities, 90 percent of which are in Southwest Florida. ICON replaces Billy Casper Golf who will work with the Board and ICON to facilitate this transition.

Our goal in making this transition is to have assurance that we have a strong partner in place as we implement the strategic plan developed by the Joint Strategic Planning Team of the club and the community that was approved by both Boards in December.

The Meadows Community Association’s primary focus is protection of our green space and our property values with a strong and viable country club. This agreement with ICON is a partnership that will move us in the right direction to strengthen and achieve this goal.

The selection team sought a management company with a proven track record in managing club operations, with experience in marketing, strong leadership as well as the ability to instill a culture into an organization that fosters superior hospitality and membership service.

We believe ICON is the right team to help grow The Meadows Country Club membership through a combination of programs targeted at attracting new members and retaining current memberships while enhancing the profitability of all segments of our business.

We are at an important point in the implementation of The Renaissance Plan and the forging of the strategic partnership between the community and the club, and we need a management company that offers strong insight into the country club business coupled with an understanding of the role and opportunity that the community brings. Members of both Boards are convinced that ICON can bring our vision to life.

Founded in 2007 in Sarasota by Dennis Colletti, C.E.O., ICON is a powerful force for large scale community and club management services.

ICON is founded upon a deep-rooted belief in providing genuinely caring service, “ICONic” service, a belief that is shared and practiced by each ICON team member: “It is this genuine service that has led us to where we are—it is our driving core value,” says Colletti. “Our mission is to consistently deliver genuine service in a professional manner.”

All the members of the staff of The Meadows Country Club, who

now are employees of Billy Casper Golf, have been notified that they will be offered jobs with ICON. ICON prides itself on employee development and retention. ICON has extensive training, motivational and recognition programs for their entire staff.

We need the support of our community as well as the Country Club membership to successfully move forward. Your consideration and understating is appreciated during this transition. The selection team has listened and has made our staff a top priority during this process. Please keep this in mind and be especially supportive and encouraging to our Club staff. Please let our staff know that you would like to see them stay with us whether you are a member or are utilizing your Renaissance Access Card or playing golf on The Highlands or on The Groves.

We are committed to making this transition as smooth as possible. We have exciting plans for the future, plans that have been developed with an eye toward improving the membership experience and making the club financially viable and a strong asset for both the community and the membership.

The ICON team is local, and you will be seeing them at The Meadows frequently. ICON will be actively involved in our planning for facility improvements and in new program development at the Club. I look forward to sharing with you more about future plans and how ICON will enhance our country club and our community.

As always, I am available to meet to discuss this strategic move in further detail.

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.



Our Mission

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



Moved to Serve

Frances Rippondi—MCA General Manager

Are you being served?

Many of you may remember the popular British sitcom that ran from 1972–1985 which aired over 65 episodes of antics displayed by a sales team that worked at London’s Grace Department Store. While, *Are You Being Served?* was a show full of comical antics, the title resonates with me as I think of the best ways to serve the community needs.

Serving the community encompasses a broad range of services which include providing residents with one-on-one attention and direct interaction, maintaining and improving common areas, developing lifestyle programs and communicating with residents. It also includes moving the community forward and making changes to improve property values.

There are multiple needs and requirements to make a community function properly, as well as serving your individual needs, MCA is equipped to support both. The staff is a devoted team of hardworking professionals who are committed to the mission and vision of the MCA. Their mindset reflects the spirit of The Meadows renaissance and celebrates the importance of working together as a team and with our community.

Who are we, and what do we do?

The best way to take advantage of the MCA team is by getting to know us and understanding exactly what we do. We want to make it easy for you to contact the MCA and get the help that you need efficiently. We are always pleased to meet new residents and assist in any way we can; however, we appreciate it if you call for an appointment so we have ample time to help.

General Manager, Frances Rippondi



Architecture at the University of Florida. I have more than 20 years

My passion for design and my love of the outdoors led me to study landscape architecture at the College of

of experience designing high-end communities that focused on state-of-the-art amenities and setting themselves apart in the marketplace by their excellence in design. I have been able to blend my past discipline in design with my current position as a licensed Community Association Manager to advance the Renaissance Plan for the community.

My overall management responsibility for the MCA includes: my team, budget management, resource allocations and ensuring all MCA programs and procedures follow the MCA documents, standards and guidelines set by the Board of Directors. I work closely with the Maintenance Committee, the Standards Committee and the Water and Wildlife Committee as well as with the Executive Committee of the Board.

Administrative Manager, Mike Mazur



Mike, our Administrative Manager, is the main link between the 52 homeowners and condominium associations, the committees of the board and the MCA. He is the person community association managers and officers contact about checking on policies and other matters of concern to the associations and is also the chair of the Assembly Committee. He is also responsible for scheduling and preparing materials for board meetings and ensuring that all legal requirements and information sharing and collection requirements are met. In other words, Mike is the one who keeps us up-to-date with all necessary documents and filings and sees that we adhere to all the requirements for our type of HOA.

He is the MCA’s human resources point person and works with the Personnel Committee. He also oversees the receptionist and the accountant, provides budget analysis to help keep the association on track throughout the year and assists the Finance Committee. His expertise and background in finance and

administration, computer systems, meeting and planning management, along with his knowledge of volunteer and leadership development and communications makes him the perfect team member.

Receptionist, Debbie Avivi



Debbie, who has excellent ability to multi-task, is the first person you see when you come into the MCA. She can help you with almost anything you need or direct you to the right person. Her responsibilities include assisting you when you walk in, answering the phone, as well as a variety of administrative functions. If you need assistance and don't know where to go, she is the best person to call as a first step. Let her save you some time by checking in with her at the front desk. She will be able to tell you if the person you came to see is available or if it would be better for you to set an appointment.

Debbie is a former owner of a pottery paint studio and was the front desk concierge receptionist for Lake Club, so she understands the importance of serving a broad audience. This, plus her smiling face, is what makes her such a great asset to the team.

Administrative Accountant, Lisa Compton



Lisa, with her friendly good-natured personality, is the person you speak with when you have accounting questions. She handles all financial transactions for the MCA including managing contracts, payroll, bill paying and managing any money that comes into us, including petty cash. She works with the Finance Committee on the annual budget and investments and bank accounts. As any of you who have not paid your assessment in a timely fashion know, Lisa excels at managing our collections program and assuring that we have one of the lowest delinquency rates in the area. She is also responsible for a variety of tasks, from updating

our contact data base, advertising contracts, and parking/boat lot storage fees. She also tracks warranty deeds, payment of assessments and estoppel fees.

Marketing and Communications Director, Tia Calomeris



Tia is a marketing force to be reckoned with. She has outlined a comprehensive communications strategic plan to move the Meadows Community Association forward. Within a short period of time she has surveyed the community, and redesigned *The Meadowword*. Tia is currently redesigning our web and Facebook pages.

A strategic thinker, she continually explores new opportunities to communicate within The Meadows and to develop new partnerships between the MCA and other business enterprises in the surrounding community. She will also be expanding our existing relationships and communications links with Aviva, Tarpon Point and the country club. Residents might not interact directly with Tia, but they surely will see her influence on how The Meadows is presented to its residents and to the community.

Lifestyle Coordinator, Rachel Watson



Rachel, with her creative style and talent in planning, has expanded the event programming for The Meadows. She utilizes her background in planning, marketing and managing conferences/seminars to establish informative and entertaining programming for our community. Her ability to build business relationships and seek donations and sponsors for events is an asset to our community. In addition to professional organizational skills, she has experience managing a large volume of internal and external marketing campaigns on social media, email/digital, and traditional platforms which

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Moved to Serve

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she utilizes as she transforms daily communications in The Meadows. She uses her experience in activities by assisting the Community Activities Committee and developing the MCA's Lifestyle structure for the various clubs and groups that meet at the MCA.

Community Standards Administrator, Sandy Truman



Always willing to help, Sandy is our Community Standards Administrator, the one to go to if you have a

problem with grounds or facility maintenance. She excels in solving problems. If you are planning to make exterior improvements, you can get an application from the receptionist or online. Once the completed form reaches the MCA, Sandy will manage the approval process, contact you and will be out to review it with the Standards Chair. If you have any questions about the form or the process,

please don't hesitate to call her—she will be happy to help.

Sandy also works closely the MCA General Manager, Maintenance Committee, the MCA maintenance staff and contractors scheduling projects and identifying needed repairs. She oversees the maintenance staff and receives daily operational updates from her team. Sandy who is always willing to learn new things, has recently received her Community Association Manager license in her continual pursuit to broaden her knowledge.

Maintenance Employees, Al Ballantyne and Jake Davis

When you look around the



Meadows one of the first things you notice is that our 40- year-old community is still nice and

tidy. That is because Al and Jake spend their days repairing, painting, trimming and fixing our community's extensive infrastructure. In addition, they perform preventative maintenance as a way of keep all our grounds and buildings in top notch condition. Our Maintenance Committee and staff identify issues, prioritize work, set standards and make recommendations. It's Al and Jake who solve the problems. Don't hesitate to say hello when you see them working on the property.

Our G4S Security Team, Major Bob Martin, Captain Don Parker and Officer Ron Smith



The MCA contracts with G4S Security to provide round-the-clock protection for our residents.

There are three members of the G4S team that residents might see frequently. Major Bob Martin leads the MCA Security Team. Bob has been working at The Meadows for more than 10 years and he is main point to contact for Security questions and concerns. Captain Don Parker usually works later in the day and through the evening, so if you call with a question concern then, he is the one you will probably talk to. Officer Ron Smith usually works on weekends or nights. All of these men have extensive background in law enforcement and training in working in a community setting. Our core team is supplemented by other G4 officers with similar law enforcement training and residents should feel comfortable making a report of any one of them.

The MCA team is here for you. Please feel free to contact us at 377-2300 to assist you with your needs. We're here to help.



The Business of People

Mike Mazur—Assembly Committee Chair

Kathy Kackley, owner of Borrowed Hands Cleaning and Homewatch, LLC and Meadows resident provided an enormously informative program on the key aspects of expectations, hiring and evaluation of off-season home watchers.

Home watchers are an integral part of The Meadows and owners are entrusting the care of their second home to what they hope will be a trusted, reliable and competent partner. Kathy provided excellent tips on the selection of a home watcher and offered some specific concepts of the role that generated multiple questions from the audience and informative responses from her. The risks to individual owners and to others in a multi-family community of not employing a house watcher or a competent one was outlined. Disastrous are

the consequences with potential damage due to water intrusion, pest infestations, appliance breakdowns and other occurrences.

For the March 18 program, we are turning the focus toward relationships rather than a technical, "nuts-and-bolts" presentation. We will welcome Mary Hawk, J.D., Firm Principal with Porges, Hamlin, Knowles and Hawk, P.A., who will address the topic of *Conflict Resolution & Mediation*.

It's a simple fact that association leaders are in the business of people. Granted, it is an unpaid, volunteer task, but dealing with people of differing views is a substantial component of the "business" of a community. Most of the leaders of our 52 condo and homeowner associations

in The Meadows connect with their fellow property owners on a frequent basis. When those connections are tainted by a lack of effective communication or just simple conflict, generally nothing is accomplished. Mary will explore ways to work with difficult members at Board meetings and how to productively deal one-on-one with difficult members. For the more involved situations, she will touch upon mediation and how to take advantage of voluntary, free mediation. Tips on mediation will be covered as well.

A native Floridian, Mary earned her Juris Doctor magna cum laude from Georgia State University College of Law, where she graduated number eight in her class of 157. She is admitted to practice law in both Georgia and Florida. It's not often I run across

someone from my alma mater—Go Panthers!

Our April 15 program, *Reserve Studies—Importance and Process* will be presented by Patricia Staebler, Principal of Staebler Appraisal and Consulting. Patricia brings her wealth of experience in excess of 20 years in Southwest Florida in the critical areas of appraisal and reserves. For our associations, reserves are at the heart of our long-term planning. Periodic reserve studies help to ensure that an accurate and thorough estimation of long-term future needs for a community are established. Patricia will explore the process, the funding options, and will answer audience questions.

I look forward to seeing you at the next Assembly meeting on March 18 at 4 PM sharp!



Standards and Deed Restrictions

The Value of Living in a Deed Restricted Community

Bob Clark—Standards Chair

Most residents of The Meadows realize they live in a deed-restricted community. When you bought your property here there was a covenant that ran with the land subjecting you to the deed restrictions. Your real estate agent or the seller of the property should have informed you of the deed restrictions prior to the time you closed on your home.

The value of living in a deed-restricted community becomes apparent when you drive around Sarasota and observe the appearance of many other communities. The Meadows is the best-looking community of its age in this area and set the standard for many residential developments that came at later dates. This contributes to your quality of life, the beauty of your surroundings and helps maintain the value of your home.

Admittedly, the deed restrictions do not work to everyone’s satisfaction, but they provide the basis for the tools that work for the greater good of this beautiful place we call home. To promote the community well-being, the Standards Committee has the goal of advising property owners when their place needs some work and approving the continued good work of our residents as they improve the quality of their property.

The basic rules we observe and respect can be found on the MCA website (www.themeadowssarasota.org) and copies are available at the MCA office. The first section of this document entitled “Pride and Preservation” does a good job of conveying the intent of our standards and I believe it is worth sharing with you:

- PROPERTY OWNERS PRIDE AND PRESERVATION PACT**
- A few basic rules to live by in The Meadows are presented here, in the hope that we can achieve the many benefits that we all desire, and because The Meadows will:**
- **Remain one of the most desirable residential complexes in greater Sarasota.**
 - **Make us feel proud coming in and going out.**
 - **Keep our property values up.**
 - **Protect and preserve our investment in time, money and effort living here.**
 - **Continue the friendly, cooperative and neighborly spirit we found here.**

I hope this little introduction will inspire you to look at the document detailing our basic rules because it is the best way to avoid misunderstandings within the community. If you are an individual who leases out your property it is important that you make your renters aware of these restrictions, the violation of which could result in a problem for the property owner.

As always, I will close complimenting the residents of The Meadows for the effort they put forth to preserve our quality of life and the members of the Standards Committee for their work and dedication on behalf of all who reside here.



- 24 Hour Concierge Staff
- State of the Art Fitness Center
- Full-Time Nurse Practitioner On-Site
- Complimentary Transportation to Sarasota activities
- Full-Service Casual and Formal Kosher Dining Venues
- 24/7 Maintenance Service
- Hundreds of social and educational events each month
- Over 25 years of providing top quality services and living options to Sarasota residents



1951 N. Honore Ave.
Sarasota, FL 34235
941.377.0781
www.AvivaSeniorLife.org



Architectural Review

Approved Applications January

- | | |
|----------------------------|----------------------------|
| 4709 Harvest Bend | 3105 Sandleheath |
| 5235 Myrtlewood | 3152 Sandleheath |
| 2952 Longleat Woods | 3210 Sandleheath |
| 3137 & 3139 Heatherwood Ln | 3354 Sandleheath |
| Vivienda Way Condo Assn | Sandleheath Condo Assn |
| 4933 Windsor Park | Sandleheath Condo Assn |
| 4574 Highland Oaks Cir | 3121/3123/3125 Sandleheath |
| 3217 Sandleheath | 5688 Sheffield Greene |
| Weybridge Condo Assn | 5543 Kingsmere |
| 4872 Greywood Ln | 5407 Everwood Run |
| 5561 Downham Meadow | 3412 Hadfield Greene |
| Chatsworth Greene Assn | 4383 Highland Oaks Cir |
| 2925 Longleat Woods | 4441 Highland Oaks Cir |
| 4663 Chandlers Forde | 4903 Rutland Gate |
| 4737 Greencroft Rd | 4839 Windsor Park |
| 5043 Marsh Field Rd | 2877 Ringwood Meadow |
| 4938 Waterbridge Down | 3424 Highlands Bridge Rd |
| 5361 Everwood Run | |



MHOA—On the Move in 2020

Jan Lazar—MHOA President / MCA Treasurer

The Meadows Homeowners Association (MHOA) held its annual meeting and dinner on February 25 at The Meadows Country Club. Eighty people were in attendance. Re-elected for a second three-year term is **Jerry Lazar**. Newly elected for a three-year term is **Mike Cox**. Congratulations to both. Other business included the treasurer’s report, membership and discussion of developments within the community. The new Renaissance Access Plan is being very well-received by the community. I was pleased to tell the attendees that more than 1,500 people within The Meadows community have obtained the Renaissance Access Card to date.

With “season” in full swing, we are seeing lots of activity in The Meadows. That also means we are seeing increased traffic, including

walkers, bicyclists and cars. Please be sure to look carefully as drivers turning corners or coming out of T intersections may come suddenly upon a walker or a cyclist and at dusk, shadows make them hard to see. This is also true if you are on our walking paths and cart paths. Cart drivers be especially cautious as many walkers and cyclists have earphones on and don’t hear you approaching and there are LOTS of blind curves. Don’t let an accident ruin your time here!

By now, you have all received your MCA assessment and ballot. Please be sure and vote, even though there are the same number of candidates as board positions open. We don’t want to have to pay for the cost of a second election.

Please be sure to watch for Constant Contact communications from the MCA and look for

announcements about coming events and plans for The Meadows as we look forward to continuing

enhancements to our community and programming.

Please be sure to look carefully as drivers turning corners or coming out of T intersections may come suddenly upon a walker or a cyclist and at dusk, shadows make them hard to see.

If you aren’t currently a member, please join us. It’s only \$15 a year or \$25 for two years.

For those of you who might want to contact us, please use the MHOA email address, *meadowshomeownerssarasota@gmail.com*.

Top 1% Sarasota Real Estate Agent



Fernando Viteri
Thirteen-Time Winner
FIVE-STAR
Best in Client
Satisfaction Award
30-YEAR
Meadows Resident
PREMIER SOTHEBY'S
International Realty
Indep. Owned & Operated

FOR SALE IN THE HIGHLANDS

- 3352 Highlands Bridge – Spacious, luxurious upgrades, golf views... PENDING
- 3004 Highlands Bridge – Updated Penshurst Park with long lake views... \$474K
- 4012 Penshurst Park – Spacious and updated villa with golf views..... SOLD!
- 4448 Highland Park – Sweeping golf and lake views, spa-like master..... \$375K
- 3460 Hadfield Greene – Beautifully updated 3/2 villa with golf views..... SOLD!
- 3979 Chatsworth Greene – Lake views and ready for your special touch. \$309K

FOR SALE ELSEWHERE IN THE MEADOWS

- 4063 Chandlers Forde – Beautifully renovated, open-plan..... PENDING
- 5026 Vivienda Way – Extraordinary style and exquisite appointments..... \$369K
- 5058 Heronmere – Spotless upstairs 2/2 with gorgeous views..... \$199K

FOR SALE IN THE SARASOTA METRO AREA

- Calusa Lakes – Gorgeous pool home with private golf views..... SOLD!
- East Lake – Spacious 4/2 home with convenient location to I-75..... PENDING
- Grande Oaks Preserve – 3rd floor 2/2 condo 3 blocks to UTC Mall.....\$269K

TALK TO FERNANDO 941.400.7676

January 2019

Meadows Rainfall/Temperature Analysis
Tracking Climate Change

Roy Wysnewski

JANUARY RAINFALL DATA

Meadows 0.84 in. (year-to-date: 0.84 in.)
Airport 0.97 in. (year-to-date: 0.97 in.)
21 yr. Avg. 1.67 in. (year-to-date: 1.67 in.)

JANUARY TEMPERATURE DATA

Average high—77 F
Historical normal high—71 F
Record high—9 days

January 2020 marks the first anniversary of The Meadows rainfall analysis column. Beginning this second year, the column is expanded to include daily high-temperature data and a provision for tracking climate change (global warming). For purpose of analysis, graphs illustrating daily data for both rainfall and temperature as well as a table showing historical temperature data are presented.

Rainfall/Temperature Data Analysis: Rainfall and high-temperature data are presented graphically below. An analysis of these data show that we experienced an extensive dry period extending from January 4 to January 29. Rainfall for the month was 50% below normal. Twenty-six days exceeded the norm for maximum daily temperature and six consecutive days produced record high temperatures. The average high temperature was 77° F (six degrees above normal). These results are quite unusual!

Tracking Climate Change: As more people become aware of climate change, there is increasing interest in how global warming might affect our local weather (and our lives). To bring the climate change ‘experience’ to the Meadows requires a uniquely different strategy (plan) from anything we are presently familiar with. Scientists typically present the progression of global warming graphically in terms of year to year, near-surface air temperature increases for the whole planet earth (global). In contrast, a month to month assessment of the warming process specifically in the greater Sarasota area is presented. Unfortunately, acquiring and analyzing the voluminous amount of actual temperature data that’s needed simply isn’t practical. Therefore, a new plan is implemented.

The plan utilizes ‘record’ high-temperature data instead of actual high-temperature values. These data (the date that a record high-temperature occurred)

are readily available each day from historical data files at the Sarasota-Bradenton International Airport weather station. Changes in the frequency of daily record high-temperatures for a particular month are recorded.

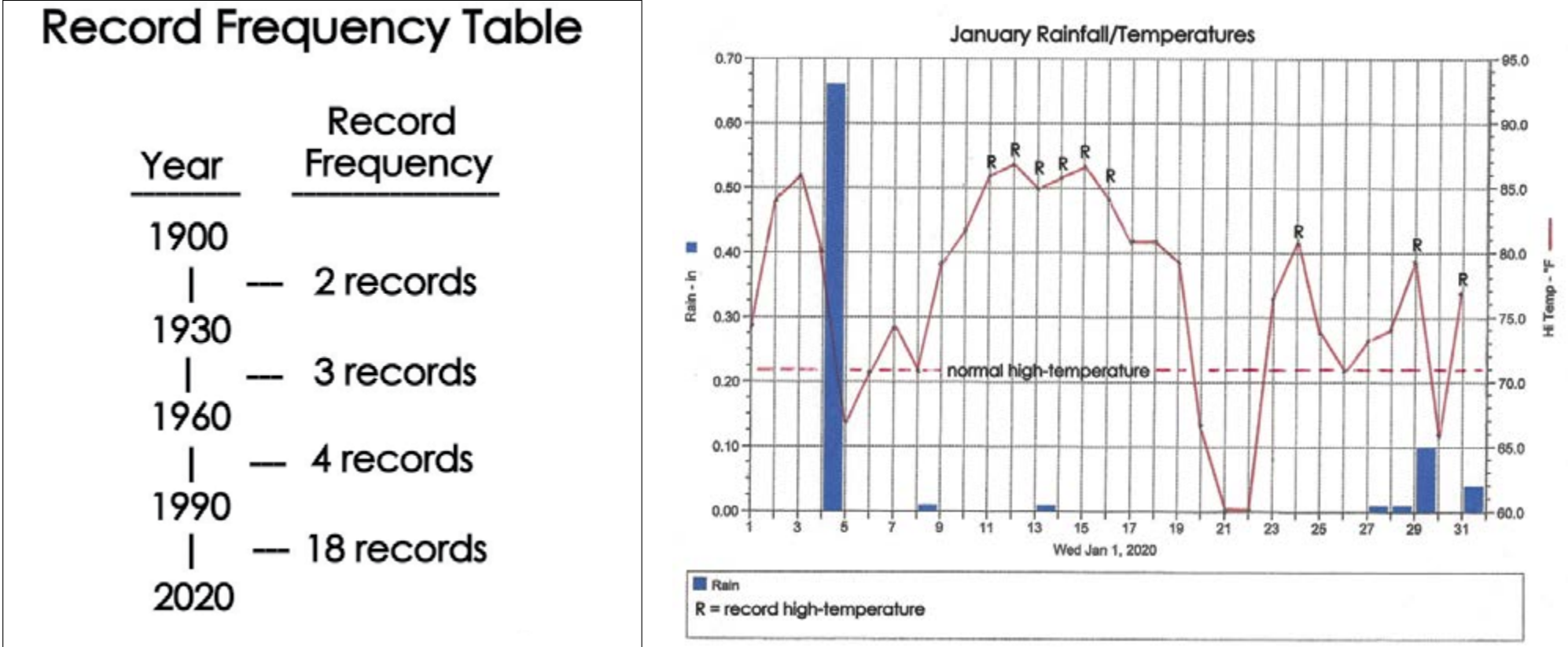
Climate change tracking is achieved by listing the frequency of high-temperature monthly records for four 30-year periods extending from 1900 to the present month, January 2020. A record frequency table for the month of January is presented below. In the future, each month’s frequency table will be reviewed independently. Then, at years end, one final 2020 table will summarize all twelve months.

For decades scientists have warned about global warming. In 2017 the United States EPA stated that there had been an increased rate of warming over the past 30 years. And, most recently, scientists report that the “earth just finished its hottest decade on record with the five last years as the hottest years on record.”

Conclusion: The frequency table tracks a slow increase in the record frequency from 1900 until 1990 then a significant increase over the most recent 30-year period. These results substantiate the scientist’s report that the atmospheric temperature warming process in the United States accelerated between 1990 and 2020.

Further evidence that the global warming process is accelerating is revealed by a personal experience. My A/C was active this month (for five of the record high-temperature days in The Meadows), something that didn’t happen previously in the twenty-eight years I’ve lived in the Sarasota area! The lesson learned from this month’s climate change analysis is that we can expect A/C usage to increase abnormally in future months with accompanying increases in FPL (electric) bills!

Comments and questions about this month’s report may be addressed to: meadowweathersrq@gmail.com.



SPRING FLING

SAVE THE DATE

Friday, March 20 from 5–8 PM

Center Court Lounge Tennis/Pool Deck

More details to come...



Wonders on Wheels Car Show

MARCH 7, from 12–3 PM



SHOW INFO.

Music by Endless Vibes Caribbean

Everyone Votes on Best in Show

Awards at 2:30 PM

Free Raffle Prizes by Gettel Automotive

Location: Meadows Pub

5013 Ringwood Meadow

Sarasota, FL 34225

Sponsored by:



CAR SHOW PARTICIPANTS

Cars Check-in: 11 AM–Noon

Awards at 2:30 PM

No entry fee

To reserve an entry space

Call: Jim Rutushni—960-5128 or
email **SarasotaJames@yahoo.com**



JOIN US

for a friendly game of HOA Golf
Bragging Rights & Laughs Included

The Meadows Community Invitational at **The Groves**

The Meadows Community Invitational Golf Tournament is an opportunity to play golf, make new friends, enjoy the beautiful in-season weather and tap into your friendly, competitive side.

The tournament is open to all Meadows residents and guests.

- Pick your foursome that will represent your associations
- Best round at the Groves with your foursome—March 1-21, 2020
- Turn in your best foursome’s round with your score card

Step-Aside Scramble (AKA Florida Scramble) Format

ENTRY TO THE TOURNAMENT

To register for the tournament and receive your Entry Code, contact **Jim Rutushni** at sarasotajames@yahoo.com or **Bruce Nemet** at jbrucen@gmail.com. Then contact the Public Pro Shop for a tee time.

First Place Prize

Foursome at The Meadows Private Golf Course & Prize money—\$100 per player and a sleeve of balls

Second Place Prize

Foursome at The Highlands Public Course & Prize money—\$50 per player

Third Place Prize

Foursome at The Groves Executive Course & Prize money—\$25 per player

\$25 flat rate on The Groves from 7AM-4 PM
The \$25 flat rate is for each round of golf played.

Awards Ceremony

Friday, March 27, 5 PM
Center Court Lounge

Dinner at Center Court Lounge will be off the \$6 menu and is paid by the participants.



Meadows “U” Has Something for You!
Meadows “U” programs are held at the MCA Community Center unless otherwise noted. Programs are open to all Meadows residents.

SAVE THE DATE

MARCH 2020

Behind-the-Scenes at the Sarasota Opera House
March 9, 2 PM

Location: 61 N Pineapple Ave, Sarasota, FL 34236

We will be experiencing the history of the theater, costumes, and other interesting aspects of the Opera House. Reservations are required. Admission is \$12, and must be exact cash or a check. The deadline to reserve your spot is March 5. **Please email RSVPmeadowsu@gmail.com to RSVP.**

Meet Mable Ringling
March 20, 12 PM

Location: MCA Lakeside Room

Meet Mable Ringling and learn about her amazing life before and after her marriage to John Ringling. Learn how this family helped develop Sarasota and their generous contributions. This is a free presentation. **Sign up in-person at MCA front desk.**

PICK YOUR PERKS*

SIGN UP FOR A FULL GOLD GOLF MEMBERSHIP & RECEIVE 12 MONTHS DUES FOR THE PRICE OF 10 & CHOOSE YOUR PERKS.

CHOOSE 1:

- 4 GUEST VOUCHERS to use for the year (\$100 value)
- 6 VOUCHERS FOR FREE CARTS for the year (\$100 value)

AND CHOOSE 1:

- FREE LOCKER for a year (\$100 value)
- FREE BAG STORAGE for a year (\$100 value)
- FREE SLEEVE OF GOLF BALLS each month of membership (\$100 value)
- FREE PUTTER (\$100 value)

CONTACT THE MEMBERSHIP SALES DEPARTMENT FOR MORE INFORMATION 941.378.5957 or 941.371.6000 ext. 234

*Certain Restrictions Apply

The Meadows

COUNTRY CLUB

JOIN FOR THE LIFESTYLE. STAY FOR THE FRIENDSHIPS.

3101 Longmeadow | Sarasota | www.meadowssc.org

Claire Hamilton Creates Magic Through Her Art

Pat Farrell

Claire Hamilton creates realistic watercolors—each with a touch of magic. She puts her heart and soul into her paintings and especially loves doing animal and people portraiture that taps into the hearts and souls of her subjects.

In her words, “Each portrait offers its own mystery.”

Although Claire has always had an interest in art and painting,

nurse in intensive care, which she enjoyed passionately. To this day, she remains compassionate, caring and instructive.

Claire and her husband, **Dave**, are homeowners in The Meadows, dividing their time between Montreal, Quebec and Sarasota. They have two children and four grandchildren. Claire was born in Montreal. Her father was French Canadian and her mother was Dutch. Claire has three brothers. She is fluent in French and English.

Claire, a strong mentor of others, especially appreciated being mentored by Anne Epcott and Barbara Simmons. Her favorite artists are Susan

Harrison and Soon Warren. In her own current mentoring, which she loves, she is a nurturer, healer and teacher who is sensitive to her students’ needs for nurturing. Claire uses her own personal strengths to strengthen others. She teaches art at a chronic care facility and to groups in Montreal and Sarasota. She and another local artist, **Melinda Gordan**, are organizing a drop-in art group at The Meadows Country Club where participants can come and paint and receive instruction if desired.

Claire’s art is currently displayed in several professional offices in Montreal and she has received

several awards for her work. She has donated paintings to Quebec Canada Committee, Dorval Citizens’ Advocacy, Rosie Animal Adoption, Kiko Dog Rescue, Bayview Hospital and Lakeshore General Hospital Foundation, all used in fundraising events.

Claire is currently a member of the Dorval Artists’ Association. She has a past association with the Artists’ Circle, the Dollard Artists’ Association and I’CAP du Quebec. These associations have allowed her to the opportunity to participate regularly in exhibitions and to volunteer in various executive capacities.

Claire is a caring, sensitive, nurturing woman whose favorite artistic moments are when she has captured the elusive beauty in her subjects. For her, art is deeply personal and she defines success



as being when her heart is joyfully pounding and she can’t stop looking at a finished painting.

Visit Claire at The Meadows Art Show, March 14 and 15 and experience the unique qualities in her work.

Claire uses her own personal strengths to strengthen others.

she began her career as a nurse in Canada, first with the Victorian Order of Nurses and then as a



March 14 & 15, 2020

10 AM to 4 PM

MCA, 2004 Longmeadow

Applicants must be Meadows residents or Meadows Country Club Members.

Art entries can be in any medium.

Entry fee is \$25 for a basic set-up. Please make checks payable to MCA. One additional set-up request can be added for a fee.
(See application)

Art will be sold at this event, and the event is open to the public.

Lillian Lambert Reaping Rewards of Life Well-Lived

Gretchen Cochran

What does a woman do with herself after she’s achieved more than most? Lillian Lincoln Lambert’s nearing 80 years old. Is she resting, savoring all that she’s already done?

No way. Getting time on her calendar is a challenge. If she’s not on one of The Meadows’ golf courses, she’s greeting people at the Light of the World International Church or having lunch with students at the Community Day School where she is a new board member. She might be lunching with the members of the Women’s Interfaith Network who come from all countries and faiths, or balancing the books for her alma mater’s Alumni Association, Howard Club of Southwest Florida. And then there are the country-wide speaking engagements. That’s a sampling of what she does during the six months she lives here in Willow Green. Duplicate all that activity in Richmond, Virginia, where she and her husband, Johnny, have another home.

Grass does not grow under Lillian’s shoes now, nor has it ever. But always, sown in her yard, are the seeds of family and the roots of her African American heritage.

She grew up on a dirt-road tobacco farm in Ballsville, Virginia. It was the era of the poll tax, when blacks were charged a fee to vote and upward mobility

was reserved for whites, Lillian explains in her memoir, *The Road to Someplace Better*.

Her book details her journey to become the first African American woman to attain a master’s degree from Harvard Business School and then, after a few hard

she never liked marketing, that numbers and finance are her niche. Even so, she’s a good example of image managing in the 21st Century.

Under her e-mail signature is a list of awards she has received. Lump them together and we have a neighbor standing with the likes of Maya Angelou, Eric Holder, or Marian Wright Edelman to name just a few who, like her, have received the W.E. Dubois medal; a woman

who is profiled as a History Maker in the Smithsonian Institution; a person honored as an Enterprising Woman of the year.

But for all of that, the first thing she wants to talk about is her grandmother’s old, 1865 pump organ and its place in the Richmond home she was de-cluttering after 20 years. Finally she was letting it go. A producer from the TV show, *Legacy List*, inquired about Lillian’s Facebook Marketplace ad. The show staff helped Lillian and Johnny sort things including documents such as her father’s 1928 deed for 30 acres for \$500 from a Mrs. Tyler, and Lillian’s paid off promissory note of \$2,600 for her Harvard stint as well as genealogical research on her great grandparents. The one-hour show will be aired in the Sarasota area



Lillian Lincoln Lambert. Photo by Gretchen Cochran

March 3, 1:30 PM on Comcast 203 or 441, Frontier 476 and Spectrum 605.

She mentions her blended family of three daughters, and one son. Two daughters live a block apart in New York City’s Harlem along with two teen-aged grandchildren. The other children live in Richmond, VA with five grandchildren and three great grandchildren.

She has come full circle but is far from done.



Grass does not grow under Lillian’s shoes now, nor has it ever.

knocks, founded her own janitorial company, Centennial One in 1976. She grew it to \$20 million in sales and employed more than 1,200.

Since then, she’s mentored young women in business and contributed her expertise to countless causes, including The Meadows Board of Directors in 2013 and 2014.

For a 79-year-old, Lillian is remarkably wired. She wears a Fit Bit on her wrist, primarily to monitor her sleep and steps. She keeps her Smart phone handy, and maintains her own web site, www.lillianlincolnlambert.com where 30 testimonials laud a smattering of her accomplishments. She’s on LinkedIn, Facebook and provides links to author pages on Amazon and Barnes & Noble. She says

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Tickets for Meadows residents for Home Town general admission are \$20.

Proceeds benefit Sertoma Club of Greater Sarasota and Sertoma Kids, Inc., a charitable organization that benefits children with speech and language needs.

Tickets are on sale at MCA on March 12 from 11 AM–1 PM and on March 19, 11 AM–1 PM.

These are the only days tickets will be on sale, so come early to purchase your ticket, or you may enter the code **Meadows** and purchase your tickets on-line. Go to MyHometownFest.org.



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Join ReCODE Certified Professional,
Nicci Kobritz, at **Aviva**
March 23 from **9 AM–12 PM**
for an Informative Presentation on **Brain Health**



MCA Craft Group Mini-Craft & Bake Sale

MCA Lakeside Room
Wednesday, March 25
9 AM – 1 PM

Don't miss it!



see details on pg 15

Pickleball Clinic



Thursday, March 5 | Noon–3 PM
Beginner 12–1 PM
Advanced beginner 1–2 PM
Intermediate 2–3 PM

Cost is \$10 per session
Contact **Ron Albers** at famerflorida@hotmail.com
Reservations required, 8 participants per session.

Writers & Residents Social Hour

April 10

Mix and mingle
with Meadows
community authors

SAVE
THE DATE



Fitness Orientations

Dickens Fitness Center

Sign up is required. Walk-ins are
unable to be accommodated.

Sign up fitnessfrontdesk@meadowssc.org
or call 941-371-6000 extension 228

Thursday, March 12, 5:15 PM
Thursday, March 26, 5:30 PM

MCA Lakeside

Sign up required. Call MCA at 941-377-2300

Thursday, March 5, 4:00 & 5:30 PM
Wednesday, March 11, 4:00 PM
Thursday, April 2, 5:15 PM

The Quilting Group



Saturday, March 7
9 AM–12 PM

SAVE THE UPCOMING 2020 DATES

March 28	April 11
April 4	April 25

Chorus Spring Concert

Friday, April 3, 7:30 PM
at St. James
United Methodist Church
Tickets may be purchased for \$15
Contact Paul Felton at 941-724-9589



An Iris Folding Group with a Tea-Drinking Problem



Sonia Sutcliffe and her husband, **Philip**, have been homeowners in The Meadows since 1993. Retiring in 2011, they were able to spend more time in Sarasota.

In 2014, Sonia saw an article in *The Meadowword* about The Meadows Craft Group. She decided to go along and see what it was all about. **Vicki Robley** showed her how to fold the paper and arrange it on a

pattern to create a greeting card. It can become quite addictive.

In 2015, the Sutcliffes bought an apartment in a newly built retirement community in Grantham, Lincolnshire, UK. As a way for the neighbors to get to know one another, they had a “show-and-tell” evening. Sonia made a few cards using the iris-folding method. Several ladies expressed an interest in learning how to do it, and soon

there was a group of 10 crafters who saw a way to socialize and make cards at the same time.

They meet each Monday afternoon in the communal lounge and once they have decided what card pattern/design they want to make and chosen what color paper they want to fold, it is time for tea and cake. From the wide variety of patterns to choose, the ladies make beautiful cards to send to family and friends.

Cards are also made to go in the “box” for homeowners to buy with the monies donated to a chosen local UK charity. They also make a special community card at Christmas.

From Sarasota, the enjoyment and friendship of the Craft Group has spread to a market town in the East Midlands of England.

The Meadows, Hub of Sarasota.

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Resales for the month of January 2020 and January 2019 In The Meadows & Sarasota County

SALES	THE MEADOWS		SARASOTA COUNTY	
Sales 2019 & 2018	2020 (19)	2019 (14)	2020 (722)	2019 (587)
Median Sale Price	\$211,000	\$225,000	\$265,000	\$255,000
Condominium Sales	2020 (17)	2019 (09)	2020 (263)	2019 (199)
Med Condo Sale Price	\$210,000	\$160,000	\$240,000	\$225,000
House Sales	2020 (02)	2019 (05)	2020 (459)	2019 (388)
Med House Sale Price	\$569,000	\$330,000	\$279,900	\$275,000
Property for sale 31st	2020 (59)	2019 (73)	2020 (3645)	2019 (4838)
Property Pending	2020 (34)	2019 (18)	2020 (1361)	2019 (1186)
Listing Supply	2020 (3.1)	2019 (5.2)	2020 (5.1)	2019 (8.2)

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9:30am – 4:00pm
Rain or Shine

Advanced Reservations: \$35/person
Day of Tour: \$40/person
Group rates available upon request

Lunch Buffet at SGC:
11:30am – 1:30pm, \$15



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Spring Mini-Craft and Bake Sale

Liz Barnett—Craft Group

Back by popular demand, the Spring Mini-Craft Sale is scheduled Wednesday, March 25 from 9 AM until 1 PM. Last year, seasonal residents, who returned too late to come to our annual craft sale in November, asked us to hold another sale in the spring. We’re doing it again, and this year it should be even better because we are adding a bake sale.

Some of our husbands are rejoicing at that news.

Husbands are not the only ones who appreciate homemade baked goods and other treats. At our November sale, almost all the cookies, cupcakes, tarts, pies, fudge, banana and nut breads were sold on the first day. We went home, baked more and sold out the next day. It’s not surprising. The goodies are packaged in the right amounts to serve one or two and many can be frozen. You can indulge yourself by buying an assortment. Or you can stock your freezer to prepare for those grandchildren and other guests who will arrive for their spring vacation. At the Spring Sale, all your favorite goodies will be back



at the baked goods table. But take our advice and get there early before they are gone, and unless you have super will power, get extra if you expect any to be left for the freezer.

In honor of spring, the crafters have been making an array of new spring-themed crafts. The jewelry makers have added necklaces and bracelets in pastels to their creations in gold, silver and darker hues. You’ll find fun, casual jewelry such as dragonfly earrings and bracelets of beaded flowers to add a light-hearted sparkle to your spring attire. If you are looking for sleek, sophisticated or elegant



jewelry that you can wear year-round, you’ll find that as well.

The card-makers have created Easter cards and new designs with a spring-time feel. There are Easter Bunny and Easter egg cards that any grandchild would love and cards decked out in butterflies, baskets of flowers and birds for anyone who wants to send a breath of spring. Of course, there will be birthday and anniversary cards as well as a wide range of all-occasion cards. Most cards are blank inside, increasing their versatility. We have printed inserts so that you can select an insert appropriate for the occasion you want to commemorate or you can forego using the insert and write your own note.

We know you didn’t come to Florida to spend your days cleaning house, so we want to help you speed through the inevitable chores. We’ve knitted and crocheted special textured-yarn into Scrubbies that will whisk your pans and countertops clean with no scratching or harsh abrasives. They are the perfect companion to our colorful hand-knit dishcloths. Add a hanging towel in shades of spring and everything you need to get out of the kitchen fast will be at hand. When you do the laundry,

MCA Craft Group

Mini-Craft & Bake Sale

MCA Lakeside Room

Wednesday, March 25

9 AM – 1 PM

Don’t miss it!

you can replace drier sheets and fabric softeners with our reusable, long-lasting dryer balls. You’ll avoid skin rashes and chemicals with the felted-wool dryer balls which reduce drying time and last for 500 loads.

perch on your mantle or to become your table’s most talked-about centerpiece. These are a few of the things you’ll find at the Mini-Craft and Bake Sale. The proceeds from



Once everything is sparkling, you might want to add a special highlight to your décor. We’ve made glittering bunnies and giant Easter eggs that can hang on a door, on a mantle or on an Easter basket. You might prefer a wreath of pastel Easter eggs to set the mood for the season. Or for a touch of whimsy, we have an Easter Bunny gnome ready to

the sale will be donated to local charities. You can help strengthen our community through your purchases and if you would like to become more involved, join us on Wednesdays from 9 to 11 AM at the MCA.

If you can glue, we want you!

Vision Is E

Collaborating with a Design

Vision, it’s everything when it comes to your living space. Some people have a gift of seeing what is and envisioning what could be. Others, not so much. That is when a designer can help. They get to know you, your family, your needs and your unique style, to help you bring your vision to life. Designers know how to make form and function look seamless.

That’s what **Linda Chambers** and **Doug Withers** do for their clients—they partner with them to find their happy place and deliver a well-thought-out layout and design that increases property values and brings joy for years to come.

As nine-year residents of The Meadows, their love for community and design provides them with the opportunity to offer their services to neighbors on their renovation projects.

Our Renaissance Spotlight gives you a sampling of various Meadows home updates by D & L Home Renovations.

Betts Murdison and her husband **Ken**, inherited the Sandleheath property from her parents who lived here during their retirement years. She always thought of their place as “the beach house” because as she was growing up, this is where her family vacationed to go to the beach. So, the simplicity of a shabby chic cottage with a pallet that reminded the homeowners of the sandy beaches and driftwood, gave them a sense of comfort. The gray walls, distressed finish on cabinets, and whitewashed bamboo wood flooring set the tone.

Creating a more open floor plan for the kitchen and dining room, new kitchen cabinets, glass mosaic backsplash, stainless steel appliances and glass hood over the stove, gave the home its modern feel. The new quartz countertops have seashells and seaglass embedded in them.



Cathy Harrison’s Villa Vision



Cathy Harrison’s villa vision (shown left) was an open modern simple gray backdrop for her colorful art.

Demolition of everything from ceilings to floors, with re-texturing, painting, crown molding and recessed LED lights, provided the basics to make this space shine.

The fireplace was done in a metallic mosaic material, with a flat screen TV mounted above. Flooring is a 12"x 24" slate gray porcelain tile.

Everything

Designer to Achieve Your Vision



The Murdison’s master bath was enlarged by incorporating the outer vanity in the interior area as one large room by removing the partition wall and door between these areas.

Flooring is a rift with gray rustic porcelain tile. The shower area was enlarged by removing the ceiling and raising it as well as resurfacing the shower and adding new barn door style glass sliding doors.

All new stainless steel plumbing fixtures. With glass mosaic accents above shower and backsplash at vanity.

Seafoam blue moon paint continues the beachy feel of the villa. A beautiful glass-accented barn door was installed at the entry master bath.



Designers know how to make form and function look seamless.



The Sandringham home of **Michaelann** and **Mike Galiano** features a “Smart Bath” with a Moen multi-head shower with remote controls.

Clean white with traditional marble finishes were always part of Michaelann’s dream.

A new large walk-in shower was the star of this bathroom

spa feeling. 12" x 24" high gloss porcelain tile, with marble mosaic floor topped off the look.

New custom cabinetry with quartz countertops and built in “tool drawer” to the right of the vanity. The shower was trimmed with Moen smart technology body sprays and rain head shower.



Florida-Friendly Transitioning of Your Garden

Geraldine “Jerry” Bernier—The Meadows Garden Club

On January 6, Angela Maraj, horticulturalist and owner of Botanic Fine Gardening, spoke to 50 attendees of The Meadows Garden Club. She repeated the nine steps of Florida-friendly landscaping and suggested how we might apply these concepts and techniques as care for our existing gardens or attempt to make our gardens more Florida-friendly.

For instance, it is always good practice to reduce the impact of chemical fertilizers by using organic fertilizers and less watering. Use a wide variety of design forms, styles and types; a mix of Florida-friendly plantings with non-Florida-friendly; trees with shrubs and plantings that vary in color, texture and shape. Proper planning is key to good results. Obtain a copy of your site plan. Determine your objectives: noise reduction, climate control, shade, wildlife habitat, reduce maintenance or create a more attractive “curb appeal.” Are there family activities and hardscape or pathways to be accommodated? A kitchen garden to be maintained? View enhancement? Privacy from the street or neighbors?

Plan first, plant last. All plans must take into consideration the long-term growth of what is being planted. One-gallon plants will establish themselves within six months; three-gallon plants



Angela Maraj, horticulturalist and owner of Botanic Fine Gardening, meeting with homeowners.

require a year and trees will grow an inch of diameter every 6 to 12 months. Allow 1–5 years for tree establishment period (the first three years are most crucial and require greater maintenance); 10 years for intermediate growth; and maturity at 20 years or more. These time periods also apply to irrigation: new plantings require more frequent water, some older plantings require less, and some will do well with rainfall only.

In designing the plan, remember that form follows function. Use of groupings of plants is more attractive and provides for more efficient watering and maintenance. Trees planted in combination with appropriate shrubs and ground cover are most attractive and can form effective windbreaks and provide wild life habitat.

When asked about preferred groundcovers, she recommended blue daze and dwarf jasmine, or for drought tolerant cover a mix of sunshine mimosa and perennial peanut—they bloom at different times. Plant in levels: higher at the back, lower in front. Always match plantings to the site with adequate space for improving plant growth and health, plus it reduces water needed and makes maintenance easier. Tips: If planting viburnum, plant away from the home since they grow very fast and very big. Always plant 10 feet from residential walls to allow easier maintenance and prevent mold and mildew from forming.

Use the appropriate soil for each group of plantings. Annuals require higher organic soil. Maraj prefers containers for annuals.

Do not add “improved” soil for new plantings; they come with slow-release fertilizer, and any additional fertilizer would prevent the roots from spreading. Fertilize with organic fertilizer one month after planting, except in winter months when it should be 4-6 weeks. Hand water in the beginning to remove air pockets and help new soil attach itself to the existing soil at root ball. Plant so that the root ball is visible. If mulching, do not place mulch near to root ball or plant roots. Maraj is not a fan of red mulch.

After all of this professional advice, Maraj showed us numerous photos of landscaping projects upon which she has worked, noting on each where she applied the Florida-friendly practices and the tips she shared with us. It was a very informative session and we learned that her fee for first-time consultation is \$75 per hour and \$60 per hour afterwards. She has employees who work with her for the removal of old plantings and placement of the new. Members were asked to place their name badges in a container from which one was extracted and a \$75 consultation gift was drawn.

It was another successful, informative meeting for The Meadows Garden Club.

Ganoderma—Butt Rot of Palms

Martina Venz—Master Gardener Sarasota County

Recently, while driving home in The Meadows, I observed a mature Queen Palm being cut down and wondered why? Several reasons crossed my mind, but a closer examination revealed the telltale symptom of several whitish shelf conks growing at the Queen Palm base. (See picture).

Unfortunately, this palm disease is lethal. All palms are susceptible, but Queen Palms, Areca Palms and Canary Island Date Palms are the most commonly affected. These three species of palms are frequently planted throughout The Meadows. There are no known

cultural or chemical controls to prevent or cure this palm fungal disease presently.

The obvious external symptom of Ganoderma is the appearance of a whitish button-like growth on the lower four to five feet of the palm trunk. This whitish button growth will mature into a conk as shown in the picture. The conk is the reproductive stage of Ganoderma fungus. Tiny spores are produced inside the conk and spread by wind. The conks should be removed from the palm and placed in a plastic bag, sealed and put in the regular trash, not

landscape recycling.

The conk indicates the palm is rotting inside the base of its trunk. The palm will need to be removed. Because the conk is the reproductive stage of the fungus, the ground surrounding the palm will contain Ganoderma spores and it is recommended that a new palm should not be planted in this area. Check

your palms periodically to make sure the Ganoderma spores have not infected your palms.



Credit: M. L. Elliott, UF/IFAS

brain

Many things impact quality of life as we gracefully age. Leading that list is staying at the top of our mental game. Until recently, no roadmap existed for how to maintain optimal brain health or even reverse early-stage Alzheimer’s disease. Through Sarasota’s Center for Brain Health, neurologist Dr. Julio Cantero is offering a protocol with demonstrated ability to reverse cognitive decline in certain individuals—for the first time.

A 2014 study showed the protocol, ReCODE, reversed cognitive decline for nine of 10 Alzheimer’s patients, which was confirmed in

cognitive decline. ReCODE offers the expectation that patients will regain some of their cognitive function. Even if they stay the same, that’s better than what we have now.”

The ReCODE protocol addresses multiple imbalances associated with Alzheimer’s, including those that can be affected by lifestyle changes, and is based on 30 years of research by UCLA neuroscientist and neurologist Dr. Dale Bredesen. In his book, *The End of Alzheimer’s*, Bredesen initially identified 36 factors associated with cognitive decline, including genetics, toxins,

ReCODE protocol is working for participants. “When we see images showing growth in the hippocampus, which is where memories are stored in the brain, or a PET scan demonstrating clinical improvement in the amount of beta-amyloid, that demonstrates effectiveness,” says Cantero, who is lead investigator for the observational study and whose practice is with Intercoastal Neurology Group. Beta-amyloid is a protein fragment that accumulates in Alzheimer’s patients’ brains eventually killing neurons.

Cantero has seen some encouraging results in the observational study, even though 80 percent of participants have the APO-E4 gene, which elevates the chances of developing Alzheimer’s and presents challenges for halting or reversing the disease. One 80-year-old Alzheimer’s participant—with the APO-E4 gene and PET scans showing amyloid plaques—has made encouraging progress. His Montreal Cognitive Assessment score improved from 23 to 26 out of 30, where 26 is considered normal cognition. He also has above average motor speed, psychomotor speed and visual memory along with average reaction time, complex executive function, processing speed, and verbal and composite memory. Subjectively, he reports remembering more parts of a conversation and feels more aware, in-control, energetic and motivated.



“We see what is lacking in hormones or vitamins and try to replace that. We check exposure to toxins and treat those that might affect the brain.”

two subsequent scientific papers. Now, the ReCODE protocol is in clinical trials worldwide to test results with more than 2,000 patients at medical centers such as the Cleveland Clinic, Mount Sinai Hospital and George Washington University. Locally, the Center for Brain Health (941.556.9900/ thecbh.com) offers a Brain Tune-Up program based on ReCODE to help those looking to prevent cognitive decline. The Center also is inviting people with mild cognitive impairment and early onset or newly diagnosed Alzheimer’s disease to participate in an observational study led by Cantero to advance ongoing ReCODE research.

hormones, nutrient depletion, insulin resistance and systemic inflammation.

He uses the analogy of a roof with 36 leaks—plugging one doesn’t solve the problem. The goal is to address as many of the “holes” as possible to allow the brain to reverse mechanisms causing cognitive decline.

Imaging, cognitive testing and blood work provide concrete data for developing individualized treatment plans that empower people to make changes for improved brain health. Ongoing tests reveal how the


means he has access for consultation and current updates to the protocol based on ongoing clinical trial research. Apollo Health has developed software that analyzes participants’ cognitive assessments, lab results and genetics to create an algorithm that allows development of optimal personalized treatment plans.

“We see what is lacking in hormones or vitamins and try to replace that. We check exposure to toxins and treat those that might affect the brain. Patients are on a plantbased, mildly ketogenic diet that is maximized by doing an individually-adapted exercise routine showing the most benefits for cognition,” Cantero says. “With ongoing brain exercises and cognitive assessments, we are trying to get the best out of the brain that we possibly can.”

Reprinted with permission from *Sarasota Scene*, January 2020
By Sue Cullen

“I became involved with this protocol because we haven’t found any cures for Alzheimer’s. Medication studies have closed over time because patients showed no response,” says Cantero, who is triple board certified in neurology, sleep medicine and neurophysiology. “That left me with little to offer patients with

Join ReCODE Certified Professional, Nicci Kobritz,
at Aviva, March 23 from 9 AM–12 PM
for an Informative Presentation on Brain Health
RSVP to dee@youthfulaginghomecare.com





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Histamine is part of the pet’s immune response which causes an itch. Histamine is only a minor player in the itch scratch cycle, and this is why antihistamines like Benadryl are unlikely to stop the itch.

Fleas can also cause severe allergic itching. We are now prescribing flea control products that have the ability to control fleas and ticks. These new products are given

monthly by mouth. They kill fleas rapidly, so the flea bite is less likely to cause itching. Flea bite itch is located over the rear by the tail. Pollen itch is more likely to cause licking of the feet and itch in the axilla or armpit area.

Cortisone in many forms has been used for years to control itching. Cortisone has many side effects such as increased thirst, urination, appetite, panting, and sometimes

pets can become very tired. It also can cause potential kidney, liver, and adrenal problems. Luckily, we have new very effective drugs that stop itching and have little or no side effects.

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Our Friends are Moving Away...

Ann Hamman—Hampstead Heath

One of the most active and involved couples in Hampstead Heath is moving.

Wait! That’s not quite right.

THE most active and involved couple in our neighborhood is moving away.

Tim and Gail Haywood have bought a home in The Villages in Sumter County after more than 10 years living here. In that time, both have been a vital asset in our community from Gail’s social chairmanship to Tim’s service on the condo board. They also started the “9 and Dine Scramble” on The Groves Golf Course last year, which continues on Monday afternoons now.

The couple bought their villa in 2009, but didn’t stay for any length of time until Gail retired after 35 years as an elementary teacher and media librarian from grade school to high school. Tim retired from being a master craftsmen, goldsmith

and vice president of Vandemark Jewelers in Elyria, Ohio.

However, the two were very familiar with The Meadows. Tim had been visiting his parents, Tom and Jeanne Haywood, in Oakley Greene since 1986. (His father was golf champion for his age group one year.) After marrying in 1991, Tim and Gail split their vacations between his parents here and her parents in Venice. “It was a foregone conclusion that we would buy in The Meadows,” Tim said. By that time, Tim’s sister and brother-in-law, **Diane and Don Taylor**, were in Oakley Greene.

As social chair, Gail organized the Nothing Parties, ladies’ lunches, a painting party for the women and women’s theater outings. “She took over for me,” said **Jill Factor**, who had been the social chair for many years. “I will miss them, and I am sorry to lose them.”

Tim has served on the condo board for the last two years. “It was nice

to be in the know about things,” Tim said. “And I wanted to keep Hampstead Heath updated. It was a pleasure to work with **Cheri Hansen**, (condo president), who is very dedicated, and the rest of the board.”

Fellow board member **Paul Whalen** said, “Tim has been a valuable member of the board. He brought with him knowledge of the past at Hampstead Heath, which was valuable to newbies like me.”

Besides the couple, their mini Goldendoodle, Bogey, will be moving, too, of course. “Bogey loves the brand-new carpeted house and his own backyard,” Gail said. Arnie will miss Bogey, said Jill. And **Joan Zaroff** said her dog, Zachary, will miss Bogey a lot.

The Haywoods decided to move to a bigger place and for a reunion with friends there. “We wanted to join friends from home who live

there,” Gail said. “And there are many restaurants and golf courses.” Tim said, “There is a lot of action that Gail doesn’t have to plan.”

“We have enjoyed Sarasota—the city, the water, the culture,” Gail said. “And The Meadows. It’s quiet here, but everything you want is two miles north or south of here. But we will miss our friends here. Moving is bittersweet.”

Tim said, “We will miss the familiarity of coming here for 30 years!”

Perhaps Joan Zaroff summed it up best—“Tim did a wonderful job on the board, and Gail as social director kept everyone together. That’s not an easy job. They will be thoroughly missed. I hate to see them go.”

Amen to that. Goodbye and Godspeed, dear friends.

Dancing the Night Away

Bonnie Detwiler—Chatsworth Greene



There were lots of happy faces at our annual MCA dinner. This year our social committee changed the typical Italian menu to a Mexican theme. Our “chefs” outdid themselves and tried many new recipes—everyone was pleased and the food was delicious!

By chance if you happened to be at The Meadows Country Club for dinner on January 24, you might have experienced an impromptu dinner dance starring mostly

Chatsworth Greene participants. **Tim Goodman** was our music man and kept all of us moving on the dance floor. It’s no wonder we love our neighbors and where we live.

Next up is our annual “Street Party”—check the bulletin board by our pool for the time and date. Meanwhile, enjoy your family and friends and Happy St. Patrick’s Day!

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Let’s Talk Sports

Mark Pienkos—Hot Stove League



Eighteen people met on February 4—sharing their thoughts in a lively discussion on sports. Photo by Ann Pienkos

First month of Season 2 is in the books. Spring training is just around the corner and the Hot Stove League—“Let’s Talk Sports!” discussion group has begun meeting again. January’s meetings were lively and fun-filled. We’re always looking for more fans to join the group. So, grab a bat and move from the on-deck circle to the batter’s box and get involved!

We meet the first and third Tuesdays of the month—January through April. Future meeting

dates are March 3 and 17 and April 7 and 21. Meetings start at 9 AM and are held in the Sunroom at the MCA. It’s FREE! Meetings last between 60-75 minutes. Please join us for lively discussions with friends and neighbors who love sports. Coffee and donuts are served, as well. (As the famous Yankee broadcaster Mel Allen would say, “Now how about that!”)

Please feel free to contact **Mark Pienkos** at 262-325-8039 or markpienkos2012@gmail.com.



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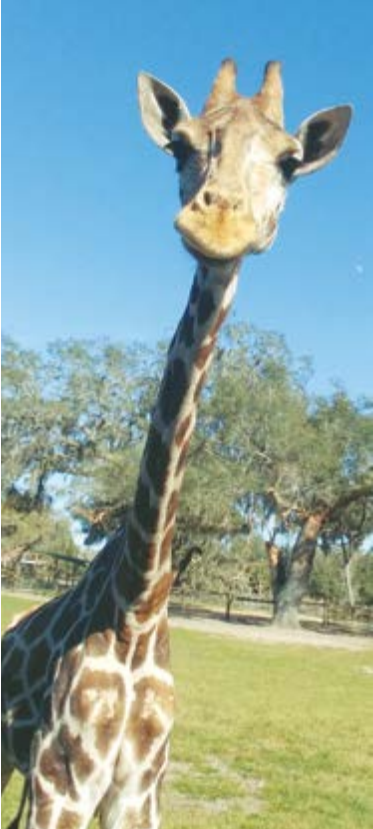
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For those that missed it this year, be sure to sign up for MCA Constant Contact emails on current and upcoming events.

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Stress

In the 1950s and 1960s, young children fell in love with television just like their parents. Saturday mornings and the time slot from 4 to 6 on weekday afternoons were reserved for children’s programming. Kids clustered around the TV to watch *Howdy Doody* and wished they could be in the Peanut Gallery.

They donned their ears and clutched their membership cards as they watched the *Mickey Mouse Club* and dreamed of being real Mouseketeers. The shows were so popular that many local TV stations had their own versions of kiddie shows. **Melinda Gordan** fulfilled every kid’s dream of being on TV. In *The*

Meadowword articles in September and December 2019, she described being selected to play Buster Brown in commercials for Philadelphia’s WFIL’s kids’ show, *Your Gal Sal*. She was thrilled to meet her idol, Sal, but soon things were not quite as thrilling. In the story that follows, she describes some of the pressures of being a child television star.

Becoming Buster Brown Part III

Melinda P. Gordan

Two days after we visited the television studio and I was chosen to become Philadelphia’s Buster Brown, we met The Lady. She was tall and skinny like my Barbie Doll and her perfume smelled terrible. “Smile,” she said, “this is going to be fun.” I couldn’t and I wouldn’t smile for her. She smelled worse than the lady who played the piano at dancing school and it made my head feel like a balloon was in there. Maybe her fumes would get me; I would faint and get out of this “fun” meeting. Maybe then she’d get the hint about her stinky perfume.

Sadly, I did not faint, but I did have a headache and a bellyache. I told my mom that I didn’t feel well, and she felt my forehead and announced that I’d be fine. For good measure, she gave me a Life Saver. By the way, Life Savers are only good when you get the fruity pack. The one my mom gave me tasted like toothpaste.

Then came the trying-on-of-the-dresses, a ritual that seemed to last forever. Not only was I going to be Buster Brown, I would model party dresses for Cinderella Clothing during the first commercial break of the show. All of the adults thought that I would love it. Party dresses and shiny Mary Jane shoes were what every little girl wanted, right? All I could think of was Pinocchio, and how all he just wanted to be a real kid. Me, too, Pinocchio. Me, too.

Finally, we got to the last outfit. I had gotten through it without screaming, and we were almost on our way. My snow jacket, boots and mittens were back on. My mother was tying the little strings from my hat under my chin, when I heard a squeaky little Barbie voice say, “Bye, bye, Buster. Don’t eat too much and get

chubby or the clothes won’t fit!” My mom looked at The Lady and tilted her head like our neighbor’s dog did when you talked to him. Inside my head I shouted at her silently, “Buster? No, that is not my name, and guess what—I’ll eat whatever I want.” Inside my mittens, my fingers were moving wildly, trying to make me feel something other than anger and embarrassment. Even a bloody finger would feel better than what she had said.

Back in the car, I told my mother that I didn’t want to sit in front and be in charge of the radio. I said that I really didn’t feel well, and that I just wanted to lie down on the back seat. As soon as the car started to move, I pulled off my mittens and bit hard into the side of my thumb. I didn’t cry. It’s just that sometimes you have to feel real things when the world is spinning around you faster than you can keep up. It’s just that sometimes, feeling pain is better than feeling the fake stuff that strangers say or do to you. It just is. And, so began, at the age of four and a half, the battle between me and reality, adults, food and self-destruction.

Being an anxious kid is a lot like being a weather forecaster. You look at an upcoming situation and you come up with a “what if?” scenario, or two. Either way, you’re expected to show up, smile, and deal with what happens. If you’re right, it’s a little easier for you that day, because you’ve already figured out how to act and what to do. If you’re wrong... well, you’re wrong, and then you had to figure out what to do while it was happening. Most kids were pretty good at it. I was not. It seemed like the older I got, the more scenes there were to play out in my head, and that wasn’t necessarily a good thing.

By May, I had gotten used to the routine of going to the television station, doing what was expected of me and then doing it again the next week. The weather was better, which made me feel better, and even The Lady had gotten a little more tolerable. There had been some weird days, for sure, like the one around Easter time when I had to model shoes and pretend to be shopping for them in the corner window of Lit Brothers Department Store at 8th and Market Streets. My mother acted as the mom who was shopping and one of the young executives from my dad’s department at the store played the part of the salesman. It was pretty hot in there and it was strange watching people on the sidewalk stop to watch me in action, but I didn’t mind it too much. I was glad that no one had told me about this in advance, because that would have been just another thing to make up stories in my head about.

At home things were as normal as things got around there, with my dad wanting me to be his before-bed ice cream buddy, and my mom giving me little caramel candies called Diet Ayds as “treats” throughout the day. There was a definite conflict of thought there. Daddy was brought up in a no-nonsense, “eat-what-you-can-because-there-might-not-be-any-food-tomorrow” kind of household. He loved to eat, and he loved to have a partner in crime. In his eyes, a healthy appetite meant a healthy kid. My mom, on the other hand, was all about appearance and when the suggestion of my not fitting into “the chart” was put into her head, she plowed forward with me in tow into the wonderful world of dieting, 1960’s style. That meant that our refrigerator was filled with

continued on page 27



SAVE
THE
DATE

Writers & Residents
Social Hour
April 10

Mix and mingle
with Meadows
community authors

Book Club Preview

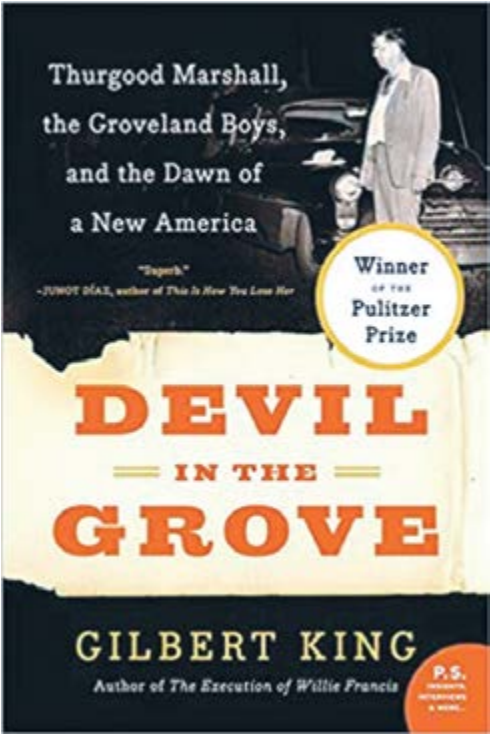
Devil in the Grove by Gilbert King

Joanne Simons—The Meadows Book Club

Winner of the 2013 Pulitzer Prize for General Non-Fiction, *Devil in the Grove: Thurgood Marshall, the Groveland Boys, and the Dawn of a New America* by Gilbert King (HarperCollins Publishers, NY: 2012) is the account of appalling events in Lake County, Florida, that cemented Thurgood Marshall’s reputation as Mr. Civil Rights.

Marshall, who served on the U.S. Supreme Court from 1967 to 1991 and was its first black justice, was head of the NAACP’s Legal Defense and Education Fund. Marshall was frequently the NAACP attorney sent to handle egregious cases of civil rights violations around the country. Often at personal risk to their own lives, he and his team clashed with every sort of racist sheriff, lawyer, judge and jury as the country struggled with issues of segregation and integration in overturning myriad Jim Crow laws and practices.

Before becoming its 96th justice, Marshall himself argued several of the most important civil rights cases before the Supreme Court: *Smith vs. Allwright* (striking down whites only primary voting); *Shelley vs. Kraemer* (striking down racially restrictive housing covenants); and *Brown vs. Board of Education*, which held that racial segregation in public education is a violation of the Equal Protection Clause.



In the Florida case, four black men were accused of raping a 17-year-old white woman. Sheriff Willis McCall arrested the suspects and oversaw the beatings that led to three of their confessions and saw to the shooting death of the fourth suspect.

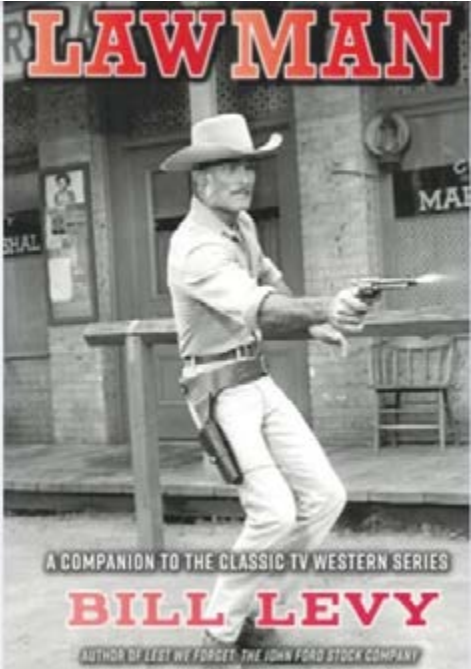
Devil in the Grove reads like the most compelling crime novel, but it is outrageously true. Author Gilbert King’s research is extensive; he weaves biographical information about Marshall with descriptions of the times and details of the crime,

the trial, and the appeals. King describes Marshall as intelligent (first in his Howard University law class) and charismatic. He is also hard-drinking and unfaithful to his wife, Vivien “Buster” Burey. Knowing that Marshall eventually serves on the highest court does not lessen the suspense about the dangers he faces in this chapter of his life. In addition to the Pulitzer, *Devil in the Grove* was also nominated for The Chautauqua Prize, the Dayton Literary Peace Prize and the Edgar Award for Best Fact Crime.

Gilbert King attended the University of South Florida, leaving shortly before graduating. He had a successful career as a photographer, writer and ghostwriter. His two other non-fiction works are *The Execution of Willie Francis: Race, Murder, and the Search for Justice in the American South* (2008), and *Beneath a Ruthless Sun: A True Story of Violence, Race, and Justice Lost and Found* (2018). King is a contributor to The Marshall Project, a nonprofit news organization covering the U.S. criminal justice system.

The MCA Book Club will be discussing *Devil in the Grove* at its annual luncheon on **Wednesday, March 11 at 11:30 AM at The Meadows Country Club**. Please call **Caryl Magnus** (941-378-5055) for a lunch reservation if you have not already signed up for lunch.

Family History Inspires a Novel



Bill Levy, a seven-year resident of The Meadows, is a retired New York City and Hopatcong, New Jersey teacher who grew up on Long Island. He is involved with Sarasota Fiction Writers and various Scrabble clubs.

Lawman is Bill’s fourth and most recent published book. He has published two books on the film director John Ford and one on the British-Australian author, Nevil Shute; completed two speculative fiction books, *Meets* and *Meets II*, on fictitious celebrity encounters over the past 150 years and a

monthly movie column for New Jersey’s *Fifty Plus* publication.

Lawman: A Companion to the Classic TV Western Series is the first book to focus fully on this show originally broadcast between September 1958 and June 1962. The book re-familiarizes veteran fans and introduces new viewers to

this exceptional television western series and its three-dimensional leads played by John Russell, Peter Brown and beginning in the second season, Peggy Castel.

For ordering information visit BearManormedia.com

Becoming Buster Brown

continued from page 26

a chocolate-flavored drink called Metrecal, and those little caramels occupied the fruit drawer. Saccharin replaced sugar, and there were no more bedtime snacks. My Hi-C fruit punch was out, and Tab was in.

After all was said and done, I was still almost five years old and not too

crazy about all of this. The weekends became oases, and I couldn’t wait to get to my grandparents’ house. Once I was there, it was business as usual. No judgement, no restrictions, no stress. Just the three of us, being happy.

The Meadows BOOK CLUB

(Meets on 2nd Wednesday of the month—2 PM at the MCA)

Coordinator	Jerry Bernier	487-7514	gbernier36@aol.com
Administration	Joanne Simons	703-798-7330	simonsjc1@gmail.com
March Luncheon	Caryl Magnus	378-5055	carylmagnus@verizon.net

DATE	BOOK TITLE	AUTHOR	DISCUSSION LEADER
03/11/20	11:30—ANNUAL LUNCHEON AT MEADOWS COUNTRY CLUB <i>Devils in the Grove: Thurgood Marshall, the Groveland Boys and the Dawn of a New America</i>	Gilbert King	Brenda Barry
04/08/20	<i>Heartland</i>	Sarah Smarsh	David & Betsy Neumeister
05/13/20	<i>Desert Queen: The Extraordinary Life of Gertrude Bell: Adventurer, Advisor to Kings, Ally of Lawrence of Arabia</i>	Janet Wallach	Jerry Bernier

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5282 Wedgewood Ln- \$167,900
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5473 Chanteclair- \$249,900
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5131 Willow Links- \$167,500
2 Beds/2 Baths/ 2nd Floor



**5416 Hampstead Heath
\$239,000**
2 Bed/Baths 2 Car Garage



**4571 Highland Oaks Cir
\$560,000**
3 Beds/3 Baths Executive

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3016 Highland Bridge - \$468,000
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Classifieds

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. Deadlines are moved up to accommodate holidays. Please practice due diligence when hiring service providers.

FOR RENT

Bunker Oaks, 1 bd/1 bath. Remodeled & furnished. 3 or 6 month lease. (941) 727-3233

Longwater Chase for rent. 1 BR/1 BA. Annual. Furnished. 1st floor, corner. Top shape. No smoking. 941-371-6736

Large detached furnished villa, garage lanai, laundry room, family room with Q sleeper, TV's, ceiling fans, AC, community pool. Small pet allowed with pet deposit, \$995 mo. plus utilities and deposit. 3 month minimum rental. Available only April 11-Nov 9, 2020. 260-437-4529

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Wedgewood Lake: 2/2 updated condo annual rental, beginning May 1, 2020. Furnished, pool, cable, ground floor. \$1,500 per month. Sorry no pets. Security. 941-685-8553

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WANTED TO RENT

January through March 2021 by current Meadow residents. 2 bdrm/2 bath apartment on first floor. Updated/furnished with walk-in shower. No pets. No smoking. 941-954-6966 or 941-993-0666

January 1, 2021 through February 28, 2021 (maybe March 31st) previous Meadows renter. 2 BR/2bath, 1st floor, furnished. Condo, Villa, or home. No pets and don't smoke. Both in our 70's, healthy and fit. Call 816-853-4449

Snowbird looking to spend another winter (2021) in the Meadows. Must have 2 bedroom/2 baths, first floor preferable, Jan thru March. I'm meticulously clean, single, have no pets. Andrea 248-417-8657 or email sanfielda@aol.com

HOMES FOR SALE

Condo sale by owner 5257 Wedgewood Lane. Outstanding 2B/2BA condo in friendly assoc. Quiet 2nd floor unit with nice view. New: bathrooms, a/c, water heater, washer/dryer, m/w, range, carpet and ceilings. Freshly painted. Light and bright. Ready to move in. 312-5451

HOMES FOR SALE

Sheffield Greene Condo. 2 Bd/2bath, garage, 1 enclosed lanai & 1 screened lanai. Ground Floor. Access to Nathan Benderson Park. Peaceful creek/nature view. \$205,000. 941-302-0310

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WANTED

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For more information, go to themeadowssarasota.org, homepage Quick Links, under Meadowword deadlines, call the MCA Office, 377-2300, or email mcaaccounting@meadowscsca.com

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Submission Guidelines
Articles and Monthly Columns
We welcome submissions from our Meadows residents for publication in *The Meadoword*. Articles should be of general interest to the community.
We copy edit all articles for accuracy, content, style, and length and will not publish articles that contain offensive material or inaccurate information. Articles must be received by deadline for publication in the following month's edition.
All submissions are published at the discretion of the editor and the MCA.

Subscription Rates
The subscription rate for The Meadoword reflects a cost due to recent increases in postage, labor, and materials:
USA \$2.00 per month
Canada \$3.50 per month
Europe \$6.25 per month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>6:30 pm BOARD GAMES at AVIVA</div> <div></div> <div>1</div>	<div>2 pm SAFETY COMMITTEE</div> <div>7 pm MCA ANNUAL MEETING</div> <div></div> <div>2</div>	<div>9 am HOT STOVE LEAGUE</div> <div>3 pm STANDARDS COMMITTEE</div> <div>6:30 pm BINGO</div> <div></div> <div>3</div>	<div>9 am CRAFTS</div> <div>10:30 am FINANCE COMMITTEE</div> <div>12:30 pm BRIDGE</div> <div>1pm COMMUNICATIONS COMMITTEE</div> <div>3 pm BOCCE BALL</div> <div></div> <div>4</div>	<div>10 am ACTIVITIES COMMITTEE</div> <div>1 pm ELECTRONIC DEVICE</div> <div>2pm GARDEN CLUB</div> <div>3 pm CORNHOLE</div> <div>4 pm FITNESS CENTER ORIENTATION (MCA)</div> <div>5:30 pm FITNESS CENTER ORIENTATION (MCA)</div> <div></div> <div>5</div>	<div>12:30 pm BRIDGE</div> <div></div> <div></div> <div>6</div>	<div>9 am QUILTING GROUP</div> <div>10 am CAR SHOW—MEADOWS SHOPPING VILL</div> <div>1 pm DUPLICATE BRIDGE</div> <div></div> <div>7</div>
<div>6:30 pm BOARD GAMES at AVIVA</div> <div></div> <div>SPRING FORWARD ONE HOUR! DAYLIGHT SAVINGS TIME</div> <div>8</div>	<div>9 am MAH JONGG</div> <div>10 am MEMOIRS</div> <div></div> <div>9</div>	<div>1 pm MEMOIRS WRITING</div> <div>6 pm GAME NIGHT—CCL</div> <div></div> <div>10</div>	<div>9 am CRAFTS</div> <div>11:30 am BOOK CLUB ANNUAL LUNCHEON (TMCC)</div> <div>2:30 pm MAINTENANCE COMMITTEE</div> <div>3 pm BOCCE BALL</div> <div>4 pm FITNESS CENTER ORIENTATION (MCA)</div> <div></div> <div>11</div>	<div>11 am MY HOMETOWN FEST TICKET PICKUP at MCA</div> <div>1 pm BOARD MEETING</div> <div>3 pm CORNHOLE</div> <div>5:15 pm FITNESS CENTER ORIENTATION (TMCC)</div> <div></div> <div>12</div>		<div>10 am CELEBRATION OF FINE ARTS</div> <div></div> <div>14</div>
<div>10 am CELEBRATION OF FINE ARTS</div> <div>6:30 pm BOARD GAMES at AVIVA</div> <div></div> <div>15</div>		<div>9 am HOT STOVE LEAGUE</div> <div>6 pm GAME NIGHT—CCL</div> <div>PRESIDENTIAL PRIMARY ELECTION PRECINCT #121</div> <div></div> <div>ST. PATRICK'S DAY</div> <div>17</div>	<div>9 am CRAFTS</div> <div>12:30 pm BRIDGE</div> <div>3 pm BOCCE BALL</div> <div>4 pm ASSEMBLY MEETING</div> <div></div> <div>18</div>	<div>9 am PLATELET DRIVE</div> <div>11 am MY HOMETOWN FEST TICKET PICKUP at MCA</div> <div>3 pm CORNHOLE</div> <div></div> <div>19</div>	<div>12 pm MEADOWS "U" MABLE RINGLING</div> <div>12:30 pm BRIDGE</div> <div>5 pm SPRING FLING</div> <div>6 pm MEADOWS WINE SOCIETY WINE TASTING</div> <div></div> <div>20</div>	<div>9 am QUILTING GROUP</div> <div>1 pm DUPLICATE BRIDGE</div> <div></div> <div>21</div>
<div>6:30 pm BOARD GAMES at AVIVA</div> <div></div> <div>22</div>	<div>9 am MAH JONGG</div> <div>9 am BRAIN HEALTH LECTURE at AVIVA</div> <div>10 am MEMOIRS</div> <div></div> <div>23</div>	<div>9 am HAZARDOUS WASTE DROPOFF at MCA</div> <div>1 pm MEMOIRS WRITING</div> <div>2 pm BEST KEPT COMMITTEE</div> <div>6 pm GAME NIGHT—CCL</div> <div></div> <div>24</div>	<div>9 am CRAFT & BAKE SALE</div> <div>3 pm BOCCE BALL</div> <div></div> <div>25</div>	<div>9 am HEARING CLINIC</div> <div>3 pm CORNHOLE</div> <div>5:30 pm FITNESS CENTER ORIENTATION (TMCC)</div> <div></div> <div>26</div>	<div>12:30 pm BRIDGE</div> <div>5 pm MCI AWARDS CEREMONY—CCL (TMCC)</div> <div></div> <div>27</div>	<div>9 am QUILTING GROUP</div> <div>1 pm DUPLICATE BRIDGE</div> <div></div> <div>28</div>
<div>6:30 pm BOARD GAMES at AVIVA</div> <div></div> <div>29</div>	<div>9 am MAH JONGG</div> <div></div> <div>30</div>	<div>6 pm GAME NIGHT—CCL</div> <div></div> <div>31</div>	<div>The Meadows Community Events</div> <div>MARCH 2020</div> <div>Event held at AVIVA</div> <div>MCA Activities/Events located at MCA building Call 941-377-2300 for details</div> <div>Joint MCA and Country Club Activities/Events</div>			