## THE MEADOWORD

February 2021

The Meadows Community News and Lifestyle

Volume 39, Number 2



# ommunity



## Tolerance, Courtesy and Understanding

Jan Lazar—MCA Board President

t's hard to believe we have spent almost a year in the midst of the COVID crisis. It's been a truly frightening and depressing situation with 400,000+ deaths and 23.000.000+ cases in the United States. As I have said before, we have been very lucky and blessed to have a community that has allowed us to maintain a reasonably active lifestyle because we have so much we can do right here in our community and still be outside and safe. The heart of our community is its people- residents, staff and visitors. We have worked hard to keep ourselves and our neighbors safe from a deadly but invisible threat and we've been fairly successful, but the crisis isn't over.

That being said, the strain is showing. Tempers are fraying in a few places. **But this isn't** a reason to take it out on our neighbors or our staff. Civility and consideration are crucial as we move forward to a return to non-crisis **living.** There have been several incidents in the past few weeks that have resulted in unwarranted and completely unacceptable overreactions, culminating in one resident pointing a gun at another. This HAS to stop. Anger and fear when fanned by exaggerated safety fears have led to this. We are a safe community. But no community can guarantee that there will be no crime and that safety is absolute.

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Yes, there have been some burglaries over the past five months which the Sheriff's Office is investigating, as is their job. MCA is NOT a law enforcement agency nor do we investigate crimes. We call the sheriff. Burglaries occur when homes are empty. Preventative recommendations have been put out by MCA on numerous occasions. But vigilantism is NOT a solution- it's a much bigger threat than the burglaries, which are not violent crimes. We have all seen how quickly things can get out of hand in recent events elsewhere. Let's not lose our sense of perspective and let's remember to treat each other, the staff and ourselves with tolerance, courtesy and understanding. Be aware and take appropriate precautions but don't, as my husband jokes, "when in fear or in doubt, run in circles, scream and shout."

activities and programs outdoors to allow safe distancing. Since these have been well-received, we will look to keep them as part of our longer term activity programming, even when we can gather in larger groups indoors. Every challenge is also an opportunity. We find ways to add to our lives when traditional options are temporarily unavailable.

will continue to have a range of

Take heart, our future is bright. We are turning the corner on the pandemic. We are enhancing our community and we are, hopefully, taking good care of ourselves and watching out for our friends and neighbors. Stay safe, be considerate and remember we ARE one community.

We continue to move forward with our capital improvement program

and look forward to the commencement of construction this spring on our new Lifestyle/ Wellness Facility. It's exciting that we can see real improvements throughout the community. Individuals and associations are updating and upgrading their look with improved landscaping, pavers, re-painting, new roofs, etc. As you walk or ride around take a moment to look at how good we look! The Meadows will continue to be beautiful, tranquil and fun, not to mention a haven for all the birds and other creatures who

While we still face uncertainty as to when vaccines will reduce the COVID threat to let us resume our normal indoor activities, we

share this space with us.

Take heart, our future is bright... Stay safe, be considerate and remember we ARE one community.

Safety assists Meadows residents and enforces community rules. They don't have the same authority or access to the same equipment as our local law enforcement.

In the event of an

emergency call 911 first
The non-emergency
number to Sarasota
County Sheriff's Office
941-316-1201
Meadows Safety Patrol
941-809-0084

#### **Our Vision**





#### **Our Mission**

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



#### **Change of Heart**

Frances Rippcondi—MCA General Manager

am not a golfer. As a matter of fact, my golfing experience amounts to participating in three golf lessons and playing in one golf tournament (Yep! From lessons to golf tournament, I wasted no time eat your heart out Jin Young Ko). Suffice to say, my golfing career was short-lived, but I never lost my appreciation for the sport. Instead, I focused on the finer aspects of golf like the albatrosses, eagles, birdies and how the beautiful open space provides refuge to the wildlife from the concrete jungles of progress.

Over the last few months, I have been touring The Meadows Golf Courses being particularly mindful of the renovation and improvements of the Meadows course. While visiting each hole what struck me most (remember non-golfer) was not only the beauty of the improvements but the number of homes that backed up onto the course providing grand expansive views for residents to enjoy. The generous size of the fairways acts as the perfect intermediary preventing

densely populated cities to places that allow them to breathe, relax and enjoy the outdoors. The proof is in the purchase. According to the Daily Mail, over 950 homebuyers a day move to Florida to escape high taxes, cold weather, and to enjoy sunny shores and open space. The Meadows welcomed new neighbors into our community as roughly 300 new residences sold just this past year.

In past months there has also been a new appreciation for the sport of golf itself. What other sport allows you to cover anywhere from 30 to 200 acres for a single round and a chance to be imersed in the environment. On the Groves and the Highlands, even in the face of the pandemic, golf rounds are up 20% this year over last year with a revenue increase of 40%. Golfing is now being viewed through a different lens, as outdoor sports and recreation gain more popularity than ever before and golfers clamor to get outside and on the course. Golf courses are also being seen as an opportunity to enhance environmental

On the Groves and the Highlands, even in the face of the pandemic, golf rounds are up 20% this year over last year with a revenue increase of 40%.

neighbors from gazing directly into each other's backyard. Who could ask for more?

A quick glance at The Meadows map and it appears that at least 70% of residents have a view of the golf course. The Meadows Golf Courses make up 330 acres of the MCA property. With the amount of green space that the golf courses provide, plus the amount of open space intertwined throughout the community, it is no wonder that many homebuyers are having a change of heart and moving from

impacts of development and the depleting of urban green spaces. The American Society of Golf Course Architects publication, An Environmental Approach to Golf Course Development speaks to the committment of minimizing environmental impact as a valued source of information on design, construction and management practices that make golf courses environmentally friendly. The Meadows Country Club (TMCC) is looking at that as well. This last year, the TMCC adopted The Meadows Community policy on

low-maintenance zones. These zones slow chemical runoff, provide lake bank stabilization and create wildlife habitats. They are also enhancing tees with decorative native plantings and removing invasive exotic plant species that crowd out beneficial plants.

Water monitoring is also a critical component to the golf course and environment. TMCC utilizes three water sources reclaimed, runoff, and well. Well water primarily augments the other sources as needed with daily water usage being reported to South Florida Water Management District to ensure water consumption follows State and Federal Guidelines. In addition, Pat Franklin, TMCC Director of Golf Course Maintenance, utilizes moisture meters and has daily in-depth discussions daily on exactly how much water should be distributed to ensure overwatering

and waste doesn't occur.

We all know trees and shrubs are beneficial to the environment but golf course turf is too. For instance, turf has the ability to keep the earth cooler on hot days, and golf course turf is no different. The large fairways and roughs all play their part cooling the earth and reducing noise pollution. Rain absorption is another environmental benefit. The golf courses, which have been designed into our master drainage system, does its share of work absorbing and filtering storm runoff. This is due to the nature of the turfs' growth habitat, which creates spaces that trap and hold moisture. And under all that turf, the earthworms are also helping. A healthy course has over 300 earth- worms per square yard. As these worms tunnel underground,

they create pockets for water to filter through and be absorbed. Also aiding and improving the air we breathe, turf removes the carbon dioxide from the air and releases oxygen.

Under all that turf, the earthworms are also helping. A healthy course has over 300 earthworms per square yard.

Our golf courses provide more than recreational opportunities for Meadows' residents to enjoy, they also improve the environmental quality of the community. Frank Taylor, the MCA's community developer, with his respect for the land, must have understood this as well. He could have chosen to build only one golf course but instead he did three, which ultimately decreased the building density of The Meadows and increased the green space for both golfers and non-golfers to enjoy.

So, the next time you look out your backyard window or drive by the golf course, take a few seconds, take a deep breath and enjoy the beauty that you see.

You don't have to be a golfer to enjoy the benefits and beauty of the golf course.

The MCA's mission, is to preserve the property values, ambiance and vitality of our community. This goal is reflected in our recent improvements and renovations in our assets and land throughout The Meadows.

#### The 2021-22 MCA Annual Assessment has been mailed.

This Assessment is your Master Association fee, due yearly—not your sub-HOA or condo fee.

Payment is Due March 1.

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#### THE HEART OF THE MEADOWS

#### It's the People

Bob Clark—Standards Chair

The heart of any community is defined by the people who live there and our heart is a credit to all who help us achieve the lifestyle we enjoy. Thanks must be given to all who work to keep their properties looking good to support real estate values, to the many volunteers who step forward to support our programs and activities and to the MCA staff who work tirelessly on behalf of the residents.

We have had some questions recently regarding various regulations so I thought this might be a good time to review a few things. For more complete information on this subject, please visit our wonderfully redesigned website at www. themeadowssarasota.org and click on Documents, then on Governing

Documents, then on MCA Master Association and finally on Basic Rules and Regulations. While you are there it might also be good to click on the Pride and Preservation link for more information regarding MCA regulations.

The placement of refuse and yard waste is an area that has led to some misunderstandings. Refuse must be in tied plastic bags or hard walled securely covered containers. It is particularly important that food be secured in such a way to prevent animals from accessing and scattering the refuse. For the good of the environment, it is always good to minimize the use of plastic bags in favor of hard containers.

Refuse should be placed at the

curb no earlier than one hour prior to sundown on the night prior to collection day. Yard waste must be prepared for disposal in accordance with the Sarasota County Rules and Regulations and may be placed at the curb two days prior to the collection day. When not at the curb, all trash cans must be stored in a location that cannot be viewed from the street.

There are some things you may not have thought required an architectural review. Lawn furniture is subject to architectural review, fountains and bird baths are treated under the rules for statuary, ponds, waterfalls and other landscaping features are subject to architectural review, window displays such as flags, banners and etchings

are subject to architectural review and mobiles are subject to architectural review. I know that some of this appears to be nitpicking but I suspect that the individuals who wrote the regulations were motivated by problems that arose in the past.

After reading this brief review of some of the commonly misunderstood community standards, you can understand why it was suggested that you review the documents. That said, a good heart is the basis for a healthy organization or community. Here in The Meadows our heart is strong. Thanks for making it so.

#### Visit www.themeadowssarasota.org/mcadocuments

Go to the MCA Master Association drop down menu and choose Basic Rules and Regulations for more information.



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#### Sign up for Email Updates



- Community News Updates
- Activities and Events
- Latest Club Event Releases

go to: https://www.themeadowssarasota.org/ Click on the Constant Contact icon on the top right or call MCA 941-377-2300

#### **Architectural Review**

#### **December Approved Applications**

4864 Marsh Field Rd
3024 Rosemead
2936 Longleat Woods
Hadfield Greene Condo Assn
Villas of Papillon Condo Assn
5591 Downham Meadow
3105 Heatherwood Lane
2965 Longleat Woods

3432 Highlands Bridge Rd

3975 Chatsworth Greene
4551 Glebe Farm Rd
Lyndhurst Court Assn
4749 Ringwood Meadow
4325 Woodmans Chart
Somerset Condo Assn
Sandleheath Condo Assn
3448 Highlands Bridge Rd

4938 Waterbridge Down

5434 Myrtlewood Longwater Chase Condo Assn



#### Leadership-The Heart of Success

Mike Mazur—Assembly Committee Chair

here are many observations in books, articles and educational courses that attempt to define the characteristics of quality leadership, but those characteristics and how they are applied throughout a business, an organization or a community are the heart of the level of success of the entity or people involved. One aspect of the Assembly of Property Owners is to provide the leaders of the fifty-two condominium and homeowner associations within the community the knowledge and tools to bring the very best to each of their independent entities within The Meadows.

While each of these entities must comply with the standards and restrictions of The Meadows, it is up to the volunteer leadership and paid management to operate an attractive and financially sound community and for individual unit or home owners to do their part as well. The Assembly conducts informational programs on topics in the legal, landscaping, financial, and infrastructural components of a community. It is important to remember that association leaders are volunteers who are charged under state statutes (F.S. 718 or 720) and the multiple documents of their association and the

multiple documents of the MCA to conduct the business of their community for the benefit of all.

The January 2021 program of the Assembly was altered from a Legal Q&A program to one on the topic of Safety incorporating Sarasota County Sheriff's officers and Safety Committee representatives. A special thank you to Officer Cathy Duff, Detective Jeff Ayers and Safety Committee Chair Amy MacDougall along with Jan Lazar, Marilyn Maleckas, and Frances Rippcondi for bringing this program to life in a very short timeline.

On February 17, 2021 at 4:00 pm, the twice-postponed program "Reserve Studies – Importance and Process" will be presented by Patricia Staebler, Principal of Staebler Appraisal and Consulting. This will be a Zoom program and credentials will be sent to all Assembly Delegates and Alternates and available to all who are interested by contacting the MCA.

I look forward to your participation.





#### **MCA Board of Directors Appointments**

The MCA Board of Directors has recently appointed Paul Easley and Susan Gaynor to the Board of Directors to fill the unexpired terms of Dr. Bart Levensen who relocated and Board member Bruce Ferretti, who died recently. Both terms expire March 1, 2021.



#### Home is Where the Heart Is

Tom Pound—MHOA President

As we enter this new year, many of us have spent an unbelievable amount of time at home. It has become our safe haven in an unsettling world. We all have special things we love about our homes, whether it's the warmth we feel in a special chair, the relaxing comfort of a family room, the fun of your pool or lanai, even the fun of cooking a special meal for dinner in your kitchen or just a good cup of coffee in your breakfast nook.

Our homes have taken on a special meaning this year for sure. But I am going to ask you a different question. We know what we love about our homes, but what is it you don't like? What isn't working the best for you? Does the living room need a new coat of paint? Does your landscaping need refreshing? How is your outdoor lighting?

We in Florida are very lucky weather wise. When we lived up north, we had to wait until April or May to get outside and work in our gardens or make fun additions or refurbishing to our outdoor living space. But down here, we are ready to go in February! Regardless of the project it is time to enjoy your home as much as possible. So, have some fun, make a plan (of course getting the approval of the Standards Committee if needed) and make your home the heart of your life it should be!

A reminder that the MHOA has started a monthly newsletter for our members. If you are not getting your copy, send an e-mail to Michelle Johnston at meadowshomeownerssarasota@gmail.com. And if you are a single-family homeowner and would like to join our 306 current members, you can join at the same address.

#### **Contact the MHOA at**

MeadowsHomeownersSarasota@gmail.com

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



DIANA DONOVAN 941.539.7608

donosrq@gmail.com





Coldwell Banker sold more homes in The Meadows than any other brokerage 2019 - 2020!

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#### Have A Heart Mother Nature

Roy Wysnewski— December 2020 Climate Analysis

#### **Weather Analysis**

n contrast to a year in which The Meadows rainfall averaged well above normal (30%--third largest yearly total in the past 22 years), December finished slightly below expectations (7%). Several daily rainfall records were set in 2020: April -7.6 inches (290% above average); and November – 8.6 inches (340% above average). The airport recorded an even more significant deficit in December (24%). The airport was above average (8%) for the year, yet fell nearly 10 inches short of The Meadows total.

This year ends as it began — with a string of above average temperature days. Final results aren't in yet, but it appears that 2020 may tie 2016 as the warmest year on record! This isn't surprising because temperatures averaged above normal in The Meadows for the last 12 months. In fact, there were 18 days above normal in December — albeit not excessively above normal as in previous months — bringing the yearly total to 290, 79% above average.

"Have a Heart" Mother Nature!
Meadows' residents long for a
more comfortable year in 2021.
At the very least, it would give
our overworked A/C systems a
break. The good news is if the
long-range weather forecast holds
that a weaker than usual La Nina
weather pattern is expected to
last until May. Hopefully, this

#### **RAINFALL & TEMPERATURE DATA**

#### Meadows

Rainfall–8.88 in. (YTD: 68.99 in.) 22 yr. rainfall avg.–2.03 in.

Average high-temp.—72 ° F Above normal high-temp. days: 18 Record high-temp. days: 0

#### **Airport**

Rainfall–1.93 in. (YTD: 57.42 in.) Historical rainfall avg.–2.53 in.

Average high-temp.–72.6° F Above normal high-temp. days: 17 Record high-temp.days: 0

translates to more normal daytime temperatures during first quarter 2021.

Monthly rainfall and hightemperature data are presented in the graph number one below.

#### **Climate Analysis**

The 12-month 2020 tracking climate change 'puzzle' (366 data pieces) is finished. We now have a complete 'picture' of climate change covering the past 120 years

in the greater Sarasota area. The final graph illustrating how our climate has changed since 1901 is presented below in graph number two.

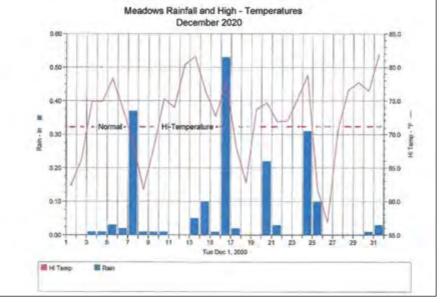
Two basic conclusions are

1. Record-high temperatures were first recorded in Sarasota at the beginning of the twentieth century — a number of records were relatively low (36 records over 30 years) and

2. The trend was mostly flat for the first 60 years, then the climate transition from sub-tropical to tropical started increasing exponentially during the 30-year 1961-1990 period. Scientists suggest that at this rate, and within 30 years, Sarasota will have the same summertime average temperature and annual rainfall as 'tropical' Miami, Florida does today!

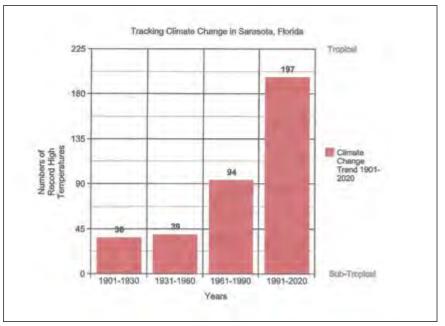
More detailed conclusions can be made by increasing the graph's yearly intervals (X axis) from four 30 year periods to 12 decades see graph number three below. In this graph, the orange bars show climate change increasing uniformly from 0 records in 1901 to perhaps 60 records in 2020. Interestingly, the four red bars, called temperature 'spikes', represent hot decades. Researching these four decades discloses that the 'spikes' are associated historically with many extreme weather events nationally, in Florida, and here in Sarasota.

If you are interested in learning more about this graph and its revelations, contact me at roywys8@msn.com.

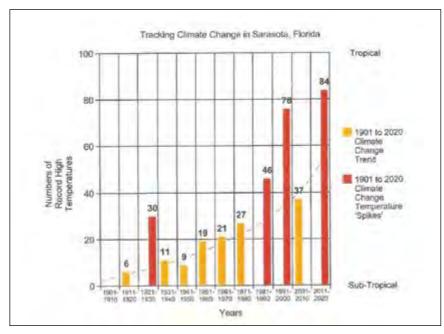


Graph number one.





Graph number two.



Graph number three.

#### **Safety Patrol 941-809-0084**



#### SAFETY WATCH

#### **December Incident Report**

During the month of December, 2020 there were eighteen (18) incident free days, six (6) more than last month. There were sixteen (16) reported incidents, fourteen (14) less than last month. There were one hundred thirty nine (139) citations issued this month, twelve (12) less than last month.

 On Friday, December 18, 2020 in the 4800 block of Greencroft Rd., complainant reported that the rear sliding glass door was smashed. Sarasota County Sheriff's Office was notified and Deputy Underhill responded Case # 20-101485.

• On Friday, December 25, 2020 in the 5000 block of Marsh Field Rd., complainant called to report a burglary of her neighbor's residence. Entry was made via the sliding glass doors at the rear of the home. The Sheriff's Office has a report of the case. Items from the home were found by fishermen at the #2 pond on The Meadows Golf Course.

#### Do I need to display the 2021 car sticker?



The answer is yes, you do have to display your car sticker. The question was raised on the safety measures in place in identifying legitimate renters or Meadows' residents who live here full-time or are returning to their homes during season. Displaying the sticker allows you parking

access to common areas without being ticketed or towed. It also allows us to identify residents from non-residents or solicitors who may not belong in the community. Displaying the sticker helps the Safety Patrol identify potential trespassers. All residents and renters should place the small Meadows sticker on the back window of their vehicle. These stickers went out with the annual ballot mailings.

So please take the time to apply the 2021 sticker to your vehicle and do your part in helping to keep our community safe.

#### **Scammer Calls Pretending to be Sarasota County Sheriff's Office**



SARASOTA COUNTY, FL — A new phone scam is circulating Sarasota County and residents should ignore any automated messages they receive from someone pretending to work for the Sarasota County Sheriff's Office.

SCSO shared a recording of this automated message to its social media pages Tuesday. In the message, the speaker claims to be Lt. James Perry with the "Civil Service Division" of the "Sarasota County Sheriff's Department."

"We're calling in regard to a situation that has occurred that needs your immediate attention as soon as possible," he said, asking the person to call him back at 941-254-1730 ext. 2 "at your earliest convenience." Not only does the scammer get the agency's name wrong — "We are the 'Sarasota County Sheriff's OFFICE,' not 'Department," SCSO posted — but there's also no Lt. Perry and no extension 2.

"Most importantly, we do not send automated messages DEMANDING you call us. The only exception to automated calls is reverse-911 during emergency situations," SCSO said.

Scams like this happen often, the sheriff's office said. A Sarasota

woman recently fell victim to a similar message, returning the call and purchasing multiple gift cards to prevent her arrest.

"Yes, this really does happen," SCSO said. "And while this voicemail may seem like an obvious scam to you, it has the potential to confuse people, particularly our senior citizens."

Anyone who is a victim of this or any other phone scam should call the sheriff's office at 941-861-5800.

#### Wear a Bike Helmet!

Tia Calomeris — Director, Marketing and Communications

The most proven injury-prevention strategy for ALL bicyclists is to wear a properly fitting helmet. A bike helmet is a cyclist's best line of defense, reducing risk of head injury by more than 50%. For severe head injuries, the protective benefit is even higher. Consumer Reports notes, "When it's on your head correctly, it could save your life."

The popularity of bicycling for exercise, recreation and commuting continues to grow. The pandemic and Florida's great weather continues to add to its popularity as it allows a connection to the great outdoors and the ability to still socialize while social distancing. Unfortunately, injuries and fatalities for all vulnerable road users also is growing. Governors Highway Safety Association (GHSA) finds that adults are more likely than children to die in a bicyclist-motor vehicle crash, with adults accounting for 88% of bicyclist fatalities.

One-third of non-fatal bicyclist injuries are to the head. According to the Consumer Product Safety Commission (CPSC), a majority of the 80,000 cycling-related head injuries treated in emergency rooms each year are brain injuries. Wearing a properly fitted helmet minimizes your risk significantly. Here are a few tips when shopping for your helmet.

Wear your helmet. Be safe and enjoy the ride. Remember to familiarize yourself with the Pride and Preservation brochure on the website under Documents/Governing Document/MCA Master Association/Pride and Preservation for added important information on right-of-way.

#### **Helmet Purchasing Tips**



#### **WEAR ONE**

Wearing a helmet is essential to biking safety, so wear one! But what do you look for when purchasing a helmet? Below are some helpful hints.

PROPER FIT—Wrap a flexible tape measure or string around your noggin 1" above your eyebrows. If you are using a string then measure that string on a straight edge ruler/yardstick for the measurement. Now you're ready to shop.

**LOOK FOR**—Good fit, good ventilation, good rear head coverage.

**SHAPE**—Choose the style based on your head shape.

**COLOR**—Pick a color that makes you VISIBLE first and foremost, then cool.



Do your homework, research top helmet recommendations before you purchase.



#### A Year to Remember

Tony Johnson, PGA—General Manager of The Meadows Country Club

As I look back on "the year that was" I am full of emotions that have surrounded 2020. I know I speak for everyone when I say that I am looking forward to a new year. However, through all these challenges, we have persevered as a community and country club and are simply better for it. We have learned to live our lives differently and while our usual hugs and handshakes have turned into six feet of separation, masks and fist bumps, I am happy to say that our future is bright.

I am so thankful to have been chosen as the General Manager of The Meadows Country Club. This wonderful community captured my attention with the groundwork previously laid by the MCA to ensure a vibrant community for years to come. With so many amenities offered right here in our backyard, I wanted to highlight some of what has been accomplished this past year.

The Renaissance Access Plan was put in motion and I am so happy to have met so many of our residents who have taken advantage of the opportunities afforded by this program. We fought hard to keep things open through the pandemic by adopting new precautions and operating guidelines to guard the safety of our members and Renaissance Access Plan Participants, I hope you will continue to look for ways to enjoy this beautiful campus and explore all the facilities available to you. The fitness center offers a great place to work out and while we patiently await the new activities center to break ground sometime in 2021, it is a great time to start the year with a healthier you! Our

pool facility is open and whether you are looking for a place to relax, warm up in the hot tub, participate in water aerobics or come and have lunch at the Centre Court Lounge, the sprawling oaks and large deck offer scenic views in a most tranquil setting.

A beautifully renovated banquet facility (The Regency Room) is now at your disposal. If you are looking for a place to hold an activity, celebration or party you need not look any further. Our facility is gorgeous and offers panoramic views of green space, beautiful trees and water features. Our banquet manager **Ashley Watts** will be delighted to work with you to accommodate your needs in a COVID-sensitive fashion.

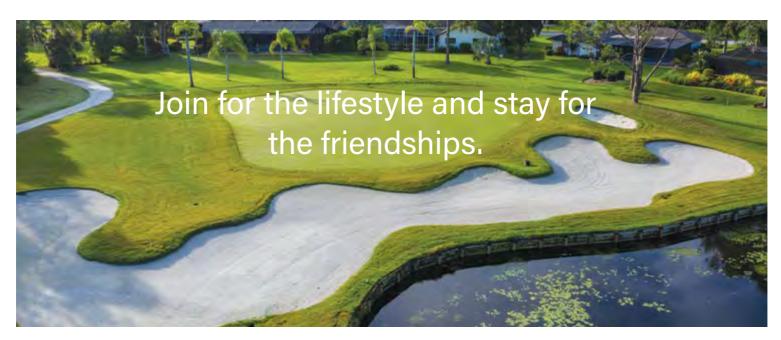
Our two semi-private golf courses (The Highlands and The Groves) have had one of the best years financially in quite some time. People looking for new outdoor activities have driven our golf rounds to heights we have not experienced since Tiger Woods won his first Masters Tournament in 1997. These golf courses are vital to our success and we will continue to offer our members and Renaissance Access Plan Participants affordable golf on two great layouts.

The Meadows Member's Course renovation has been completed and if you are looking for a golf course to call home, this is the one. The new Tif Eagle Greens are sure to test your skills while winding through The Meadows community that offers views matched by no other in the county. Wildlife is abundant on this course

and conditions are immaculate. Residents who are not golfers have expressed delight at the beauty of the course and the enhanced views they now enjoy.

Our community that many of you have lived in for years is matched by no other in the Sarasota/Bradenton area. Of course you know that because that is exactly why you are here. But I will attest that it is more than that. This community of friends and families is what makes The Meadows so pleasurable.

The country club campus is perfectly located and offers all our members and residents a place to gather and make friends while enjoying the scenic beauty that our area has to offer. I have asked many of you the same question: "What brought you to The Meadows?" The most common replies have been either that you were referred here by someone you knew or the community offered a quiet, serene and unpretentious place to call home. You see, the beauty that is The Meadows is only partly due to the physical make up of our community, but more deeply rooted in the life-long relationships that are created through a healthy and vibrant lifestyle. Whether you are looking for a stroll through the trails, a relaxing day at the pool or a sporting activity to enjoy, you can be assured that what we have here in our community is something that many people spend a lifetime hoping to find. At The Meadows Country Club our motto is "Join for the lifestyle and stay for the friendships." We welcome everyone in our community to come explore the lifestyle we offer.



## Wellness ealth

#### Heart Attacks—What You Need to Know

Sarasota Memorial Healthe — Matters-Cardiovascular Program Coordinator April Slone, RN

#### **What is a Heart Attack**

A heart attack happens when your heart muscle cannot get the oxygen and nutrients it needs to function properly. Arteries that carry blood to your heart may become narrowed or blocked. If the heart is starved of oxygen and nutrients, the muscle can be damaged or die-that's why its important to call 911 immediately whenever symptoms appear.

Each year, about 350,000 cardiac arrests happen outside of the hospital, according to the American Heart Association. To find out ways we can prevent a heart attack and what to do when someone shows heart attack symptoms, Healthe-Matters editors talked with Cardiovascular Program Coordinator April Slone, RN. Here are her answers to the most frequently asked heart attack questions.

#### How do I know if I'm having a heart attack?

One of the most common signs is chest pain, and that can also feel like pressure or burning or an aching, squeezing sensation. Then there's often that left arm pain that can travel down the arm, and some people get jaw pain as well.

#### How do heart attack symptoms differ between men and women?

There are actually many signs and symptoms for heart attacks. Women are more likely to feel nausea, vomiting or belly pain; upper back pain that travels into



the jaw; or extreme fatigue. They may feel like they're having the flu or significant indigestion. And all of those symptoms may start really weak but progressively get worse over time.

What do I do if I see someone having a heart attack, or if I'm having one?

#### The first thing to do is CALL 911.

We don't want anybody driving to the hospital while they may be having a heart attack. Emergency Medical Services (EMS) can get there sooner and can start treatment immediately to stop the heart attack in its tracks. EMS can also notify the hospital, so the hospital is ready to accept the patient when you arrive.

If you see someone else experiencing a heart attack, call 911 and begin HANDS-ONLY CPR immediately. IF YOU DON'T KNOW HOW DO HANDS-ONLY CPR, WATCH OUR DEMO VIDEO or look for local classes that teach it.

#### How do I prevent a heart attack?

There are a lot of risk factors for heart attacks. One is family history, which you can't change, but there are some things you can change to reduce your risk of having a heart attack.

- If you're smoking, stop smoking.
- Choose a healthy diet. Watch your cholesterol. Watch your fat.
- If you're overweight or obese, develop a plan to reach a healthy weight with a diet and exercise plan.
- Make sure that you have regular checkups with your physician, at least annual checkups with your primary care physician and/or cardiologist, if you have one.

#### NEW RESERVATIONS, POLICIES, AND CLINIC HOURS EFFECTIVE JANUARY 1, 2021.

Pickleball courts are for the use of Meadows residents and The Meadows Country Club members. Players are required to have a Renaissance Access Plan Card or a current Meadows Country Club member card. When making reservations, all players' names must be submitted. Reservations are for a maximum of one-hour time blocks and may be submitted up to seven days in advance by contacing the Meadows Tennis Pro Shop at 941-378-5265. **Back-to-back reservations are NOT ALLOWED.** 

Guest play is allowed after 12 pm, and guests must be accompanied by a Renaisssance Access Plan Cardholder, or a member of the country club. At this time, players are encouraged to maintain social distancing, bring their chairs, and avoid congregating on the benches.

Questions or concerns maybe directed to The Meadows Tennis Pro Shop at 941-378-5265. TO RESERVE YOUR COURT, please call 941.378.5265.

Court 1 Play: S, M, TUES, WED, THUR, FRI, SAT, 8 am-9am RESERVATIONS, 9 am-Noon Open Play, Noon-Dusk Dusk Reservations

Court 2 Play: S, M, TUES, WED, THUR, FRI, 8 am-9am RESERVATIONS, 9 am-Noon Open Play, Noon-Dusk Dusk Reservations,

SAT 8 am-Dusk, Reservations



#### **PICKLEBALL CLINICS**

Date	Intermediate	<b>Advanced Beginner</b>	Beginner
Fri, Feb 5	Noon –1 pm	1 pm-2 pm	2 pm-3 pm
Tue, Feb 9	Noon –1 pm	1 pm-2 pm	2 pm-3 pm
Wed, Feb 17	Noon-1 pm	1pm –2 pm	2 pm-3 pm
Thur, Feb 25	Noon –1 pm	1 pm-2 pm	2 pm-3 pm
Thur, Mar 4	Noon-1 pm	1pm –2 pm	2 pm-3 pm

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

#### Fueling Heart Health

Executive Chef Kory—The Meadows Country Club

Heart health is essential, and your body is only as good as the fuel you put into it. For those who like fish on their dinner menu, salmon is likely a family favorite. There is a lot of talk about omega-3 fatty acids in recent years, and you most likely know fish is one of the major sources. The omega-3 fatty acids directly correlated to help protect against cardiovascular disease, some types of cancer, Alzheimer's and dementia, and age-related eye conditions—so here is a simple recipe that I make at home, easy to pull off, and even the kids like it, stay healthy in the New Year!

#### ROASTED SALMON WITH CHARRED LEMON VINAIGRETTE

#### **Ingredients**

- 2 lemons
- 2 bulbs fennel, thinly sliced
- 2 small red onions, thinly sliced
- 2 1/2 tbsp olive oil, divided
- 1 1/4 lb skin-on salmon fillet
- 1 tsp stone-ground mustard
- 3 c. baby spinach

#### **DIRECTIONS**

- 1. Heat broiler. Cut pointed ends off lemons, halve crosswise, and place on a rimmed baking sheet, center-cut sides up. Broil on top rack until charred, 5 minutes; transfer to a plate and set aside.
- 2. Adjust oven temperature to 400°F. On rimmed baking sheet, toss fennel and onions with 1½ tbsp oil and ¼ tsp each salt and pepper; arrange around edges of the sheet.

Place salmon in the center of the sheet and season with ½ tsp each salt and pepper. Roast until vegetables are tender and salmon is opaque throughout 17 to 20 minutes.

Juice charred lemon halves into a small bowl and whisk in mustard and remaining tbsp oil. Remove baking sheet from oven and fold spinach into vegetables. Drizzle charred lemon vinaigrette over fish and vegetables and gently toss vegetables.



#### For Body and Soul-A Variety of Fitness Classes



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#### WS RENAISSANCE ACCESS FITNESS SCHEDULE

Effective 1/15/2021

For fitness orientation sign-up email: cromeo@theiconteam.com Questions? Call Fitness Center 941-371-6000 x228

Class Name	Days	Start Time	Duration	Cost	How to Pay	Preregistration Required	Zoom/ In- person	How to Register	Instructor
Water Aerobics	TU & TH	3:00	50	FREE	N/A	yes -48hrs	In Person	fitnessfrontdesk@meadowscc.org	Margie
Gentle Yoga	TH	4:00	60	\$12.00	Venmo or PayPal	yes -48hrs	zoom	cheryl@gardenoftheheartyoga.com	Cheryl
Yin Yoga	М	11:30	75	\$12.00	Venmo or PayPal	yes- 48hrs	zoom	radiantsoulyogawellness@gmail.com	Patty
All Levels Yoga	TU & FRI	9:00	75	\$12.00	Venmo or PayPal	yes -48hrs	zoom	radiantsoulyogawellness@gmail.com	Patty
Balance	Fr	9:30	25	\$ 10.00	cash to instructor	yes- 48hrs	in person	bookins619@hotmail.com	Rebecca
Stretch & Tone	Tu	8:45	50	FREE	N/A	yes- 48hrs	zoom	bookins619@hotmail.com	Rebecca
Stretch & Tone	TH	8:30	50	FREE	N/A	yes -48hrs	zoom	penelopespanache@verizon.net	Penelope
Tai Chi	M, W & Sa	8:45	20	\$7.00	cash to instructor	yes-48hrs	in person	srqmurph1@gmail.com	Mike

#### Health and Wellness Programs at The Meadows



#### **Dermatology Services Brought to The Meadows**

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Dr. Lyndsey Nalu, Au.D from Adept Audiology will be available at the MCA on Tuesdays, **9 am-Noon** 

**February 16 FILLED** 

March 23

**April 20** 

FREE Hearing Services
Space is limited
sign up required.
Call MCA 941-377-2300

- Free ear wax removal
  - Hearing screening
  - Hearing aid check





#### When it Comes to Food, Whats in a Label?

By Sarasota Memorial Hospital Copywriter Phil Lederer

ave you noticed that something seems a little off about food nutrition labels these days? You're not wrong. That familiar nutritional label received something of a consumer-focused overhaul recently.

In 2016, the U.S. FOOD & DRUG ADMINISTRATION (FDA)
PASSED A LAW MANDATING UPDATES TO THE STANDARD NUTRITIONAL FACTS LABEL, and by 2020, the vast majority of industries and products were expected to be in compliance.

Here's a quick look at what's new and what's changed.

#### **Calories Are King**

The most obvious difference you'll notice at first glance is that the "calorie count per serving" is now more prominent; it's big and bold, and grabs the eye as you scan. It's also the easiest way to figure out whether the label you're looking at is the new and approved label, or a holdout that may not be in compliance.

Calories aren't everything, but making the calorie count impossible to miss goes a long way in helping consumers keep track of their calorie intake.

SIDE-BY-SIDE COMPARISON Original Label Wew Label **Nutrition Facts Nutrition Facts** Serving Stre 20 cup (\$5g) Servings Per Container About 8 8 servings per container Serving size 2/3 cup (55g) Calonias from Fat 72 230 Calories Saturated Fat 1g Trans Fat 0g Saturated Fat to elesterol Omg Sodium 160mg 7 Distary Fiber 4g Sodium 160mg 7% Total Carbohydrate 37g Sugars 120 13% Protein 3g Detary Fiber 4d 14% Total Sugars 12g Includes 10g Added Sugara 20% Vitamin C Protein 3g Calcium 20% 45% Vitamin D Zmog 20% 45%

Still, dietitians are quick to remind us that not everyone will have the same dietary and caloric needs, so be sure to talk with your doctor about your optimal intake, before drastically reducing or increasing caloric consumption.

#### A Serving of Reality

One of the most substantial

changes to the nutrition label comes in a reformulation of what "serving size" means.

Previously, serving sizes were largely prescriptive — telling consumers what an optimal serving would be from the manufacturer's point of view, which could be determined more by appearance than actual nutrition or behavior.

Under the new guidelines, serving sizes are now descriptive, meaning they more accurately reflect consumer behavior, giving shoppers a more realistic expectation.

For example, by the previous formulation, a 20-ounce bottle of soda from a vending machine was technically more than one serving. But behaviorally, consumers typically drink the whole bottle as a single serving. So, a quick glance at the nutritional information on the side of the bottle did not actually tell the buyer how many calories, sugars or fats they were ingesting — unless they read the fine print and did the math.

Now, when it comes to packages that are intuitively known to be single-serving, the nutritional information must take that into

> account and report the contents as a single serving.

"They changed the serving size to reflect what people are actually eating," explained Emily Harren, MS, RD, an outpatient dietitian at Sarasota Memorial Hospital. And while these two changes might be the most obvious — and the most useful for counting calories and tracking weight loss - they aren't the only changes that have Harren excited for

her patients.

Note: Some packaging may comply by including two labels—one for the entire single-serving container and another for the manufacturer's determined serving size.

#### **Sweeten the Deal**

One of the biggest changes — and

one that has dietitians like Harren celebrating — is a change-up in how the nutrition label explains sugar content. The new guidelines make it very clear just how much extra sugar has been added to the product.

Old-style nutrition labels only had to document the total amount of sugar (in grams) contained in a serving. This left the consumer in the dark as to how much extra sugar



they were ingesting, and — absent any specialized knowledge —at a severe disadvantage when trying to shop healthy.

How many consumers know whether a piece of dried fruit should have 15 grams of sugar or 5 grams?

The new label makes it clear how much sugar has been added to the product, allowing consumers to make healthier choices, and cut back on extra sugars. "I'm less concerned about sugar from a natural source than I am about added sugar," Harren said. "I'm going to try to get that as low as possible."

#### **Concerning Those Nutrients**

Some manufacturers like to fill nutrition labels with the many nutrients and vitamins that can be found in a product, but by law, they are only required to list a select few, dubbed "nutrients of concern."

These are nutrients that have been flagged by health professionals and regulators as either lacking in the common diet or difficult to get without conscious effort. The new guidelines have also updated what nutrients are included under

that umbrella and required to be reported on the label.

Before the update, vitamins A and C were the nutrients of concern, but strides in dietary education resulted in them being removed from the classification. In their stead, the new nutrients of concern have been identified as Vitamin D and potassium.

In addition to bananas, baked potatoes and avocados are good sources of potassium, Harren said, but Vitamin D can be much more difficult to get through diet.

"It's pretty difficult to get to the recommended amount," she said. "Most people end up supplementing." Some milks and juices are fortified with Vitamin D, and getting sunlight helps.

Together with mandatory reporting of added sugars, this update gives health-conscious consumers and dietitians both a leg up on eating smart. "Those are the changes that I highlight," Harren said. "I love those two updates."

#### **Trim the Fat**

Total Fat, Saturated Fat and Trans Fat amounts are all still listed on the new label, but "Calories from Fat" is no longer listed next to the total calorie count. In this case, the change is to remove extraneous information that may cloud decision-making.

"They want you to look at types of fat," Harren said, noting that keeping track of saturated fats is important for cholesterol monitoring — and in a healthy diet, trans fats should be avoided altogether. But, she said, precisely how many calories come from fat doesn't need to be the focus; however, she still recommends limiting total fat intake for most people.

#### What's Next?

It took years to determine that the nutritional label needed to be updated, years more to agree on new guidelines and years after that to implement the changes across the market. But medical professionals are already looking to what's next and what can be improved.

"It would be nice to see more nutrients listed," Harren said. "Just tell me what's in there."



#### No Cases of COVID-19

David J. Smith, VMD—Bay Road Animal Hospitals

While there have been a few confirmed COVID-19 cases in both cats and dogs in the world, I am happy to report that no cases of COVID-19 have been diagnosed in any of our patients. These confirmed cases in pets showed classic signs of the disease but posed no threat to people. Ferrets and minks have also contracted the virus. The IDEXX Veterinary Laboratory has a test for COVID-19 should we ever have a suspected case.

Through my career, we have seen the emergence of several new, and sometimes devastating, diseases. At the end of the 1970's, the parvovirus (parvo) rampaged through the canine world. The disease was so contagious that we would not allow pets with parvo inside of the hospital for fear of spreading the virus to the healthy dogs. There were no good tests and no vaccine at the time. The origin of the disease was never discovered. It affected

the canine world all at once, and entire kennels were wiped out. A dog with symptoms of bloody diarrhea rarely survived the supportive treatment we could offer. In some cases, the virus would also attack the heart and kill a recovering dog. We were so desperate to protect our canine friends, we started using the cat distemper vaccine in dogs because the feline distemper virus was a type of parvovirus and we hoped it would offer some protection. The canine parvo vaccine did not arrive for several years and did not give a very good immunity at first. Today, we have excellent vaccines and our treatments for the rare case of parvovirus are most times successful. Puppies make up the majority of cases we do see. Even though eight - to 12-weekold puppies are vaccinated, they are either too young to make immunity and do not have good maternal antibody protection, or they cannot make immunity to parvo due to heredity. For this

reason, puppies should not be exposed to large groups of dogs such as in dog parks or kennels until they have completed their vaccination series at four months of age. We still treat this disease as a highly contagious and possibly deadly problem and isolate all

suspected cases.

Our parvo problem somewhat resembled the difficulties we face today with COVID-19. With good science and the advances in immunology we will conquer COVID in people like we did parvo in dogs.



#### WHAT YOU NEED TO KNOW

Updated December 11, 2020

A small number of pets worldwide, including cats and dogs, have been reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. It appears that the virus that causes COVID-19 can spread from people to animals in some situations.

- Treat pets as you would other human family members –
   do not let pets interact with people outside the household.
- If a person inside the household becomes sick, isolate that person from everyone else, including pets.
- This is a rapidly evolving situation and information will be updated as it becomes available.



## Bay Road Animal Hospital East

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Nicole Tisdale, DVM



#### sarasata orchestra

#### Live Outdoor Concert Series—SO on the Road

Please note this is a Sarasota Orchestra Event. Sarasota Orchestra expands its community engagement tour known as "SO on the Road" to bring live music into local parks and cultural destinations. Admission is free, attendees will be required to register to hold a seat at performances.

Registration opens the month BEFORE the concert. Go to sarasotaorchestra.org/concerts/parksand-partners to register. Here is the schedule for February.

Sunday, February 7–2:30 pm

**Selby Gardens** 

Sarasota Brass Quintet

**Bay Preserve at Osprey** 

Sarasota Brass Quintet

Sunday, March 21–2:30 pm

**Ringling Museum** Sarasota Second Winds

Sunday, February 21–2:30 pm Sunday, February 21–2:30 pm

Nathan Benderson Park Sarasota Winds Quintet Sunday, March 21-2:30 pm

G.T. Bray Park Sarasota Brass Quintet

Sunday, April 25–2:30 pm

**Bay Preserve at Osprey** Sarasota Winds Quintet





#### RENAISSANCE ACCESS CARDS

If you are a homeowner or an annual tenant who has already picked up your card,

we are extending your Renaissance Access Card privileges through December 2021.

For those who have not yet picked up their Renaissance Access Card, contact Debbie Lord at the MCA 941-377-2300 for assistance.



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4460 Highland Park— Lush views, cathedral ceilings, impact glass	SOLD!
3906 Chatsworth Greene—Updated with serene golf views	\$349K
3477 Hadfield Greene—Peaceful treed views with golf in the distance	\$329K

#### FOR SALE ELSEWHERE IN THE MEADOWS

3877 Surrey Ct—Spectacular pool home, sweeping golf course views	PENDING
5662 Pipers Waite—Breathtaking lake and golf views, furnished	SOLD!
4415 Glebe Farm Rd—Charming 3/2 villa with lake and golf views	SOLD!
2981 Taywood Meadows—First-floor 2/2 with gorgeous lake views	PENDING

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Siesta Key—Pool home with 150ft of canal front on Burbon Bay	PENDING
West of Trail—Charming home in Southside Village, steps to it all	SOLD!
Lakewood Ranch—Gorgeous 4/3 plus office, pool home	PENDING
Forest Lakes Estates—4/2 pool home with southern exposure	PENDING
Grande Oakes Preserve—2/2 plus den, third-floor condo	PENDING

Talk to Fernando 941.400.7676

#### Hot Stove League— Let's Talk Sports

Mark Pienkos

#### Back for a Third Season Virtually . . . Via Zoom!

The Meadows sports discussion group called The Hot Stove League – "Let's Talk Sports" returns for a third season . . . with a twist!

Due to the coronavirus, and the need to stay safe, Hot Stove League meetings will be held virtually via Zoom.

Begun in 2018, this discussion group has met in-person at the MCA building to discuss a wide range of sports topics. Besides fun banter and back-and-forth discussions about various sports, participants got to know one another as friends. In fact, after the three months of formal meetings, the group decided to get together for lunch once a month to stay in touch. At least that was the case until COVID-19 appeared.

The 2021 Hot Stove League edition will be different, yet through Zoom will provide the opportunity to connect and discuss various sports topics.

- Tuesday, February 9 am
- Tuesday, March 9 9 am

Each session will last from 30-45 minutes.

The sports discussion group is open to all Meadows' residents. If you are interested, please contact Mark Pienkos at markpienkos2012@gmail. com or 262-325-8039. It's fun! And, FREE!

#### **In Loving Memory**

In loving memory of their mother, **Tami and Ron Haynes** worked with the MCA to picked a lovely shaded location next to the bridge and canal just off Harvest Bend as a beautiful spot for this memory bench. It adds to the beauty of The Meadows and shares with residents who pause to breathe in the nature that surrounds our community.

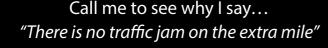
There are so many ways we make our loved ones live in the hearts of those they touched. If you would like to make a donation to The Meadows in the name of your loved one and enhance its beauty, please call the MCA 941-377-2300 or go to the Donate segment of our website www.themeadowssarasota.org/donate



#### Who Watches Your Property When You Are Away?

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## enaissance

## Spotlighting The O

pen concept homes offer better flow, share the light throughout a home, improve site lines for families, offer an ease for entertaining and create flexibility for the space to be used for multiple functions. They provide a sense of great rooms and improve real estate value. An open floor plan is highly desirable and increases your home's value as it is the most sought after floor plan of potential buyers.

Pam Watts from Meadows Real Estate, recently sold this home on Highland Oaks in its original condition. With some help from Pam envisioning what could be, the new homeowner embarked on this beautiful transformation, designing his home just the way he dreamed, using the open floor plan concept.





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### pen Floor Plan Concept



With an open floor plan painting is key to enhancing the feeling of large spaces. When you're choosing a paint color for an open floor plan, you're usually talking about a good amount of square footage. Even if you're not, it's a safe bet to go with one color overall so that it flows from space-to-space easily. However, paint can be utilized to define the various spaces within an open floor plan. The trick is to find a natural break using architecture to transition to another color if you choose to explore that option.





#### The Heart of the Craft Group

Liz Barnett—Craft Group

for more than 30 years and triple its membership by accident. The Crafters didn't successfully conduct a yearly Craft Sale that raised \$7,000 to \$8,000 a year for local charities by accident. It took the creativity and skills of our members who worked together each week using supplies and tools provided by the group to make the crafts. It took a group that enjoys being together and welcomes newcomers, whatever their skill level. But most of all, it required leaders who plan and coordinate activities, who foster collaboration and innovation and who get things done. These leaders are the heart of the Craft Group.

For the past seven years, **Vicki Robley** has provided that leadership as co-chair and then Chair of the Craft Group.
During that time, she has worked tirelessly to ensure that we have a smoothly-running organization.
From the beginning, Vicki has looked for ways to update our crafts and encouraged everyone to introduce new activities. Under her leadership, we have added

Sharon Godlewski and Heidi Scheckler became co-chairs in January, but because both are seasonal residents, Kathy Easley will serve as our summer chairperson. We would like you to meet them.



Sharon Godlewski joined the Craft Group 11 years ago because she wanted to learn to make the origami purses that she saw at the fall Craft Sale. She was a skilled seamstress who had even made her daughter's wedding gown, but crafting opened new vistas. After making purses, she joined the jewelry makers and found she loved beading. Then she moved on to card-making. Before long, she joined Sonia Sutcliffe in teaching new members how to make cards and in managing

#### ...Vicki has looked for ways to update our crafts and encourage everyone to introduce new activities

more crafts and group projects so that crafters can choose what they wish to work on and always have an opportunity to learn something new. Perhaps the best measure of Vicki's impact is that it took three people to replace her. the card-making supplies and inventories of the hundreds of cards we make each year. Always innovative, Sharon continues to explore new crafts and always surprises us with something new when she returns from Virginia —

this year it was hammered metal jewelry, whimsical Santa gnomes and dozens of masks.



**Heidi Scheckler** is a relatively new member of the group who joined us in 2019. Like several members of the craft group, Heidi is a professional craft person. She sells her handmade tableware and pottery figures while she is in Connecticut. But here in the Meadows, without her potter's wheel and kiln, she wanted to find a creative outlet and to meet new people. The craft group proved to be just what she was looking for. "Everyone was welcoming, friendly and supportive. I was glad to be part of such an upbeat organization with a worthwhile goal of contributing the sale proceeds to charity," explained Heidi. She was immediately drawn to making Iris cards and looks forward to learning how to make pop-up cards. In addition, she will donate some Christmas ornaments and 3-dimensional pottery angels for the group to decorate. We look forward to her energy and new ideas in her new leadership role.

**Kathy Easley** is well-prepared to assume the summer chair responsibilities; she previously



chaired the group for four years. While chair, she applied skills from her military background to introduce organizational practices that enabled the Craft Group to manage a growing array of crafts and craft sales. Although Kathy always found time for her favorite craft, crocheting, after finishing her terms as chair, she appreciated having more time to do crafts at the weekly meetings. She tried making cards and jewelry – both new for her. She found that she enjoyed the camaraderie of working in a group most of all. Working together, sharing equipment, exchanging ideas and advice, with each person completing a step in a project was especially satisfying.

In December, the new chairs were already using their creative and organizational skills to plan innovative ways for the Craft Group to function safely in a pandemic. The group still wishes to welcome new members to its weekly meetings on Wednesdays from 9 to 11 am at the MCA. For additional information watch Constant Contact, consult The Meadows website or email us at MeadowsCraftGroup@gmail.com.

#### **SAVE THE DATE**

Craft Sale Saturday, March 13 from 9 am-2 pm



#### 

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#### COMMUNITY BULLETIN BOARD

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February 11 7 am-1 pm MCA Parking Lot



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#### GARAGE SALE

**End of Your Own Driveway** 

**Saturday, March 13 8:00 am – 1:00 pm** 

Sign up by March 5

#### **CRAFT SALE**

MCA Back Patio
Saturday March 13, 9am-2 pm

Great opportunity to shop early for unique holiday gifts!



Please remember that it is not permitted to take leisure walks, or to walk your dog on the golf cart paths, during any time of the day or evening. The golf cart paths are for golf play ONLY.

> Thank you MCA Management

#### Book Club

Meets on the 2nd Wednesday of the month at

2 pm at the MCA

by Zoom & in-person call Joanne Simons 941-798-7330 or email Simons JC12gmail.com



The Meadows Biking Group meets in front of the Meadows Village Pub

#### **Every Wednesday at 1 pm**

and is open to all levels. The group rides about an hour in The Meadows area.

Join Us!

#### **A Love Story**

Ann Hamman—Hampstead Heath

n 1971 two couples met in hospital settings - one couple in Buffalo, NY and one in New Bedford, MA. The two women were nurses; one man was studying to be a nurse; the other man was a pharmacist. The next year they dated, got engaged and married. In 2012, 40 years after their weddings, they bought their villas in Hampstead Heath and soon became friends.

Peggy Breidenstein and Ray
Napierala met very informally in
a ski club the year before. But one
evening in the fall of 1971 he called
the nurse about a medication. "We
were chitchatting, and he said,
'What are you doing tonight?""
Peggy said. 'We both got off at
11:30." So they went to a nearby bar
for Buffalo chicken wings. (What
else?) They soon began dating,
going to parties and movies.

#### **Betty Whitehead met Mike**

**Turner**, a nighttime security guard at the hospital at that time, when he brought a patient to the emergency room. "I didn't know who he was, but he was cocky," she said.

Soon they were fixed up. "My boss told me he wanted to meet me, and his sister told him that I wanted to meet him," Betty said. They did meet at a coffee shop in the hospital for lunch, but Betty didn't consider it a date. She was dating someone else at the time.

Their next "date" was in January 1972 when Mike took her to his brother's house to put a muffler on his car in the garage. "I sat with my boss. It was so exciting!" Betty recalled. On their second date they went to the movies where she choked on the popcorn. It was not an auspicious beginning.

On dates they went out to eat, went to the movies, went dancing. They picked out "their song," which was "I Love You More Today Than Yesterday."

As for Peggy and Ray, she went to Florida for Christmas with a coworker in 1972, but when she came back, the romance blossomed. "Ray knew first (that they would marry), but I wasn't thinking about it," Peggy said. "He must have missed me." Ray proposed at her house on April 25 and they told her parents the next day. "We were both working and at home. Our parents gave us their blessing."

Mike and Betty were engaged in March after Mike asked her parents for their blessing. "He knew before I did," Betty said. "We went out to eat and the ring was in a dozen roses. I was surprised," Betty said.

Ray and Peggy's wedding took

place on Sept. 23, 1972, at St.
Martin's Church in Buffalo. "We
planned the wedding together. He's
Polish and they like to have a lot of
parties," Peggy said. After an 11 am
breakfast at the church, they went
home and then gathered again
in the church hall for a big party
with a band and drinks. "It was
a real shindig," Peggy said. They
also went to Bermuda for their
honeymoon. "It was beautiful there.
We rode the motor scooters; got hit
a couple of times. We had a good
time," Peggy said.



Peggy and Ray Napierala on their wedding day.



#### A Love Story

Continued from page 20

Peggy and Ray bought a pharmacy soon after they married, which really changed their marriage, Peggy said. "It took a long time to build up; it took a lot of patience on both our parts." Mike became a nurse, and he and Betty (as well as Peggy) worked as nurses until they retired.



Mike and Betty Turner on their wedding day.

Mike and Betty have been coming to The Meadows since 1980 when Mike's brother, John and his wife, Susan, bought in Oakley Greene. In 2001 Mike and Betty bought a one-bedroom condo in Morningside but only came down a week at a time since they were both working.

"When we retired, we wanted to stay longer," Betty said. "And I needed room for my sewing." At one of the Sunday open houses, in 2012, they came to Hampstead Heath. "I looked at the golf course and the pond, and said, 'This is it," said Mike, an avid golfer. Their villa overlooks the 9th fairway of the Meadows Course as does Ray and Peggy's. And it has more space including two bedrooms.

Ray and Peggy started coming to Sarasota after their daughter, Kim, and her family moved here in 2010. After renting for a couple of years, they started looking in The Meadows. "We liked Hampstead Heath because it was quiet and quaint," Peggy said. The first house they looked at sold before they could decide but told the realtor to let them know if anything else became available. When it did, they jumped at the chance. "Let's go for it," Peggy said. "It was the fastest thing we bought - in one day. We liked the view and the homey feel of the street."

Soon the two couples met and became friends, and over the last year found out how much they had in common - even more than they had known before!

What do they say after more than 48 years of marriage? Betty said, "It's been interesting," Mike's word was "challenging." Peggy said, "It's been like everyone's with its trials and tribulations. It's important to have patience and communication." Ray just smiled.











### Why Community is at the Heart of Everything Life is All About Other People

Ben Walker August 12, 2020

Do we ever really think about community? Do we ever try to define it, to measure it, to analyze it or to pursue it? Do we really understand what community offers us, or how we suffer when we are community-deficient?

#### I don't think we do.

Community is difficult to define. It means something slightly different to each of us. But we all need it to really thrive.

On some level, a feeling of community is what we all strive for. It's the fundamental basis of our desires, our motivations, our actions. Whether we deeply value our social groups as communities, or we strive for wealth only to become a part of the community of the rich, it's really all about those other people.

The values of our society too often miss the community mark.

We're all about the grind, selfimprovement and achievement, but are these of any value without connection with other people?

I think this is a deep-seated contributor to modern misery — a barrier to happiness.

Ask any happy person about community, and they will describe their relationships with family, friends, colleagues, acquaintances. Inquire further and they might talk about the way they feel around these people, the vibes they get and the almost indescribable value that their community provides. Think about the happiest moments in your life — I guarantee they revolve around other people.

It runs deep. Humans are wired to thrive in strong communities. We are the social animal, it's in our nature. Our bodies produce happy chemicals when we're a part of a healthy community. Community is as natural, and almost as essential, as breathing.

Observations of Blue Zones (areas of the world where people routinely live much longer, beyond 100), show that vibrant, loving communities are one of the greatest predictors of a long lifespan. Being part of a community expands our network of resources and allows us to ride out tough times together. Most importantly, it gives us purpose.

#### What's important?

As a teenager and young adult, I took for granted the people around me, the people that formed my community. There had always been people there, I knew no different. I didn't appreciate the relationships with the individuals, nor the dynamics

within the groups. They were a nice foundation to start life out with, but in my mind, they were the springboard. Life was about going beyond, achieving. Success, to me, would be breaking free of my community. It would be money, recognition, power. Little did I know, none of those things are necessary for real happiness.

As I've gotten older, I've gradually realized that there really is no point to material wealth and influence, unless it contributes to the well-being of others. Why would I want more money than I require to live? It makes no sense. As long as I can support myself, any extra effort can go into enriching the lives of others.

This feels like a reawakening of my humanity. It truly is the essence of being human; the pursuit of the good of the collective. The only meaning of life that any of us can

Continued on page 23



#### In-Room and Mobile Dining at Aviva

Gayle Guynup

#### Aviva hires Morrison Living to handle its food service operations

Starting in February, Aviva -Senior Living will use Morrison Living for all of its food services.

According to Aviva's President and CEO, Jay Solomon, in looking for one company to oversee Aviva's entire food-service operations, they interviewed three different national food-service companies.

"After going through everything, we felt very strongly that Morrison had such a strong, excellent reputation, with more than 400 accounts nationwide, including 10 kosher accounts. That was very important to us to make sure that we connected with a company that understood kosher dietary laws," Solomon said.

When Aviva was in the final negotiations and looking for a start date, Solomon voiced his concern that Passover was coming up quickly on March 28. "I needed to know how much time they would need to come in, get established and then prepare for Passover. Morrison had already thought it through and were able to give me a timeline on exactly what needed to happen. That impressed us right off the bat," he

said. "They also provided us with more than 1,500 kosher recipes, so we could see just how extensive their kosher program is."



Solomon noted they were also concerned about how these different operations were handling COVID-19. "What were they doing to enhance and enrich the dining experience for the residents while they were not able to congregate in large dining areas? What Morrison has been doing in other communities is they have food carts that they take food through the building at different times of the day, with different themes. This helps to break up the monotony of take-out food," Solomon explained.

Morrison will be responsible for all of the culinary services on the entire campus. When they begin on February 1, Morrison will take over the in-room service, supplemented by the mobile dining program. It might be a mobile dessert bar, or something else that will add a little variety to everyone's day. Once the dining rooms are able to reopen, they will manage the independent living dining rooms, the independent

living bistro and the three dining rooms in Anchin and Benderson, which are all closed right now due to COVID.

On December 29, the Aviva campus got get its first round of vaccines, with the second round on January 19. "Once everyone has been vaccinated, we will be able to determine a date when we can reopen our restaurants and bistros. With Morrison starting on February 1, I am hoping that sometime in March, depending on COVID, we may be able to reopen our dining rooms," Solomon said.

"More and more communities are outsourcing certain departments to larger organizations that have the breadth and depth to make a significant change that we don't have the manpower to make," Solomon said. "Not only are we gaining a quality partner, but we are also gaining a variety of cost efficiencies."

Morrison will be bringing a general manager of culinary services to the campus. And then Aviva's foodservice staff, from the executive chef to the front-line staff, will become Morrison employees.

Current employees will all be offered positions with Morrison and will retain their seniority or their tenure. Morrison also offers extensive regional backup for training, purchasing hiring and quality control.

For 100 years, Morrison has been serving delicious food and providing hospitality services, starting in Mobile, Alabama. Starting in the late 1980s, Morrison began bringing its culinary expertise to the senior living industry. In 2001, Morrison joined Compass Group USA. Together, they have grown nationwide, focusing solely on the senior living industry. Today, Morrison services independent living, active adult communities, assisted living facilities, nursing homes, rehab centers and skilled living communities, offering the highest quality of food, nutrition and wellness, as well as design and environmental services.

Our plan is that when COVID is over, we would like to redesign our dining rooms and Morrison will provide us with their full design, architectural people to help fulfill that.

#### Why Community is at the Heart of Everything

Continued from page 22

claim to have been created with is to be useful to humanity.

#### It's really all about other people

Many of us intuitively understand this — after all, it's in our code. But our society works hard to overwrite community values. The collective consciousness is at a place where we value shallow, brief, digital connection with thousands of strangers more than we value a nourishing, authentic conversation with a friend.

As we've become more 'civilized', we've lost familiarity with some

of the core features of humanity. It's tempting to blame advertising, corporations, and the forces of capitalism, but it runs deeper than that. There's a self-sustaining rot deep within our culture.

We have to recognize this rot and make efforts, as individuals and as groups, to resist the perversion of community values. The structure of the modern world makes it easier to isolate ourselves than to experience the joy of community.

We must fight the temptation to take the path of least resistance.
We must seek out connection with

others. We must be courageous in fostering the birth and nurturing the growth of healthy communities.

The world makes us feel as though we're weird and abnormal for reaching out to others, for forging connections out of nothing. But in reality, we all yearn for connection. In reality, it's nothing but human nature to collect, to connect, to feel joy and love around others. We have to let that nature flourish, in spite of the broken messages around us.

So be brave, and be the weird one. Reach out to a stranger,

acquaintance or old friend. Start a group or club for people who enjoy similar things. Stroll through the world with a heart open to connection, shining a little beacon in every interaction you have. Be socially courageous and encourage others to do the same, and in the process, help to redeem our humanity.

Remember — it's all about other people.



## Bill King, a Love for Tennis, a Zest for Life. Living the Lifestyle

Michael Touch

If you live long enough, you will, at one time or another, say, "I thought I had seen everything." And then, on the tennis court, I was matched with a gentleman several years my senior (I was 70). I consider myself a good singles player. In six games, I got 12 points! He won every game. This was my first encounter with **Bill King**, and I sure saw something new.

If he ever pursued an acting career and a part came up for a southern gentleman, Bill would have been sent from central casting to play that part. But Bill runs the courts like a player half his age and places the ball with such accuracy it's impressive. He has also gone to the national finals twice in tennis.

Bill plays six days a week - several days he plays singles. Heat index of 103, no problem. He is always ready to fill in if you are short a player and willing to play with everyone, no matter their ability or gender.

In researching this piece, I asked Bill for a short history of his long life. As I expected, he excelled in everything he set his mind to achieve. He was born in a small town in Kentucky, and at age 12, he moved to Tennessee, where he attended high school and graduated with high honors. As the quarterback of his high school football team, Bill led his team to the State Title and played Miami High School in the old Orange Bowl.



Bill and Sally King.

Bill's college days were spent at the University of Virginia, where he received a degree in history, on Dean's List, of course.

Following college, Bill joined the United States Marine Corps, where

he attained First Lieutenant's rank. After the service, Bill returned to school and earned his law degree, graduating in the top 10% of his class at Washington and Lee University in Lexington, Virginia.

Bill was named Phi Beta Kappa and the Order of the Coif, a national honor society for outstanding law school graduates. He started practicing law in Richmond, where he spent most of his career as Commonwealth Attorney (District Attorney) for Richmond County, Virginia.

Bill has been married to his lovely wife, **Sally**, for 66 years. They have a son and two grandchildren. Bill and Sally had been visiting Florida for years, and six years ago, they moved to The Meadows permanently. You can find them both at the club enjoying an evening out for dinner. But Bill, you can find mostly on the tennis courts, kicking this 73-year-old's backside at singles tennis.



#### Ikebana—The Art of Heaven Man and Earth

Carilyn Reiter—The Meadows Garden Club

kebana – the art of flower arranging using flowers, branches, rocks, glass or any material to share the harmony within nature.

The Meadows Garden Club was pleased to host Patricia Bonarek, whose flower name is Mi Tei (Early Spring Garden) and is a certified teacher of the Sogetsu School of Ikebana based in Tokyo, Japan, and Adrienne Wagner, whose flower name is Ho Tei, (Rich Garden) and is a Sogetsu Ikebana teacher. Both studied the art of Ikebana while living in Japan. Sogetsu Ikebana is a creative art expression and always contains three simple basic elements representing – heaven, man and earth.

Pat and Adrianne demonstrated how Ikebana arrangements



can be created using any type of material, both fresh and/or dried flowers, fruits and vegetables using creativity and imagination. They shared that vegetables and fruits are normally seen as food items but can be arranged alone or combined with branches or flowers to create interesting Ikebana displays.

The arrangements Pat and Adrienne designed for the Garden Club were creative Ikebana arrangements in traditional and modern design and expressed the beauty of nature using natural and unusual materials. Pat is accepting individuals who may be interested in an Ikebana class. Email meadowsgarden334@gmail. com to learn more.

The Meadows Garden Club and The Meadows Community Association thank Pat and Adrienne for sharing their time, knowledge and love of Ikebana with us.







#### LOVE OF COUNTRY

Excerpts from The Meadows Duty, Honor and Country Notebook

The Duty, Honor and Country notebook at that sits on the table under the bulletin board on the public side of the MCA building, provides memories of those that served in the military. Reading them moved me to realize how much history, honor, bravery and love for country there was on the pages of the notebook and in this community. Please stop and take the time to thank them for their service by experiencing the memories of those who lived them, in their own words. Here are a few.

#### Robert S. Glassman

Army Air Corps 2nd Lt. Command Pilot B-17 Atlantic City, N.J. 3rd Air Force

**Awards/Decorations**Good Conduct-Marksmanship

I was on the tarmac waiting to go to pick up my airplane to fly it to England when, very dramatically, the Major came out waving a telegram. The war in Europe was over! I was not needed after that and so I was separated from Service.

#### **Bill Gleason**

U.S. Air Force Staff Sergeant

Keesler Air Base, Biloxi, Mississippi 19th Bomb Group 435 Air Base, Biloxi Mississippi

#### **Awards/Decorations**

Silver Star, Distinguished Flying Cross, Air Medal with Oakleaf Clusters

Served as a crew member on a B-17 (Flying Fortress) during the Guadalcanal-New Guinea campaigns. Participated in low-level bombing and strafing attacks on Japanese ships attempting to reinforce their troops on Guadalcanal and New Guinea. Flew in first low level skip bombing raid with a B-17 on the Japanese main base at Rabaul in New Britain and destroyed or damaged several ships. Bombed and strafed Japanese air base in Bougainville in the



Solomons destroying or damaging several enemy planes. Fought off an attack by 12 Jap Zero Fighter planes and returned to base although our plane was severely damaged with two wounded aboard. Patrolled sea lanes for 8-10 hours and notified U.S. Navy of Japanese naval task forces attempting to reinforce Guadalcanal. Resulted in several large naval battles. Encountered severe ani-aircraft fire, and/or attack by Japanese fighter planes during these missions. Flew home to U.S. on June 6, 1944 (D-Day), and served remainder of war as an instructor at Chatham Air Base in Savannah, Georgia.

#### Robert M. Geurdern

Willow Links

Date of Service: Lived 4 ½ years during German Occupation

Father Joseph Geurden was awarded the U.S. Medal of Freedom.

Assisted my parents hiding U.S., RAF and Canadian evaded pilots. The Gestapo was aware of their activities. My parents narrowly escaped the concentration camp and death.

#### Joseph Heame

U.S. Navy Gunners Marc 3C

#### Awards/Decorations

Marksman, Good Conduct

USS Iowa Battleship BB-61

I quit high school halfway through my senior year to join the Navy. Two months in boot camp in Newport, RI and then I was assigned to the Battleship USS Iowa, the newest and most powerful ship in the Navy. The crew was made up of rookies, like myself, and veterans who had survived the sinking of their former ships. I was assigned to one of the two mounted 5-inch guns. After a few weeks of training in the Atlantic, we were assigned to protect the North Atlantic Convoys. We spent a month operating out of Argentia Harbor in Newfoundland to anticipate

the escape of the German Battleship Tirpitz from Norway but thank God, the British Air Force got to it first. At the end of September, we headed south in a hurry and spent two days riding out a hurricane. It was quite an adventure that caused us to lose our scout planes and some main deck gunnery. We limped into Norfolk Harbor and in two weeks we were totally renewed and on our way to the Mediterranean Sea with President Roosevelt and tons of gold braid aboard. We had the good fortune to have General Marshall spend a couple of hours with us in our gun mount-a great personable guy. We dropped off Roosevelt and his team in Algiers and we headed off to Brazil on an assignment I never understood but enjoyed very much. We turned right around and waited in Freetown, Africa for a couple of days, picked up Roosevelt in Casablanca and headed back home. He gave quite a speech to the crew about his meeting in Tehran with Churchill and Stalin and left us all feeling good to be an American. He was quite a leader. We then started to prepare the ship for the Pacific but I was taken off for Officer Training School at Princeton University for eight months. From there they decided to make an engineer out of me and sent me to Worcester Polytechnic Institute where I spent the rest of the war months. After I was discharged, I finished up my education on the GI Bill and spent 40 years with the Power Generation Division of General Electric, designing, building and testing propulsion machinery for the Nuclear Navy. Not bad for a kid who guit high school with no plans for the future.







## The Write Stuff

#### Memoir and Life Writing Group

Liz Barnett and Michael Bruno—Writing Groups Coordinators

#### Love – It's Good for Your Heart

It's February. Hearts are everywhere. It's a good time to think about love. Remember those teen-age crushes and your first love when your heart beat faster at the sound of a voice. Remember those days when you were obsessed with someone; when a hug or kiss sent your spirits soaring? Remember the crazy things you did to attract the attention of that certain someone and the crazy things you did to maintain that relationship.

My high school friend Judy spent weeks teaching me how to look

sexy so that I could attract a boy. We practiced every day after gym class until I mastered "The Look" - a pout, a sidelong glance, a lowered gaze, then a face raised with an upward glance from below heavy-lidded eyes as my lips opened slightly while maintaining their downward slope. When I tried it out on Jimmy, he was transfixed. "Liz," he breathed, "when you look like that you look just like a St. Bernard."

Fortunately, I soon met a true romantic. When we married, he turned Valentine's Day into a week-long celebration and donned a doublet and tights to read

Shakespearian love sonnets to me on our tenth wedding anniversary.

Then I began to understand why medical science has decided that love is good for your heart. When deep bonds develop, the endorphins, vasopressin and oxytocin are released. These lead to a sense of well-being and security, a feeling of calm ensures and blood pressure is lower.

Members of the Memoir Group shared stories about some of the things they love and some of the crazy things they have done for love. You'll be surprised and inspired by their love affairs.

#### Love Story 3

**Judith Ristow** 

It's a love story, my computer and me. Its gleaming screen tilts naked until I wake it to display its high-definition icon with a trembling moment of fright that it might have crashed with the moon last night.

Sometimes when I'm stuck in a of plethora of passwords, I wonder why it must be so complex, why I need to feed it numbers and text before it goes to work.

But I don't argue with this slick electronic. We are a honed pair. I will stick with it for the life of its hard drive. I will never have to say, "I'm sorry."



#### A Crazy Act of Love

Gretchen Cochran

It was when I was in my fifties, riding with a Harley biker group. I desperately wanted to fit in, knowing full well my traditional upbringing and week-day newspaper ownership put the odds against me. Still, I wore the de rigeur outfit—tight blue jeans, black tee shirt, knee-high boots—duds of a real biker babe.

We had been out for a Sunday morning ride through downtown Denver and had stopped for a breather deep in the bowels of the crumbling inner city. Some sat on the curb, others sprawled along a brick wall, chatting, having a smoke. There came an elderly man, crinkled and bent, hauling a plastic bag flung over his shoulder. His ragged clothing

reeked. He slowly shuffled through the gauntlet of bikers and they began to hurl insults at him. The more the bikers growled, the more timidly the old man trudged.

I just could not stand by, joining the bullies with their verbal brutality without warrant. I stepped out to join the old man, walking beside him, quietly telling him these people would not hurt him and that I would guide him through their noise. We moved together, neither of us looking at them, step by step.

We cleared the crowd. He turned to me with a tear in his eye and whispered thank you. I returned to the bikers who acted as if nothing had happened. But for me it was a courageous step, a crazy act of love for mankind, a reminder that we have power to influence, sometimes in very small ways.



#### One Crazy Thing I Did For Love

**Betty Comora** 



loved that my life was turning out just as I had planned. My only ambition had been to get married and have children. At the age of 25, I had three wonderful kids to experiment with. Unfortunately, there was no Google to help me avoid some of the mistakes I made.

When we experienced a heavy thunderstorm at our New Jersey home, I sprang into action. I'd heard it wasn't safe to go under or near trees during storms and that staying inside a car is better protection. So, I gathered and dressed my three preschoolers. We got drenched before we reached our car which was parked on the street.

As we watched a dramatic display of lightning zigzagging before our very eyes, I would shout "OOH" and "Ahh" at every crackle of the "fireworks." It was my brave attempt to make this a good experience rather than a scary one.

When my husband returned from work, I told him what we had done. He asked, "Why did you go into the car?" I brilliantly responded, "I heard on the radio it was a safe place to be during a heavy rainstorm". "Well," he said, "That's if you can't get INSIDE a building. You were safer inside the house."

Oops.

#### Shadow

Dorothy Stachowicz Haviland

Shadow

Rescued from a shelter, Shadow was a timid, reclusive, lovestarved kitten. She had a sleek, steely blue-grey coat that fairly begged to be caressed. However, for the first few weeks of her life with John and me, preferred she the solitude of our closet to the goings-on in our home. In fact, she personified the term, "scaredycat."

Little by little, that frightened ball of fur ventured out from her closet-world to our much

larger one. Slowly but surely, she explored our home, taking refuge under a sofa here, or table there. In a very short time, she found the love of her life, my husband, John. Where John went, Shadow went. Where John sat, Shadow sat. When she curled up in his lap, or snuggled beside him in front of the fire, she melted his heart.

Shadow become John's constant companion, always by his side. Indeed, it's no mystery why we named her Shadow! Whether

Shadow was basking in the warmth of the fireplace, perched on a windowsill watching the



world go by, or snugly curled up into herself on a comfy living room chair, the purring sound of her contentment rose to nearly ear-splitting decibels when John walked into a room. Her love for him knew no bounds. Indeed, Shadow was a one-man cat, and John was her man, the love of her life.

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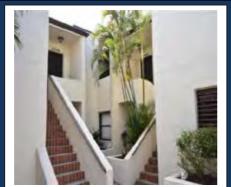
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#### I've Got a Home in Glory Land

Joanne Simmons—The Meadows Book Club February Preview

Similar to other books about the underground railroad, Karolyn Smardz Frost's I've Got a Home in Glory Land: A Lost Tale of the Underground Railroad (New York: Farrar, Straus, and Giroux, 2007) is as disturbing as it is informative. In an extensively researched book, Frost pieces together the events in the lives of Thornton Blackburn and his wife, Lucie, two previously unknown Kentucky slaves, whose harrowing journey to eventual freedom is told here.

In 1831 the Blackburns are steadfast in their resolve to escape slavery in Kentucky. By crossing the Ohio River at Louisville into Indiana, they left the South on their way to freedom in Toronto, Canada, via Detroit, Michigan. Along the way they are pursued by merciless slave catchers, enabled by Federal and state law, eager to restore them as property to their slave owners. They are daringly assisted by anti-slavery activists who operate the Underground Railroad and who are willing to risk their lives to assist those escaping slavery.

The Blackburn's escape and recapture set off a racial riot in Detroit, caused an international incident between the US and Canada when Canada refused

to return the fugitives, and established Toronto as a terminus of the underground railroad.

It was not until 1985, that the remains of the Blackburn's home were discovered and excavated

by Frost, who then spent the next 20 years researching and documenting their lives.

Thornton
Blackburn
operated
the first taxi
service in
Toronto.
Though they
were both
illiterate, he
and Lucie
became a
property
owners and

landlords, and provided aid and assistance to others, like themselves, who were escaping slavery. "Today, the Blackburns are memorialized as Persons of National Historic Significance in Canada and of state historic significance in Kentucky. In 2016, the Lucie and Thornton Blackburn Conference Centre was established in the new residence at George Brown College."

Karolyn Smardz Frost won the Governor General's Award for English-language non-fiction in 2007 for I've Got a Home in Glory

> Land: A Lost Tale of the **Underground** Railroad. She is a Canadian historian, archaeologist, and professor of history. She was one of the founders of Toronto's Archaeological Resource Centre which provides archaeological education to school children. She is co-editor

of The Archaeology Education Handbook: Sharing the Past With Kids (2000); co-author of The Underground Railroad: Next Stop, Toronto! (2002); and co-editor of Ontario's African-Canadian Past: The Writings of Fred Landon, 1918-1967 (2008). Her co-edited volume, A Fluid Frontier: Slavery, Freedom and the Underground Railroad in the Detroit River Borderlands (2016), won the Michigan Historical Society Book Award.

The Meadows Book Club will discuss I've Got a Home in Glory Land on February 10 at 2:00 pm The meeting will be on Zoom and available up to 10 people in person at the MCA building.

https://www.heritagetrust.on.ca/ en/myontario/stories/karolynsmardz-frost-archaeologisthistorian-and-award-winningauthor:

https://en.wikipedia.org/wiki/ Karolyn\_Smardz\_Frost, retrieved 11/18/2020.

https://history.acadiau.ca/ Karolyn\_Smardz\_Frost.html, retrieved 11/18/2020.



#### The Meadows Book Club

Meets on the 2nd Wednesday of the month at 2 pm at the MCA

CoordinatorJerry Bernier941-554-8574GBernier36@aol.comAdministrationJoanne Simons703-798-7330SimonsJC1@gmail.comMarch LuncheonCaryl Magnus941-378-5055CarylMagnus2462@verizon.net

Date	Book Title	Author	<b>Discussion Leader</b>
2/10/2021	I've Got a Home in Glory Land	Karolyn Smardz	Barb McCain
3/10/2021	Maybe You Should Talk to Someone	Lori Gottlieb	Jessica Dill
4/14/2021	Paris in the Present Tense	Mark Helprin	Janet Thompson
5/12/2021	Every Drop of Blood	Edward Achorn	Jerry Bernier

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

The deadline for the March issue is Monday, February 1.



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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.

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Community News Source of The Meadows Since 1983

**Publisher, MCA:** Frances Rippcondi, MCA General Manager

**Editor/Creative Director:** Tia Calomeris

#### MEADOWS COMMUNITY ASSOCIATION

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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
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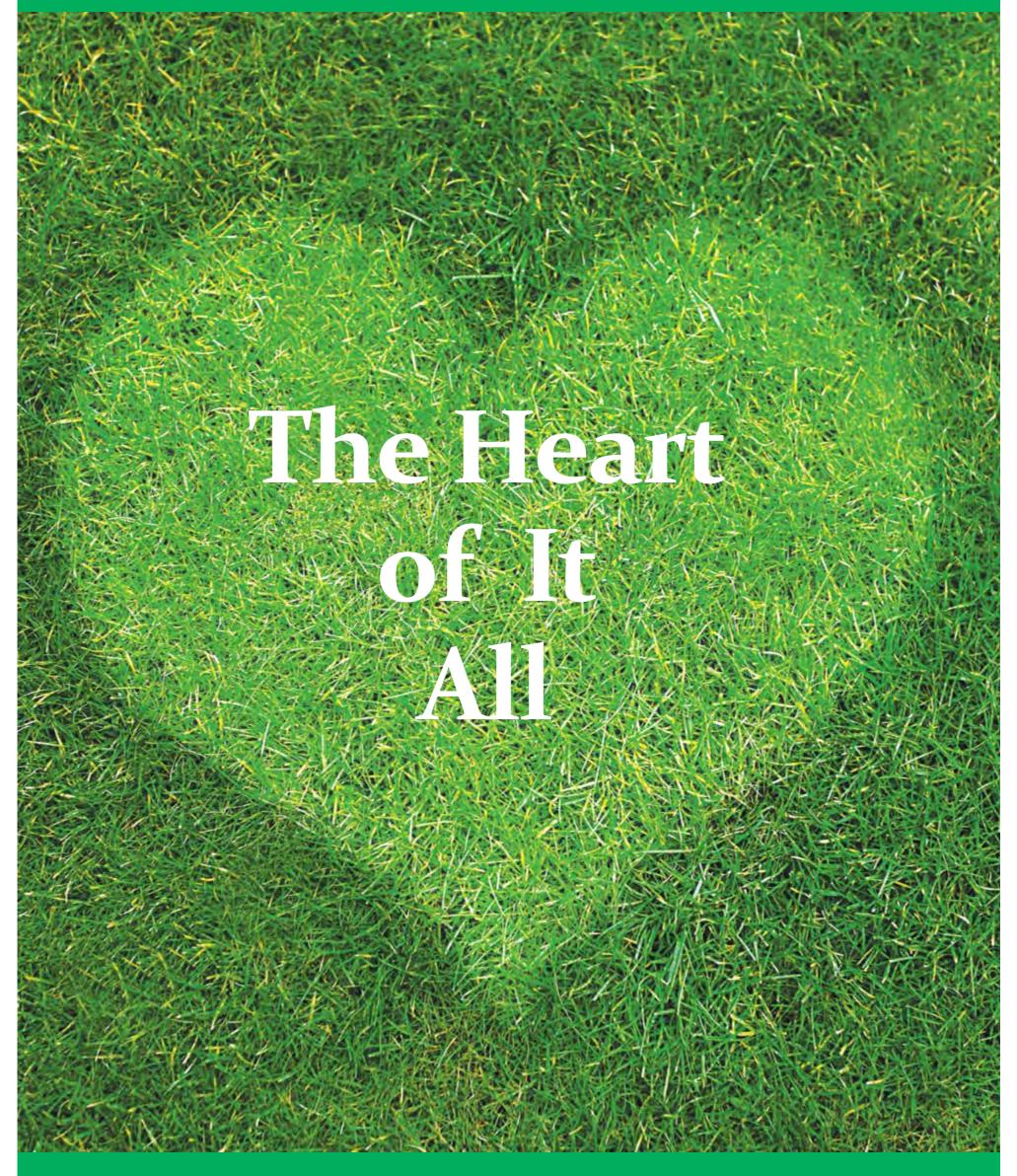
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Volume 39, Number 2



Live the Lifestyle—Play in Your Own Backyard