



THE MEADOWWORD

May 2021

The Meadows Community News and Lifestyle

Volume 39, Number 5

THE MEADOWWORD



SAFETY



HEALTH



PROPERTY



FAMILY

PRESORTED
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PREVENTION

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Prevention is Knowing and Doing

Jan Lazar—MCA Board President

Life has certainly been challenging over the past 15 months. Most of us have been stressed out, felt helpless and unable to have the level of control we like to think we have over our lives. But if the past year and a quarter have taught us anything, it is that we never have as much control as we think we do or would like to have. Unfortunately, wanting, wishing and hoping don't really aid us in protecting ourselves, our loved ones, our homes and our desired lifestyles. So we should ask ourselves, what CAN we do to make our lives safer, healthier and more enjoyable?

Everyone wants to avoid bad things happening if they can. Whether it's illness, injury, bad health, loss of friends, loss of a job, loss or damage to property, loss of money- we would all like to be able to prevent these things from happening to us and those we love. Prevention is knowing and DOING what we can to avoid negative outcomes. It takes a realistic understanding of what CAN be done and the commitment to doing what is needed. It's more than wishing and hoping or waiting on someone else to effectuate preventative programs.

Here in The Meadows, we seek to prevent accidents by controlling hazards. We maintain roads and bridges and walking paths. We issue safety alerts and tips on how to avoid problems with the wildlife. We carry insurance to protect the community from

economic loss. We run many programs designed to help individuals and associations avoid problems by bringing in experts to educate them on legal requirements, on good financial practices for their associations, on maintenance tips and many more helpful tools.

We plan, budget and work to maintain the social and economic viability and vitality of the community. We conduct community meetings and publish updates on these efforts to help assure we are working together to prevent deterioration in the community. We give awards

months each year on hurricane preparation and preventative efforts to increase safety and prevent injury and damage when they do threaten us. We have committed volunteers and staff who devote countless hours over the whole hurricane season to these efforts.

We cannot prevent threats to our health, safety and quality of life, but we can and do take steps to ameliorate the effects of these threats. But the effectiveness of these efforts depends on everyone doing their part. To keep healthy, only you can take the steps that decrease known health risks and

... wanting, wishing and hoping don't really aid us in protecting ourselves , our loved ones, our homes and our desired lifestyles.

for "Best Kept" to help ensure that associations and individual homeowners keep in mind the importance of how their property looks for the value and appeal of the community (See page 24 and 25 for Best Kept Spring Awards.)

We do a massive amount of work on landscaping to keep our beautiful trees and other landscaping in good condition. We remove dead or diseased trees to prevent injury from falling limbs or the spread of pests or disease.

We can't prevent hurricanes or major storms but we do work for

increase your fitness. To prevent property damage and economic loss, you need to maintain your property, have property insurance and pay attention to hurricane warnings or other pending threats.

Stay safe, stay healthy, stay fit and stay happy! Do everything you can to prevent the preventable.



Our Vision

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



Our Mission

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



Prevent Stagnation. Embrace Change.

It's as Easy As 1-2-3

Frances Rippondi—MCA General Manager

The Meadows, being 45 years young, is far from being the "new kid on the block." Look around, all you have to do is cross the street and communities are popping up everywhere. These new developments are stocked full of amenities offering mega pools to downtown centers with active lifestyles.

Therefore, preventing our community from becoming outdated and stagnant, is critical.

We must remain current in the marketplace and the vehicle to get us there is the Renaissance Plan. But who is the driver? The community, who appointed the Board to protect us, and make decisions to keep us moving in a forward direction.

However, each and every resident has an important role to play. It takes a collaborative effort between The Meadows Community Association (MCA) Board, the MCA and The Meadows Country Club (TMCC) Strategic Committee, Standing Committees, management and the community to have a strong, healthy community – it also takes YOU, along with the desire to be involved and embrace change! This is how you can do it.

1

BECOME AN MCA VOLUNTEER

Volunteers are key to the success and health of a community as

they interject fresh ideas and perspectives to solve problems. Currently we have over 150 volunteers. These volunteers that serve on the MCA Board and Committees (Assembly, Best Kept, Communications, Community Activities, Emergency Preparedness, Finance, Long-Range Planning, Maintenance, MCA/TMCC Strategic Planning, Safety, Standards, Water and Wildlife, along with clubs, activities and special interest volunteers make up our "volunteer pool."

What happens when these hardworking individual's terms are over or they decide to travel and explore new opportunities? Our volunteer pool drains, resources dry up, committees and groups lay idle. Just like a long-distance relay race, if there is no one to pass the baton to, the race is over. Involvement in the community is the catalyst that keeps the community moving forward. A lack of volunteers is the first crack in the community's foundation which can result in devastating consequences or avoiding issues that need resolution. The best way to prevent this is by everyone getting involved.

2

NEIGHBORS HELPING NEIGHBORS

A strong sense of community prevents neighborhoods and communities from becoming fragmented. We can all relate to the small-town image where

neighbors help each other in times of need. The Meadows is no different as once again proven during the COVID worldwide pandemic. It was at this time resident's attention was heightened to the needs of their neighbors and they were reminded of the importance of seeing friendly faces. Connection between neighbors weaves the fabric of the community that brings about positive changes in support of common community goals.

Neighbors such as Aviva, Tarpon Point and the Shopping Village are integral components of The Meadows, offering a broad spectrum of services for residents. These good neighbors expand housing, dining and social opportunities that allow for flexibility and variety in your choices. Having a close-knit community that offers opportunities for residents to participate reinforces the overall well-being and social network throughout the community. Choices, social network, good neighbors, and residents participating in activities contribute to one's overall sense of belonging and, in turn, a vibrant community.

3

EMBRACE CHANGE

New and exciting things are happening in The Meadows all the time – both the community and the club are offering and planning new activities and events for residents

to enjoy. Take the opportunity to meet with the leaders of the club and community at the TMCC/MCA Outreach Meetings and experience first-hand the excitement and changes occurring all around you due to the club's desire to embrace the community. New management, the ability to play on the Meadows course, the very active and popular fitness center and poolside parties are just some of the exciting transformations.

It's time to take another look at the club, the community as a whole and the exciting things ahead. The club shares Frank Taylor's (The Meadows developer) and MCA's vision of inclusion for all those who live in The Meadows and would like the opportunity to prove it. Staying unified we all mutually benefit. Healthy club, healthy greens, preserved assets, friendships and fun equals a strong winning community!

Currently, the MCA and TMCC are busy moving plans for the future forward but together we are stronger as a team and community with everyone working together. A shared vision is a winning vision – become a part of the Vision and make The Meadows the best place to live.

To become a volunteer visit our website themeadowssarasota.com, click on the icon GET INVOLVED.



Marcia McLaughlin

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MAY IS A TIME FOR PREPARATION

Tom Pound—MHOA President

May is such a pivotal month in The Meadows; the last full month of Spring, the month when the last of the snowbirds leave, the last month before hurricane season and the start of the summer memberships at the country club. Do you realize you can get a six month summer membership for what full members pay for a month? If you are going to be here, check it out!

As single-family homeowners we have a lot of preparations to make. We all know that it is time to lay in the hurricane supplies, clean those gutters, turn on the

sprinkling systems, check our home security systems and prep for the high humidity and temperatures to come. And this year, as summer approaches, we actually get the chance to prepare for summer vacations again!

For those of us I like to call 2+2's (two shots plus two weeks) we can make plans to venture out into the world again! What a treat! We may not be ready for international travel, but Sue and I have been exploring Sarasota and the surrounding areas from Tampa to Punta Gorda. In the summer you can make these day trips and

actually get onto a beach or into a restaurant when you get there.

So after you prepare your home for the coming season and prepare yourself to look into the mirror in that bathing suit, why not make plans for re-entering the world and rediscovering this beautiful state we call home?

Prepare to make this a summer to remember!



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

For questions or further information contact the MHOA at MeadowsHomeownersSarasota@gmail.com



Overview of MCA Renaissance Capital Projects

Mike Mazur—Assembly Committee Chair

As I wrote last month, an integral part of what we do with the Assembly of Property Owners is to provide the volunteer leadership of the 52 condominium and homeowner associations in The Meadows with a program of education and information that provides tools to assist them in providing outstanding leadership to their individual communities.

In April, the program was a session presented by MCA President Jan Lazar with a preview of the four-page spread on capital projects past, present and future as well as the financial aspects of them that appears in this issue of The Meadowword. With the turnover of properties within The Meadows and as these projects evolve at a fast pace, this program

provided information that newer owners may be hearing for the first time and a refresher to those who have lived through the changes of recent years.

The next and final program of our season will be *Update on 2021 Legislative Developments* being held May 19, 2021 at 4:00 pm. The timing is perfect as the Florida legislature closes their session on May 2nd. We welcome first-time presenter Kevin T. Wells, Esq., Board Certified Specialist, Condominium and Planned Development Law with the Law Offices of Wells Olah Cochran, P.A. Over the years Mr. Wells has assisted in reviewing, drafting and advocating amendments to the Condominium Act. For the last seven years, he has provided

continuing education lectures to local Florida-licensed CAM managers so that they are kept apprised of changes in Florida and federal laws that affect the practice of community association law. Mr. Wells also instructs board certification classes to directors of condominium, cooperatives, and homeowner associations.

This will be a Zoom program and credentials will be automatically sent to all Assembly Delegates and Alternates in advance of the event and available to all who are interested by contacting the MCA.

See you via Zoom on May 19.



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SAFETY WATCH

March Incident Report

During the month of March, there were twelve **(12) incident free days**, same as last month. There were twenty six **(26) reported incidents**, same as last month. There were one hundred forty nine **(149) citations issued this month**, forty five (45) more than last month.

• **Suspicious Person:** On Friday, March 5, at 10:31 pm the complainant in the 3100 block of Ringwood Meadow was contacted by the subject at a pool supply store. The subject stated that he could install the pool filters. At her residence, she found the subject looking in her bedroom window at her. The complainant asked him to leave

at which time he was making bad remarks, but did leave in a white minivan with “Florida plates”. Safety officer advised her to call the Sheriff’s Office.

• **Theft-Petit:** On Saturday, March 13, at 8:30 am, during the community garage sale, the complainant called the Safety Office to report a theft in the 4800 block of Marsh Field Road. Complainant stated that two Spanish individuals (male and female) took a pair of pants, Silver tray, blue t-shirt and a fishing pole, and fled in a silver Ford truck without paying. Value estimated at \$65.

• **Assault:** On Tuesday, March 16, at 1:04 pm the complainant called to report that her neighbor assaulted her pool person in the

4900 block of Taywater Dell. Sarasota County Sheriff’s Office was called by the complainant.

• **Suspicious Person:** On Sunday, March 21, complainant called to report a suspicious person (female) sitting in the driver’s seat of a vehicle (Fl. Tag: QJN H73). Safety officer arrived and asked the female to shut the vehicle off. She did. Safety officer noticed a shopping bag with a pint bottle of alcohol. 911 was called and Deputy Nichols arrived and arrested the female for DUI. Case# 21-023772.

In the event of an emergency call 911 first.
The non-emergency Sarasota County Sheriff's Office number is 941-316-1201.
The Meadows Safety Patrol number is 941-809-0084.

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An Ounce of Prevention ‘May’ be Worth a Ton of Nasty Weather Cures!

Roy Wysnewski— March 2021 Climate Analysis

Weather Analysis

This month’s weather gets a mixed review: March rainfall was below average while the abnormally warm temperature pattern of the past 15 months continued.

Historically, March is one of the rainier months in our eight-month ‘dry’ season. But not this year. Only 1.72 inches fell (36% below average) and we are 15% below average heading into the second quarter.

The persistent above normal temperatures we experienced for the past 15 months continued through March. The average monthly temperature exceeded normal by 6 F and there were 23 above-normal high-temperature days (74% of the 31-day month). Also, there were five record high-temperature days.

Monthly rainfall and high-temperature data are presented in the graph.

Climate Analysis—The Pending 2021 Hurricane Season

The 2020 hurricane season was the sixth consecutive year when named storms formed before June 1st. First, Tropical Storm Arthur formed on May 16, followed by Tropical Storm Bertha on May 27. Tropical Depression Three formed on June 1st and it immediately became Tropical Storm Cristobal on June 2nd. This burst of premature tropical cyclones in 2020 prompted the World Meteorological Organization to discuss at their February meeting the possibility of upping the start

Meadows Rainfall and Temperature Data

Rainfall–1.72 in. (YTD: 4.9 in.)
23 yr. Feb. rainfall avg.–2.34 in.

Average high-temp.–82 ° F
Above normal high-temp. days: 23
Record high-temp. days: 5

of hurricane season to May 15th. The decision coming out of that meeting was that the National Hurricane Center will now issue routine Tropical Weather Outlooks starting May 15. However, the start date for hurricane season will remain June 1st.

The 2020 Atlantic hurricane season also was the most active on record! The season saw a total of 31 sub-tropical cyclones, all but one of which became a named storm. Of the 30 named storms, 13 developed into hurricanes, and six further intensified into major hurricanes, with one, Hurricane Iota, attaining Category 5 strength.

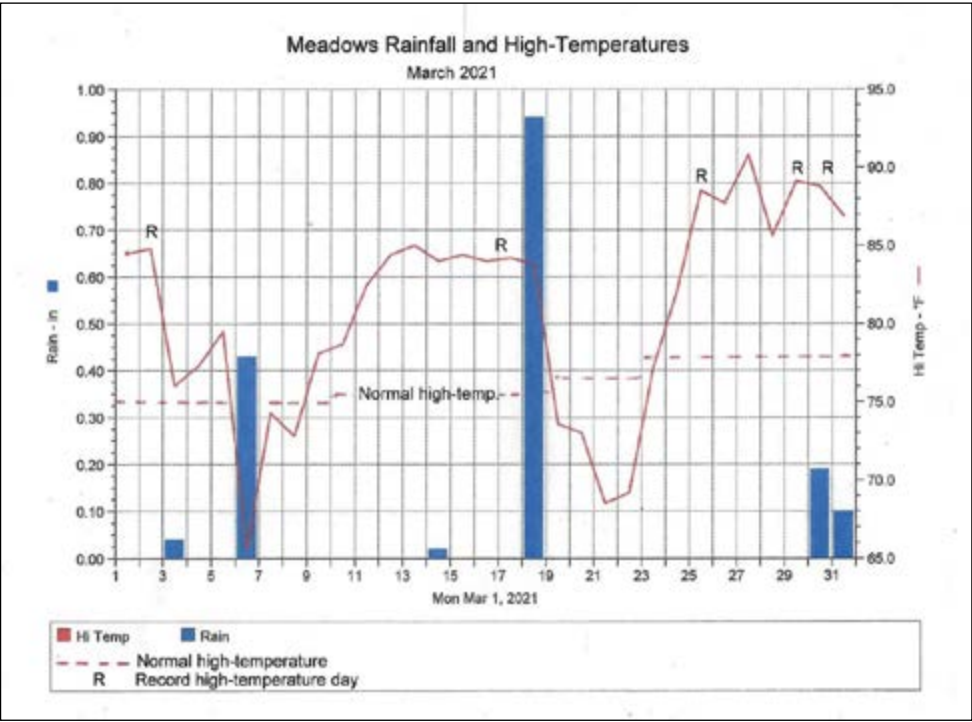
With such a prolific 2020 tropical cyclone season in the record books, the obvious question now is: What might we expect for the upcoming 2021 hurricane season? And the answer to this important question, just released by the National Hurricane Center, is for another above average hurricane season. Specifically, the Colorado State University is calling for 17 named storms, 8 hurricanes and 4 major hurricanes (Category 3 or higher). Each of these numbers is above the typical season average of 12 named storms, 6 hurricanes, and 3 major hurricanes. Although there are no specific predictions for Florida, there are expectations that we too will experience a more

active tropical cyclone season. Here are two reasons why.

First, Florida is long overdue. Historically, 40% of all Atlantic hurricanes make landfall in Florida. Yet, in the past 16 years Florida has seen little activity with only two hurricanes, Irma in 2017 and Michael in 2018, and one tropical storm, Eta in Nov. 2020, making impact [In Sarasota, tropical activity has been even more sparce]. Second, the two main ingredients that fueled the record 2020 cyclone season – a volatile atmosphere and above-average sea temperatures – are still present and may have more significant influence this year. The upper atmosphere (Stratosphere) continues to ‘heat’ up as evidenced by the February ‘splintering’ of the polar vortex and subsequent deep freeze reaching deep into Texas [this occurred despite existing La Nina conditions!]. And the Atlantic Ocean, Caribbean Sea and Gulf of Mexico water temperatures continue to be above average – at Sarasota, the Gulf water temperature was 6° F above average in March.

This evidence provides a clear warning to Sarasota area residents to be extra vigilant in the months ahead and **be prepared**. Here in The Meadows, the Emergency Preparedness Committee has an excellent program aimed at helping us **prepare** for this hurricane season. Come December, let us not be faced with a ‘ton’ of cures.

Send comments and questions about this month’s report to: roywys8@msn.com.



If you are anticipating leaving your home for an extended period of time prior to hurricane season or Florida's seasonal storms, please prepare your home properly.
For the safety of your property and your neighbors.

HURRICANE PREPARATION

- Pick up loose objects and debris in your yard and around the exterior of your home. Remove objects that aren't secure, they may become flying projectiles.
- Trim your shrubs and trees to prevent potential damage. Proper pruning will allow wind to easily pass through the canopy, reducing risk of damage to trees.
- Stake recently planted and/or young trees. Extra support will help stabilize the tree's trunk.
- Check your gutters, downspouts and drains. Make sure they are all draining properly and are free of damage and debris.

SKIN CANCER AWARENESS MONTH REMINDER

It's Never Too Early or Too Late to Reduce Your Risk Skin Cancer Prevention Tips

The Skin Cancer Foundation

Skin cancer is a disease that affects people of every age, gender and ethnicity. One in five Americans will develop skin cancer by the age of 70; in fact, more people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.

But there is good news: Because skin cancer is chiefly a lifestyle disease, it is also highly preventable. About 90 % of nonmelanoma skin cancers and about 86 percent of melanomas are associated with exposure to ultraviolet (UV) radiation from the sun. Knowing the risk factors and practicing sun protection year-round are key to reducing your risk.

“It’s never too early or too late in life to start protecting your skin from sun damage,” says Deborah S. Sarnoff, MD, president of The Skin Cancer Foundation. “Parents and caregivers should teach children about sun protection at an early age and help them instill lifelong habits. And even after a lifetime of sun exposure, older people can stop further damage to their skin by making sun protection a priority.

OnSpot Dermatology is a member of The Skin Cancer Foundation’s Corporate Council and has partnered with the organization to offer the following tips for reducing your skin cancer risk:

Seek the shade, especially between 10 am and 4 pm when the sun is strongest. An extra rule of thumb is the “shadow rule.” If your shadow is shorter than you are, the sun’s harmful ultraviolet (UV) radiation is stronger; if your shadow is longer, UV radiation is less intense.

Do not burn. A person’s risk for melanoma, the deadliest form of skin cancer, doubles if he or she has had five or more sunburns at any point in life.

Avoid tanning and UV tanning booths. UV radiation from tanning machines is known to cause cancer in humans. Indoor UV tanners are 74 % more likely to develop melanoma, one of the deadliest forms of skin cancer, than those

who have never tanned indoors. Tanning bed users are also 1.5 times more likely to develop basal cell carcinoma and 2.5 times more likely to develop squamous cell carcinoma, two of the most common forms of skin cancer. The more time a person has spent tanning indoors, the higher the risk.



Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Clothing can be your most effective form of sun protection, so make the most of it with densely woven and bright- or dark-colored fabrics, which offer the best defense. The more skin you cover, the better, so choose long sleeves and long pants whenever possible.

Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating. One eight-ounce bottle of sunscreen should provide two full days of sun protection.

Keep newborns out of the sun. Sunscreens may be used on babies over the age of six months, but they should also be protected by shade and clothing. Children are very sensitive to ultraviolet radiation – just one severe sunburn in childhood doubles the chances of developing melanoma later in life.

Examine your skin head to toe every month. While self-exams shouldn’t replace the important annual skin exam performed by a physician, they offer the best chance of detecting the early warning signs of skin cancer. If you notice any change in an existing mole or discover any new spot that doesn’t heal after several weeks, see a physician immediately.

You can also check [DestinationHealthySkin.org](https://www.destinationhealthyskin.org) to see if The Skin Cancer Foundation’s mobile skin cancer screen and education program is coming to your area.



The logo for SunCoast Blood Bank, featuring the name in a bold, sans-serif font with a colorful sunburst graphic to the right.

Last month at the April 8, Blood Donation, in collaboration with SunCoast Blood Centers, MCA residents donated 50 units of blood which is estimated to save up to 150 lives. With the upcoming hurricane season upon us, blood donation takes on a greater importance in preventing shortages.

A warm thank you goes to our Giving Community!

A simple red heart icon with a slight shadow.

We Bring Dermatology to You

A white mobile medical office truck with 'ONSPOT DERMATOLOGY' and 'BRINGING DERMATOLOGY TO YOU' written on its side.A photograph showing the interior of a mobile medical office, featuring examination rooms, reception desks, and medical equipment.

- 3 Private exam rooms.
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Healthy Baked Pineapple BBQ Chicken

Healthy cooking doesn't have to be difficult, boring or time consuming. Use fun ingredients that are full of flavor and you'll never miss the heavy calories! Here is a very easy, quick prep meal that is delicious and doesn't require hours of dish duty afterwards. Enjoy!





THE MEADOWS
COUNTRY CLUB

CATERING SERVICES
Planning a gathering?
We can help you with your
perfect home party!
CALL ASHLEY 941.377.8552

HEALTHY BAKED PINEAPPLE BBQ CHICKEN

- 4 skinless, boneless chicken breasts
- 2 cups pineapple chunks (we recommend fresh pineapple, but frozen is fine too)
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- Salt and Pepper as needed

THE SAUCE

- 1/2 cup of your favorite prepared BBQ sauce
- 3 clove garlic, minced
- 1 teaspoon smoked paprika
- 2 tablespoons olive oil

- 2 tablespoons fresh lemon juice
- Chopped cilantro, to taste

DIRECTIONS

1. Pre-heat your oven to 350°F. Lay a large sheet of aluminum foil out on your work surface. Place pineapple chunks, and bell peppers in the middle of the foil. Season with salt and pepper, then lay out the chicken breasts (side-by-side) over the veggies. Season chicken with salt and pepper generously.
2. Make the Sauce: In a bowl, combine BBQ sauce, olive oil, paprika, minced garlic, lemon juice, and cilantro. Pour the sauce over each piece of chicken

- and sprinkle with additional chopped cilantro.
3. Fold the foil over the chicken and vegetables to close off to make an air-tight pouch, pinch the ends together so the pack stays closed.
 4. Transfer to a baking sheet and bake for 20-25 minutes or until chicken is cooked through and veggies are tender. When chicken is done, carefully open the foil, drizzle with more sauce and broil for 1 or 2 minutes to crisp up the chicken.
 5. Squeeze a little lime over it for added kick, Enjoy!

See What the Neighbors Are Saying About TMCC Fitness Programs.

The quality of instruction Mike gives in our Tai Chi class far exceeds the cost of the class. I encourage everyone who is looking to improve balance, hand-eye coordination and reduce stress to give it a try!

Marcia Hardell, takes the water aerobics class, and highly recommends it!" ...the pool is a refreshing work out, the people are fun, Margie, our instructor, is great!

This Fitness Center is a perfect fit for us. It's very well equipped. I would highly recommend everyone take advantage of this great facility and its professional trainers and technicians.



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@meadowsgcc.org	Margie
Gentle Yoga	TH	4:00	60	\$12.00	Venmo or PayPal	yes -48hrs	zoom	cheryl@gardenoftheheartyyoga.com	Cheryl
Yin Yoga	M	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	srgmurph1@gmail.com	Mike

Preventive Health Care Guide for 2021

Community Education, Healthy Living, Hegg Health Center, Hegg Medical Clinic—Dec 18, 2020

Routine screening plays a big role in preventative care and often times, catching signs and symptoms early can make a life-saving difference. Whether it's your annual physical, or a visit to our stroke screening clinic, health screenings are very important! We put together a list of what health checks you should have and when so you can be proactive in your health this year!

Annually, you should come in for a physical and have your height and weight checked, blood pressure, and a flu shot. This is a great way to play an active role in your health and often times an annual physical is covered by insurance.

At the age of 18-39, a few more screenings are added. Some of these should be done every year whereas others can be done every few years. Both men and women should have a cholesterol check once in their 20's and then every

five years after they turn 35. Men and women should also both be checked for suspicious moles or skin lesions. Women should have a breast exam to look for lumps and a pelvic exam starting at the age of 20. Once a women turns 21, a Pap smear should be conducted every three years until the age of 29. At the age of 30, a women should get a Pap smear every 5 years until they turn 65. A depression screening questionnaire should also be done at yearly physicals.

From the age of 40-60, all of the previous screenings should be continued and a few more added. For both men and women, blood sugar levels should be checked at the age of 45+ and every three-to-five years after. At the age of 50, both men and women should complete a colonoscopy and then one every ten years after. Women, at the age of 40, should begin getting a mammogram annually. For men the age of 50 and older,

prostate exams should be done. These are done through a blood sample and should be done every one-to-two years.

At 65 years and older, a bone density test should be done every two-to-five years for women. The pneumococcal and shingles vaccinations may be needed and the pneumonia vaccine should be given every five years if the patient has certain conditions and risk factors. Height and weight should also continue to be checked.

This is the year to be proactive in your health and take ownership of your healthcare! Your decision to go in for the recommended screenings plays a big role in your preventative care.

* These are all general recommendations. Doctors may adjust ages and timeframes based on individuals history, risk factors or is considered high risk based on results.

NEW RESERVATIONS AND POLICIES EFFECTIVE APRIL 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, including guests, must be submitted to The Meadows Tennis Pro Shop. All guests pay a \$5.00 guest fee. Reservations are for a maximum of one-hour time blocks and may be submitted up to seven days in advance by contacting 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 Renaissance Access Plan Cardholder, or a member of the country club. All guests must be registered in advance as stated above. A temporary Pickleball Pass will be provided to seasonal or part-time tenants who reside within The Meadows. To obtain a pass, seasonal or part time residents must register in advance at The Tennis Pro Shop showing a copy of their lease/rental agreement. Upon proof of lease/rental agreement tenants or seasonal residents will be issued a temporary Pickleball Pass valid through the end of their lease agreement. This policy will be extended to the end of season and re-evaluated in the fall. 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-9 am RESERVATIONS, 9 am-Noon Open Play, Noon-Dusk Dusk Reservations
Court 2 Play: S, M, TUES, WED, THUR, FRI, 8 am-9 am RESERVATIONS, 9 am-Noon Open Play, Noon-Dusk Dusk Reservations, SAT 8 am-Dusk, Reservations



NEW PICKLEBALL PADDLE SADDLE

The new pickleball paddle saddle is now installed. The Paddle Saddle is a convenient paddle holder that is attached to the chain link fence. Several tubes provide space for paddles, to show which player is waiting in the wings for a game based on reservations or open play.



Quality Pet Care Goes a Long Way

David J. Smith, VMD—Bay Road Animal Hospitals

Shots, Spays, Neuters – three terms that seem quite simple and inexpensive. Are they? Let’s investigate. The so-called “shots” are vaccines that protect our pets from diseases, some of which are deadly. Vaccines have increased life expectancy in dogs and cats; however, each time a vaccine is given, something else should happen that the street corner doc does not provide: an EXAM. This head-to-toe exam could extend your pet’s life or improve the quality of their life. With cats and dogs aging the equivalent of approximately seven years for every one of ours, these exams are critical. Don’t shortchange your pet’s health for a cheap shot.

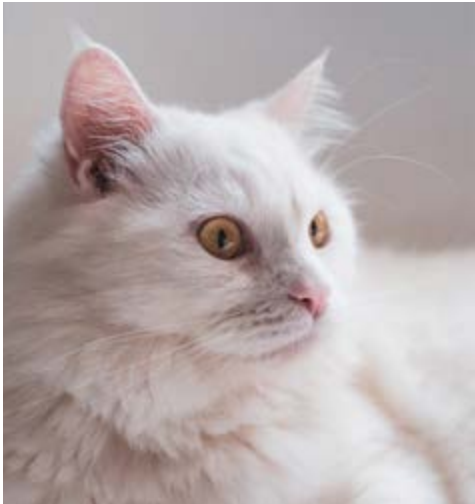
A spay is an ovariectomy. In other words, the entire reproductive system of a female

cat or dog is removed in the spay procedure. This entails an incision into the abdomen and the clamping and tying off of major blood vessels attached to the ovaries and uterus. The neuter is the removal of both testicles. This surgery is performed through a skin incision through which each testicle is exposed, clamped,

and blood vessels ligated or tied off to prevent serious bleeding and possible death. Both of these procedures are considered major surgery. Both surgeries are performed by a Doctor of Veterinary Medicine with the pet under general anesthesia and the use of appropriate monitors and assistance from Certified

Veterinary Nurses. Nothing about these procedures is simple. Underpriced maybe, but not simple.

Shots, spays, and neuters are terrible terms for very important and technical procedures that should be performed by highly qualified veterinarians and their equally qualified staff.



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3312 Hadfield Greene—Sweeping golf course views	SOLD!

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2637 Greenbelt Yard—Premium lake views, hardwood floors	SOLD!
4543 Chandlers Forde—Luxurious coastal renovation near pool	PENDING
4709 Chandlers Forde—Hardwood floors with spa like bathroom	PENDING

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Eplanade at The Heights—Brand new 4/3 with lake views	PENDING
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VetCor of Sarasota-Manatee Has A Plan For You to Avoid Disaster

Anthony Mottaz

When a disaster strikes and help is needed, there is not much that Ryan Moreno hasn't seen or done. He served 20 years in the U.S. Army and after retiring and settling in Florida, he began working for VetCor of Sarasota-Manatee, a disaster mitigation company that serves Manatee and Sarasota Counties. VetCor is owned and operated by many retired veterans and some active service members, who find themselves right at home helping homeowners recover from floods, fires and other disasters. Ryan has traveled to hurricane-ravaged cities, and other disaster areas, but most jobs occur right here in Bradenton and Sarasota, and are more likely to be considered accidents than acts of nature. From his vast experience helping people after disaster strikes, he has put together a list of tips to help homeowners prevent disaster when possible and handle them



like the pros when needed. The best preventative measures involve simple steps that homeowners can follow before damage

is done. When leaving your home for an extended period of time or even a weekend, turn off the main water line, normally located outside, and relieve the pressure by running water through the sink. When you return home, turn on the water very slowly until pressure is balanced in all the pipes. This can prevent a small leak from becoming a house flood. If water is ever discovered in the home, turn the main water valve off, then try to contain the water and remove as much as possible.

Routine maintenance on your home's air conditioning system can also be a great preventative step. Because of the heat and humidity in Florida, it is recommended to service your system with an AC company two-to-three times a year. In addition, perform self-maintenance such as replacing air filters monthly and

flushing the drainage lines every three months with a wet/dry vac to prevent clogging. Be sure to leave your AC system running at a reasonable temperature (76-78°F), during an extended absence to maintain humidity control inside the home.



Flooding during heavy rain events can be prevented by inspecting the home for holes or cracks, especially near the ground level. Once water penetrates the outer wall, it can lead to mold that can slowly infiltrate through to the drywall. In addition, as hurricane season approaches, having a contingency stack of sandbags can prove useful in creating a dam to prevent water from entering through doorways. Keeping large trees trimmed so that branches are not resting on or near the roof can also help prevent damage during a storm that otherwise could lead to a major water event.

The final tip from Ryan is to be prepared for the unexpected by knowing your insurance policy. Ensure you have water, mold and flood insurance at a minimum;



and yes, water and flood coverage is different. Typically, water insurance covers water leaking throughout the house, while flood insurance is from water coming into the house from the outside, or what is known in the industry as water intrusion. You may want to have ALE (Assisted Living Expenses) in your policy so you will be authorized to stay in a hotel during a disaster. Have the phone number of your insurance company on your refrigerator and in your cell phone so they can help coordinate the emergency response quickly. Lastly, do not wait to report damage from water or fires to your insurance provider; it is typically easier to

...be prepared for the unexpected by knowing your insurance policy.

secure coverage for an emergency than damage accumulated over an extended period of time. Hopefully, with the help of these tips, you won't need the services of VetCor of Sarasota-Manatee, but if you do be sure Ryan Moreno is ready to serve.



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John Feely
Business Partner



Anthony Mottaz
Business Partner

WOMENS' CLUB

Cocktail Gathering

On Wednesday, April 7, the MCC Womens' Club hosted an afternoon event that proved to be a great success. Renaissance Access Cardholders and Meadows Country Club Members got together for a kick-off cocktail party that we hope will be the beginning of many such events.

About 70 women enjoyed fabulous hors d'oeuvres, fruit, cheese plates and drinks in the gorgeous atmosphere of the Centre Court Lounge Deck. It was truly a community building event, with beautiful weather, a great atmosphere, new friends and those we haven't seen for the past year.

The new chair of the Womens' Club, **Melinda Gordan**, gave us a look into future events and goals, introduced the committee consisting of Sharon Erickson, Alice Fry, Caron Ramage and Ann Morrissey (still in Canada but there in spirit) and asked for suggestions and comments in little notebooks scattered on the tables. Past chair Peggy Gates was honored with a lovely silk orchid plant and beamed as she viewed what she saw as the future of the country club.

Happy smiles, pretty Spring colors and bright hopes made everything even more special.

Look for future announcements about coming events, and don't forget to invite your friends! The Womens' Club has something for everyone!



Peggy Gates was honored . . . and beamed as she viewed what she saw as the future of the country club.



Sign up for The Meadows Community Association emails and get updates on Renaissance access events, and community news. To learn more about The Renaissance Access Plan, visit the meadowssarasota.org, go to LIFESTYLES tab and choose Renaissance Access.

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Exercising Our Body, Mind and Soul

Bonnie Detwiler — Chatsworth Greene

You might remember a couple of months ago I wrote about my lack of exercise [which I still need to improve]. Well, this month we're asked to share ways of PREVENTION. Last week **Marty Black** and his daughter **Beth** stopped in for a visit and he shared, at age 98, that he watches a half-hour Zoom exercise program, during which he does push-ups, sit-ups and lunges on a daily basis. WOW! Not many of us could do this at a younger age but it does prove exercise is a must. Marty is so sharp mentally and physically! What an excellent example of PREVENTION of good aging for us to follow. Keep it up Marty! We love and admire your tenacity.

I must admit I did not realize the extreme loneliness of not getting together with family and friends until one recent Friday evening. Many of us in Chatsworth, went to dinner at The Meadows Country

Club and were seated at various tables. As we were leaving, we decided to sit and have another drink with a couple of friends and soon several others joined us. [We all have had our second vaccine and felt very comfortable together]. Lots of laughs, jokes and camaraderie was shared! So what's this got to do with prevention? Getting together is returning. No need to stay inside and be lonely. We need times to share and get reacquainted. Our first get-together was on April 27 at our pool with our Association providing a light fare of sandwiches with a heavy dose of friendship. We are just getting started when many of our Northern friends will be leaving until next fall.....take good care and have a wonderful summer.



To Our Friends of Chelmsford

Barbara Bates—Chelmsford Close

An early evening of April 6, a surprise party was held by Chelmsford Close to wish Farewell to **Denny and Mary Dionne**. They are moving from Chelmsford after 17 years of active residency. About 40 residents dropped by to give the couple best wishes. Denny and Mary will be moving closer to their son and family. We will miss them.





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The Renaissance of The Meadows

Planning our Future...

Jan Lazar — MCA Board President

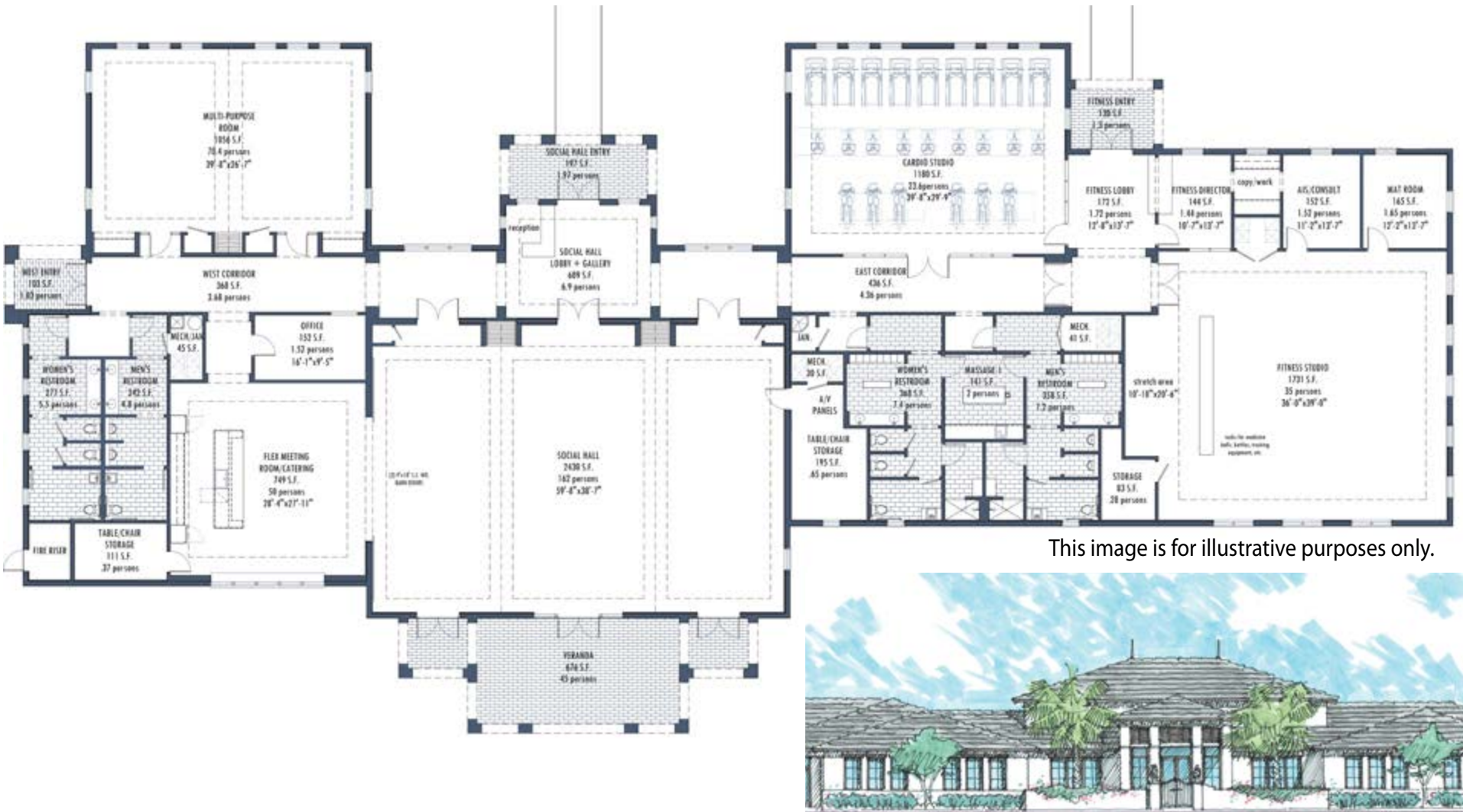


Nearly five years ago, The Meadows Board of Directors looked around and realized that, while The Meadows was a lovely and inviting community, it was losing appeal when compared to newer developments in the area, which had more amenities, new facilities and a fresher look. The Board decided that the plan originally envisioned by Meadows’ developer Taylor Woodrow needed to be reviewed and updated to provide for the continued stability and appeal of The Meadows going forward. To move forward on this, a Strategic

Planning Committee was formed comprised of **Malcolm Hay, Jan Lazar, Claire Coyle, Dr. Bart Levenson** and **Bruce Ferretti**. A Community survey of needs, desires and concerns was developed and sent out to the whole community. Literally dozens of meetings were held with community groups, the Assembly of Property Owners, and a SWOT (Strengths/Weaknesses/ Opportunities/Threats) analysis was done by a large group of community representatives. From this, The Meadows Renaissance was launched.

The first major project in that effort was the new entrance at 17th Street. The fresh look was highly praised and plans for additional projects begun. But a major development shifted attention from the new projects to the future of The Meadows Country Club (the Club) and its impact in the community. The Club, as a private corporation, owned all the land and buildings it operated. It was and is one of the largest areas of green space in The Meadows.

Continued on page 16-18



The Decision to Preserve the Vision of our Beginning .

Financial strains stemming from the 2008 recession (depression for many) and demographic changes had caused the Club to take on mortgages and loans, which imperiled its ability to survive so the Board of the Club undertook an effort to sell the Club to someone who would renovate it. Ultimately, they had an offer for \$20 million dollars, which would buy the Club, renovate the courses, build a new clubhouse, operate the restaurants, tennis and fitness and pay \$1 million dollars to the community. The developer was also going to build 180 new units on property owned by the Club. This effort, since it was a private entity, did not involve the MCA or its Board. When apprised of it, the MCA supported the sale as it was in accord with the Renaissance Plan envisioned by the MCA Board. It would benefit the community, add

and substituted a \$7 million dollar offer, which deleted everything except building on any or all of the Club property. Nothing to the community, nothing for renovation - just new buildings of whatever density and type the builder wanted. People protested that the deed restrictions prohibited building on the golf courses. But if the Club defaulted on the loan and filed for bankruptcy, all of the community deed restrictions and requirements could be thrown out solely by the action of a bankruptcy judge, which

this would result in significant loss of property values, typically in the 25-35% level, whenever golf courses shut down. The MCA Board searched for an option to protect the community, the green space, and the property values. The MCA determined that it could use its cash reserves to purchase the notes from the bank, as they were paying higher rates than the reserves were earning. This would give the community a say on any future for the property at its heart.

Several months of subsequent review of options and the impending default on another mortgage on the property led to another crisis review. The overwhelming conclusion was that the MCA needed to protect the community, take over community control of the land use, and preserve green space and property values. Buying the Club was briefly considered but there were two major problems. First, the MCA

didn't and doesn't want to run golf courses, restaurants and bars, etc. Second, it COULDN'T be done in the time available even if the MCA had wanted to buy it.

The MCA was still determined to prevent the threatened bankruptcy and the loss of deed restrictions on the property use. A communitywide meeting where options were discussed and the cost and effect on assessments outlined and the overwhelming consensus was that the MCA needed to protect green space and property values. So, with the use of some creative planning, the MCA bought all of the real property, applying the notes it held and installment purchase payments over three years to effectuate the purchase, thereby obtaining ownership and community control of the land.

The MCA purchased the real estate and leased it back to the Club. The Club pays all the property taxes (currently \$116,000+), the assessment to the MCA (currently \$45,000+), the insurance on all of the leased property and the maintenance and operating costs of the property totaling well over seven figures. Club financials are confidential proprietary business information but it was clear to the MCA, who did have a review, that it would cost the community SUBSTANTIALLY more to take over the facilities, even just for basic maintenance, while losing numerous recreational amenities. Not a good deal for The Meadows!

Capital expenditures necessary to maintain the real property, within specified parameters and as budgeted, are the responsibility of the MCA as the owners of the property. We assessed needs for all of the facilities owned or planned by the MCA to come up with a comprehensive plan for capital



The MCA purchased the real estate and leased it back to the club.

new units in the community and update aging infrastructure. BUT - the developer, with mere weeks until the Club's loan had to be paid off, withdrew the offer

is what typically happens in such a case. **CRISIS**, major loss of green space and amenities was only a mere six weeks from befalling us all. Research by the MCA showed that

Capital Expenditures		
Project	Cost	Status
New entrance way at 17th Street	\$267,000	completed
Purchase of 300+ acres of land, 17 tennis courts, pool, 3 golf courses, 2 cart barns, 3 pro shops and a clubhouse, etc (increase MCA land 87%)	\$6,064,000	completed
Wellness & Lifestyle New Building	\$3,750,000	awaiting permit from County
Expanded Outdoor dining/ new decking	\$285,000	awaiting permit from County
Buidling repairs to newly acquired buildings	\$300,000	completed
Meadows Course Renovation	\$1,767,222	nearly completed
Groves Course Renovation	\$257,000	completed
Dog Park	\$20,000	awaiting FPL sign off
Pickleball Courts	\$50,000	not yet funded
TOTAL	\$12,760,222	

..... and Advance Our Path For the Future



renovation and development. The development of a new amenity Lifestyle and Wellness Facility was a key component to the future as envisioned in the Renaissance Plan.

To accomplish planned renovations and improvements, the MCA determined that for it to be effective in accomplishing the goals consistent with The Meadows Vision Statement, a piecemeal approach would not be effective. We needed

to undertake a major initiative to stop The Meadows from sinking into being an old, tired looking community that was sliding into complacent deteriorating old age. We want to be a vibrant community with an active lifestyle and a place where people want to live and play.

To achieve this, it of course takes money. The question was asked as to whether to do a special assessment such as most of the condo associations do when they want to make a major capital expenditure. It was decided that it was more reasonable to finance the improvements and spread the cost over a longer period.

A loan package was negotiated, which would provide for the new building and other capital needs. That loan package would provide for the new building, payoff of the final installment for the land purchase, provide for repairs and refurbishing of buildings and property now owned by the community and provide for expanded amenity facilities for the whole community.

The loan was broken into component segments to match when projects could be commenced since some

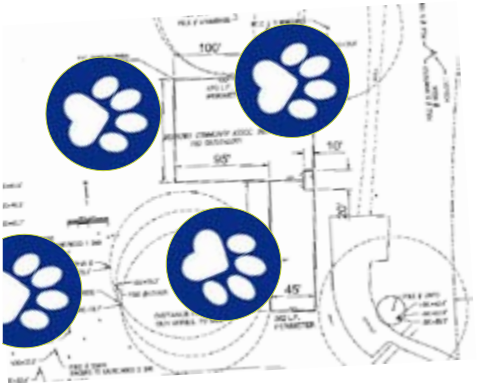
things could and needed to be done immediately and others needed preparatory work by architects, engineers and then permits obtained from Sarasota County. The biggest part, the new building, required more than a year for all the steps that needed to be completed before actual construction could begin. Other things, like roof repairs, fountain replacements, golf course renovations, which were needed, could be done sooner.

In addition, fundraising within the community and the Club raised over \$225,000 to assist in making improvements not covered by the loan or within annual budgets. This strong added financial support from individuals and associations bolsters the belief in the plan and future of our community.

This is a complex undertaking with many pieces. To achieve a goal of updating the look and appeal of the community, protecting green space and property values, and offering a broader range of activities to the community, there has had to be a strong cooperative effort between the MCA, the community and the MCA's corporate members - the Club, the Shopping Village, Aviva and Tarpon Point, the MHOA and

the numerous condo associations. It has taken input from community groups and an incredible amount of work by MCA Manager, **Frances Rippcondi** and her staff, the Board of MCA and the efforts of numerous committees working to refine planned improvements and help effectuate them.

The impact of COVID made all of these efforts much more difficult, as was virtually every aspect of everyone's life. But plans moved ahead, work continued, and as of March, 2021, all elements of the plan are in place to complete the new Lifestyle and Wellness Facility, expand outdoor dining and activities around the pool and Centre Court Lounge, install a dog park, and expand activity programs the entire community can enjoy, including access to specified Club activities provided for under the Renaissance Access Plan, ably



Capital Expenditures/ Financing		
Project	Amount	Source of Funds
Purchase of real property	\$3,000,000	Existing non- statutory reserves
	\$1,200,000	Line of Credit
	\$1,800,000	Loan
	\$64,000	Operating budget
New Entrance way	\$267,000	Operating budget
Wellness & Lifestyle Building	\$3,750,000	Loan
Expanded outdoor dining/decking	\$250,000	Loan
	\$35,000	Donations
Building repairs to newly acquired property	\$250,000	Loan
	\$50,000	Operating budget
Meadows Course Renovations	\$1,500,000	Loan
	\$163,997	Club
	\$103,225	Donations
Groves Renovations	\$257,000	Operating budget
Dog Park	\$16,000	Operating Budget
	\$4,000	donations
Pickleball Courts	\$50,000	Not yet funded
TOTAL	\$12,760,222	

negotiated by then President **Marilyn Maleckas**, which has allowed all interested residents to enjoy some new activities that were not previously available to them. More than 2,800 residents have signed up to participate in the Renaissance Access Plan and are using the large pool, utilizing the fitness center, going to functions, attending classes, and trying out the golf facilities.

When this whole project was undertaken, a large communitywide meeting was held with several hundred people attending. While there was widespread agreement on the goals of protecting the green space, protecting property values and improving the lifestyle and activities in the community, the question, of course, was asked “how much will this cost?” The answer given was that since assessments by the MCA are based on individual

The Decision to Preserve the Vision of our Beginning and Advance Our Path For The Future

Continued from page 16-17

Sarasota County assessed valuation for each property, the cost would vary depending on your annual property tax assessment but that it would AVERAGE about \$150. Someone asked, “per month?” and the answer was, “No, that number is per year.” At that point, the general response was, “What are we waiting for? Go for it!” The plan was to have two years of increase of that magnitude with increases after the first two years dropping to much smaller levels and with a planned payoff of the loans in 10 years. It was also noted that condo fees range from \$2,200 to \$6,800 per year while 95% of The Meadows pays less than the lowest annual condo assessment per year to the MCA. Services provided are 24/7 Safety patrol, maintenance of all the general streets, street lighting, walking paths, 85 water

features, insurance, property taxes, programs, landscaping for all the common areas, mail and meeting handling for most associations, etc. What does this cost most residents? 60% of the owners pay less than \$83/month to the MCA and fully 75% pay \$100/month or less. Condo fees range from \$183/month to \$566/month.

In looking at the current and future life of The Meadows and its residents, we all need to evaluate how important our community is to us. Like everything in life, you can go forward or fall behind but you can’t stand still. The MCA determined, after much discussion and review, that we want to move forward and that our community is important to us - as a place to live, a place to play and make friends, and an economic investment. We

know that we must invest both time and money to have nice homes in a nice setting with lots of activities and amenities. The numerous improvements made by many associations and individual owners reflects the strong commitment to the Renaissance and to helping keep the community lovely, vibrant and a great place to live.

We love it when a plan comes together!



Jan Lazar—MCA Board President

Uses of Loans			
Pay down of Line of Credit, final payments on real property purchase		\$3,200,000	
New building A&E, building repairs, Meadows Course renovation		\$2,000,000	
		\$4,000,000	
Wellness & Lifestyle Building			\$3,500,000
Expanded Outdoor dining/ new decking			\$250,000
Fountain View Lounge			\$250,000
TOTAL Authorized & Planned to use		\$9,200,000	
	Drawn to date	\$5,200,000	
	Principle paid to date	(\$196,768)	
	To be drawn in FY2021	4,000,000	
AVAILABLE for use Line of Credit for Emergencies		\$500,000	





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Generator Prevention

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By Paul Hope

More than 900 people died of carbon monoxide poisoning, and thousands injured, while using portable generators from 2005 to 2017

Consumer Reports (CR) is an independent, nonprofit organization. They have been helping consumers make informed purchases since 1936.

Data is the basis for virtually all the work that Consumer Reports does. CR provide scientific analysis to testing teams, investigative reporters, policy advocates, and tools to inform about industry trends and product categories. They combine consumer feedback with search engine trends and technical data from government, academia, and industry to find the connecting threads underneath the numbers. These insights ensure that tests reflect how consumers actually use a product, that CR testimony to a government panel is fact-based and supportable, and that consumers

can plan for the products we'll need to purchase in the future to do our work.

While there may be other organizations that offer product comparisons, you must first be aware of who the organization is and how their product information is collected, to make informed purchase decisions you and your families.

In the aftermath of a storm, a generator is an invaluable piece of equipment that can, at the very least, help your life begin to feel normal again.

But because you probably rarely rely on a generator, it's easy to overlook the basic safety measures that should be routine with such

equipment. It's also easy to get preoccupied by the cleanup work that lies ahead, so you may even be tempted to run a generator in a living space if most of your house is severely water damaged and cannot be saved.

Generator misuse leads to deaths from carbon monoxide (CO) poisoning, injuries from close calls, and burns—all of which happen too often during power outages and storms. The biggest problem, according to reports from the Consumer Product Safety Commission (CPSC), is CO poisoning. Portable generators can produce deadly levels of carbon monoxide, a colorless, odorless, and tasteless gas.

Carbon monoxide can kill you in as little as five minutes if the levels are high enough, according to safety guidelines from the National Institutes of Health. And data from

the CPSC shows that from 2005 to 2017 more than 900 people died of carbon monoxide poisoning while using portable generators.

To reduce the risk of carbon monoxide poisoning, some new portable generators feature a built-in sensor that triggers an automatic shutoff if CO builds up to dangerous levels in an enclosed space, and some also have engines that emit less CO in the first place. Recent test data from CR shows that these safety features are likely to save lives.

Consumer Reports only recommends portable generators that pass CO Safety Technology test.

Whether you buy a new generator that implements these new safety standards or you're running an older model without an auto shutoff, we still advise consumers to follow the safety advice that follows.

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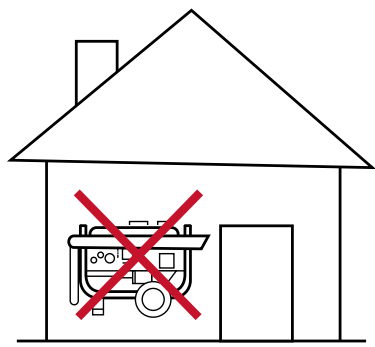
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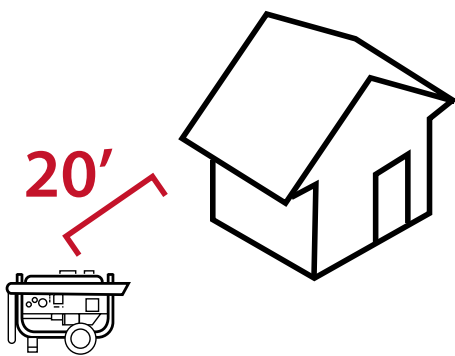


Nicole Tisdale, DVM

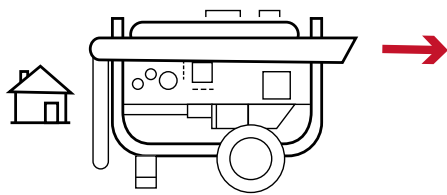
How to Run a Generator S A F E L Y



Never run it in an enclosed space



Always run it at least 20 feet from your home



Always direct exhaust away from your home

Never run a generator in an enclosed space or indoors. Most generator-related injuries and deaths involve CO poisoning from generators used indoors or in partially enclosed spaces. That includes the basement or garage, spaces that can capture deadly levels of carbon monoxide. Always place the generator at least 20 feet from the house with the engine exhaust directed away from windows and doors.

And if you're using a generator to keep the lights on during a cleanup effort, "use a working, battery-operated carbon monoxide detector at the same time," says Ken Boyce, principal designated engineer manager at UL. A carbon monoxide alarm provides one more layer of defense against making an innocent but potentially deadly mistake.

Don't run a portable generator in the rain. You can buy tents for generators—that keep them shielded but still well-ventilated—

online and at home centers and hardware stores.

Before refueling, turn off a gas-powered generator and let it cool. Gasoline spilled on hot engine parts can ignite. Allowing the engine to cool also reduces the risks of burns while refueling.

Stock up on extra gasoline and store it properly. When you think you'll need to use the generator for an extended time, you'll want extra fuel on hand. Just be sure to store gas only in an ANSI-approved container in a cool, well-ventilated place. Adding stabilizer to the gas in the can will help it last longer, but don't store gasoline near any potential sources of heat or fire, or inside the house.

Buy a generator with built-in CO safety technology. Many new generators have a device that detects dangerous levels of carbon monoxide and turns off the machine when levels climb too high. CR tests for this safety

feature and now recommends only generators with this potentially life-saving technology.

Avoid electrical hazards. If you don't yet have a transfer switch, you can use the outlets on the generator—providing you follow certain precautions: It's best to plug in appliances directly to the generator. If you must use an extension cord, it should be a heavy-duty one for outdoor use, rated (in watts or amps) at least equal to the sum of the connected appliance loads. First check that the entire cord is free of cuts and that the plug has all three prongs, critical to protect against a shock if water has collected inside the equipment.

Install a transfer switch before the next storm. This critical connection will cost from \$500 to \$900 with labor for a 5,000-rated-watt or larger generator. A transfer switch connects the generator to your circuit panel and lets you power hardwired appliances

while avoiding the glaring safety risk of using extension cords. Most transfer switches also help you avoid overload by displaying wattage usage levels.

Don't attempt to backfeed your house. Backfeeding means trying to power your home's wiring by plugging the generator into a wall outlet. This reckless and dangerous practice presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices, so you could end up frying some of your electronics or starting an electrical fire.

Editor's Note: This article has been updated to clarify that high levels of carbon monoxide can kill you within 5 minutes. A version of this article appeared in the October 2016 issue of Consumer Reports magazine.



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2613 Greenbelt Yard—2 bd/ 2 ba with bonus room and carport **SOLD**

5596 W Long Common—2 bd/2 ba with den, 2 car garage..... **SOLD**

ANNUAL RENTAL

Village Lake—2 bd/2 ba upstairs with water view **\$1,600/month**

SEASONAL RENTALS
Booking for 2022 Season now!



Stay safe!


Activities, Events & Services

MOTHER'S DAY FUN AT MCA



Friday, May 7— All are welcome!
MCA BACK PATIO 9 am-10:30 am

Join us in celebrating Mother's Day with tea, coffee, scones and fun meeting new friends! Space is limited. Registration required.

Email Sue: lifestyle@meadowscsa.com
or call **941-377-2300**

SECOND MODERNA VACCINE AT MCA



Thursday, May 6—10:30 am-11:30 am

Come to the MCA at 2004 Longmeadow to receive your second Moderna vaccine. Your appointment will be the same time as your first appointment.

Please be on time and do not come more than 5 minutes prior to your appointment.

IMPROV AT THE MEADOWS

HAVE SOME GREAT LAUGHS AT THE LIVE IMPROV SHOW
Registration required.

Monday, May 24
1 pm-2:30 pm

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MEADOWS MUSIC SERIES

Join us for our Outdoor Music Series at The Meadows
Chairs provided. Registration required.

Carl Hatley-American Classics
Tuesday, May 11—1 pm-2:30 pm

Open Mic and Karaoke
Tuesday, June 8—2 pm-3:30 pm

The Hatley Band
Tuesday, June 15—2 pm-3:30 pm

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OTHER MCA WELLNESS SERVICES

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- **2828 BRETON WOODS**–2 bedroom/2 bath home with private pool. Walk to park... **SOLD** \$298,000
- **UNIVERSITY PARK**–2 bedroom/2 bath Villa–waterfront! ... **SOLD** \$325,000
- **4503 LONGWATER CHASE**–Affordable 1 bedroom end unit with golf course view! Finished! ... **SOLD** \$130,000

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Sunday: Brunch: 10am-2pm



FINANCIAL PLANNING EVENT



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Presented By Objective Advisory

Thursday May 13
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tasting and Hors D'oeuvres in the presence of real
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Reserve Early, Limited seating

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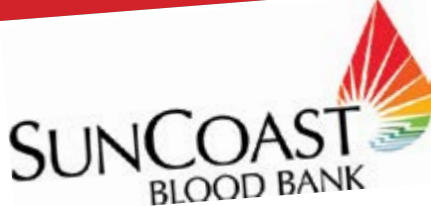
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BLOOD DRIVE

Thursday, June 10,
8 am-2 pm



Best Kept

SINGLE FAMILY HOMES

FIRST PLACE — 5235 Everwood Run
(Shown top left)

Beautiful curb appeal and meticulous maintenance all year. A model to replicate.

RUNNER-UP — 5591 Downham Meadow
(Below right)

A kaleidoscope of colorful flowers and plants accent this home. Great property maintenance as well.



ASSOCIATIONS

FIRST PLACE — LONG COMMON CONDOMINIUM ASSOCIATION (Shown above left)

This property has exceptional care and Maintenance. The colorful flowers and plants greet all residents and visitors.

RUNNER-UP — CHANDLERS FORDE CONDOMINIUM ASSOCIATIONS (Shown right)

This property has a rustic landscape and northern appeal. Shade trees abound!



2021 Spring Awards

CHAIRMAN'S CHOICE

FIRST PLACE — 2936 Longleat Woods
(Shown right)

New windows and doors and new landscaping give this home's curb appeal a fresh look and update. They complied with the MCA architectural review process.

RUNNER-UP — HUNTINGWOOD CONDOMINIUM ASSOCIATION
(Shown below)

The north pool has been completely relandscaped and mulched. It is lovely. The south pool is next! The property has been under a renaissance renovation which includes a cohesive relandscape of all the units, new lamp posts, address directional signs, new roofs and hurricane impact garage doors were installed.



BEST KEPT

25th Anniversary

1996

25

2021

2021 Chairman's Choice Awards

Judging June 1-3

Three First Place Awards

\$100 Each

Gold Certificate and Best Kept Sign

Criteria for Judging

Homes OR Associations Qualify!

Overall great landscaping & basic maintenance

Curb appeal and color

Property improvements even hurricane mitigation

Boredom Prevention

Liz Barnett—Craft Group

It's hard to be bored when you're making crafts, especially when you're making them with a group of friends. Add a Craft and Bake Sale on March 13 and the first-ever Kids Craft Day on April 17 to the mix and there is no time left for boredom.

Although the Spring Craft and Bake Sale was smaller and had a different look from past sales, it was a great success. Held outside on the patio behind The Meadows Community Building, considerable planning by MCA staff members and the Craft Group was needed to design a sale site that would be both safe and effective. The results were amazing as tables were filled with all hand-made spring-themed crafts, cards, jewelry and accessories, housewares, gifts for kids and homemade baked goods. The doors opened at 9 am and a steady stream of masked shoppers arrived. By 10 am, all the baked

goods had been sold. For the rest of the day man after man appeared and searched hopefully for any homemade goodies that might have been overlooked, only to be disappointed but perhaps to learn that you've got to arrive early for the best selection. Few shoppers left the craft tables without finding



what they had come for and few failed to buy something that they hadn't known they wanted until they saw it here. Once again proceeds from the sale will be donated to local charities. The Craft Group is grateful for the

support of our many neighbors in The Meadows and the surrounding area who came to shop. We send special thanks to **Der Dutchman**, 3713 Bahia Vista, for donating the plastic containers for our baked goods and to **Your Farm and Garden Center**, 725 S. Beneva, for donating succulent plants which we potted in special containers. We appreciate the work of the MCA staff and maintenance crew in assisting us implement the sale. Once again, the work of local charities will be furthered and our community will be strengthened thanks to the



work of the Craft Group and your support. Now that the sale is over, the Crafters are happily sharing ideas for new crafts. Wait until you see what we've dreamed up for next year, like the cutest little owls imaginable to add a little fun to your house. We're learning new skills as we work in groups on projects like the "tea-fold" Christmas cards. We're making new friends and deepening old friendships while we are having fun creating crafts and banishing boredom. And we will be here all summer from 9 am to 11 am every Wednesday at the Meadows Community Building. We would love to have you join us. There is a need for you whether you are a beginner or experienced crafter; whether you're a short-term visitor or a year round resident.

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The Meadows Named Water Quality Champions

Sarasota County Neighborhood Services



Our entire way of life in Sarasota is focused on enjoying time outdoors and on the water. It is important that we take an active role in maintaining this way of life by becoming good stewards of our natural resources. What better place to start than in our own backyards?

Several communities have done just that. Our friends and neighbors in The Meadows (north Sarasota), Pelican Cove and Rivendell (both in Osprey), and Stoneybrook and Mira Lago in Palmer Ranch have devoted years to becoming better stewards to the natural resources within their community. Years in the making, these communities have

made sweeping changes to how they maintain their landscape and ponds to establish a balance with nature that protects the ponds' shorelines and ensures that ponds will remain a beautiful amenity to the community.

The NEST Program, short for the Neighborhood Environmental Stewardship Team, and its partners have created videos of community members discussing their solutions and philosophies on protecting existing shorelines, and improving the natural balance and beauty in their community. Those videos are available upon request from the NEST program by emailing NEST@scgov.net.

The Meadows, Hub of Sarasota

Resales ending the months of March 2021 and March 2020 In The Meadows & Sarasota County

SALES	THE MEADOWS	SARASOTA COUNTY
Sales 2021 & 2020	↑2021 (41) 2020 (29)	↑2021 (1664) 2020 (1130)
Median Sale Price	↑\$260,000 \$225,000	↑\$349,000 \$279,000
Condominium Sales	↑2021 (31) 2020 (26)	↑2021 (686) 2020 (399)
Med Condo Sale Price	↑\$234,900 \$217,500	↑\$275,000 \$228,000
House Sales	↓2021 (10) 2020 (03)	↑2021 (978) 2020 (731)
Med House Sale Price	↑\$360,000 \$332,000	↑\$380,000 \$310,000
For sale on the 31st	↓2021 (10) 2020 (57)	↓2021 (798) 2020 (3638)
Property Pending	↑2021 (45) 2020 (31)	↑2021 (2131) 2020 1292)
Listing Supply	↓2021 (0.2) 2020(2.0)	↓2021 (0.5) 2020 (3.2)

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Memoir and Life Writing Group

Liz Barnett and Michael Bruno — Writing Group Coordinators

Although it’s not June, the traditional month for weddings, our anniversaries frequently bring back memories of our weddings to members of the Memoir Group.

Some girls dream of their wedding day from childhood and begin making plans years in advance. I was not one of those girls.

“Let’s just elope,” I said to Bob, my future husband.

“My family would never forgive us if we didn’t have a wedding,” said Bob.

Even though I pointed out that we had no money and it was the 1960’s – we were supposed to be getting rid of meaningless rituals and living authentically – the matter was closed.

Bob was right. Our families would never have forgiven us for if we had eloped. Our mothers were overjoyed with the prospect of a wedding and launched themselves into a frenzy of preparations for the rehearsal dinner, showers, flowers, invitations, guest lists, the reception and on and on. Hoards of the huge Barnett clan showed up for the wedding and as well as everyone from my mother’s side of the family.

I had eventually gotten into the spirit of things and even read Brides magazine. But it wasn’t until later that I understood that the ritual was not meaningless. It was about more than joining two people; it joined two families and reaffirmed our identity, values and beliefs while strengthening our bonds to a society which shared these rituals.

Although Vinay Chander’s wedding was far different, its function was much the same.



MY CRAZY INDIAN WEDDING —9th March 1957

Vinay Chander

An Indian wedding is usually a noisy chaotic affair—from start to finish. The bride and groom have the least fun and have very little to say on that day, but for the rest of the crowd it is a great opportunity for revelry, feasting, meeting, exchanging family gossip etc.

Everything in my wedding was arranged without much input from me, that includes the choice of the groom. At least that last choice proved good for me.

The wedding was to be an evening affair. The bridegroom arrived, with his entourage of 100 friends and relatives. He was riding a white mare. Both horse and groom were decked with flowers and jewels. They both looked uncomfortable and bewildered by all the noise and the attention they were receiving.

There was a colorfully dressed band of musicians playing loud music to announce the arrival of the groom’s party. The musical instruments were mostly trumpets and some drums and they all seemed out of tune and in absolute disharmony. When they arrived at the entrance of our home they stopped playing,

and the bride’s musicians blared out an equally unsynchronized cacophony to greet them.

The bridegroom was helped down from his horse and was greeted and welcomed with garlands of flowers from the bride’s family. Then he had to make his way through a maze of curious onlookers who had been waiting eagerly to appraise him and give thumbs up or down.

By the time he reached me, he looked exasperated; his turban with flowers looked like it was ready to topple down. He managed to place a garland around my neck and I placed one around his neck. In the meantime I stole a look at my handsome husband, and hoped he would look at me. All my friends were impressed by him and congratulated me for getting a good catch. Then he was whisked away for the wedding feast. The bridegroom’s party ate first and then our family and friends ate.

Around midnight, under a canopy of flowers in our garden, the priest sat ready to perform the religious ceremony. A fire was lit and my future husband and I sat across from the priest with the

sacred fire between us. Family and friends sat all around us. The priest chanted some hymns in Sanskrit (no one in the audience knew the meaning) giving us solemn advice on the duties to fulfill as a married couple. It was very boring and monotonous. Everybody was tired and hoped the ceremony won’t last too long. Fortunately, my dad had told the priest not to exceed a half an hour time limit because he wasn’t going to be paid more if it took longer.

The wedding ritual ended with me and my soon-to-be husband, Jack, going around the fire together seven times, and the priest chanting more advice. Then it all ended when everybody threw flower petals and rice and we were declared man and wife.

My new husband was tired and yawning and left with his entourage to rest for the night. They were all staying at a hotel. I was glad to see the end of this tiresome long ordeal, get into my pajamas and get ready to get some sleep. I knew that next day, I would have to get dressed again and leave my home and my family to go with my new husband to his home and family and to an unknown future.

Kimberly Leckie
CMA, CIPS, CLHMS

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Every Drop of Blood by Edward Achorn

Jerry Bernier — The Meadows Book Club May Preview

Every Drop of Blood: The Momentous Second Inauguration of Abraham Lincoln (Atlantic Monthly Press 2019) will be discussed at the May 12 meeting on Zoom by the Meadows Book Club, led by myself, **Jerry Bernier**. I have always enjoyed reading about Abraham Lincoln, and this historical non-fiction writing, more than others, relates how truly unpopular Lincoln was going into his second presidential term as the North was winning the Civil War, and our country so divided.

Achorn focuses on a 24-hour period before the president delivers his memorable second inauguration speech that included the words **“with malice toward none, with charity for all, with firmness in the right, as God gives us to see the right.”** He

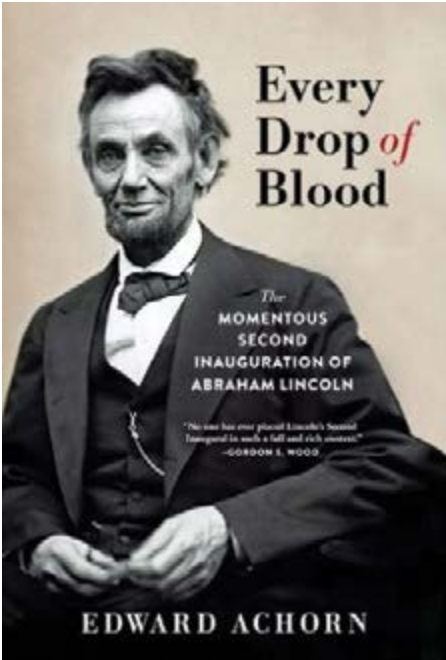
quotes Lincoln saying that he “expected the speech to wear as well as-- perhaps better than – anything I have ever produced” but added “I believe it is not immediately popular.” Quite an understatement. Lincoln had trouble placating his own party, much less his political opposition and certainly not the bitter white women of the South who felt their losses required retribution. Half of the nation questioned why he was talking about God and the evils of slavery, rather than what had to be done to right the nation. Today, that speech resonates still as a defining statement of the American Experience.

Edward Achorn, a Pulitzer finalist for Distinguished Commentary, iDeputy Editorial Page Editor of the Providence (RI) Journal,

has won numerous journalism awards. More famously known for his writings on baseball – novels *The Summer of Beer and Whiskey*, *How Brewers, Barkeepers, Rowdies, Immigrants and Wild Pennant Fight Made Baseball America’s Game* (2013) and *Fifty-Nine in ‘84: Old Hoss Radburn, Backhanded Baseball and the Greatest Season A Pitcher Ever Had* (2010) -- this account of President Lincoln’s second inaugural speech is his first serious political historical writing. But he is well-known for his tenacity as a journalist in calling for action against government corruption in Rhode Island.

Please join us on Wednesday, May 12 at 2 pm when we discuss this book via the MCA’s Zoom platform.

In the meantime, please keep on reading.



The Vanishing Half

Jerry Bernier — The Meadows Book Club June Preview



“The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age 16, it's not just the shape of their daily lives that is different as adults, it's everything: their families, their communities, their racial identities. Many years later, one sister lives with her black daughter in the same southern town she once tried to escape. The other secretly passes for white, and her white husband knows nothing of her past. Still, even separated by so many miles and just as many lies, the fates of the twins remain intertwined. What will happen

to the next generation, when their own daughters' storylines intersect?

Weaving together multiple strands and generations of this family, from the Deep South, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing. Looking well beyond issues of race, *The Vanishing Half* considers the lasting influence of the past as it shapes a person's decisions, desires, and expectations, and explores some

of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins.

As with her *New York Times*-bestselling debut *The Mothers*, Brit Bennett offers an engrossing page-turner about family and relationships that is immersive and provocative, compassionate and wise.”

The Meadows Book Club will be discussing *The Vanishing Half* (Riverhead Books © 2020) on Wednesday, June 9 at 2 pm via Zoom. Please join us!

The Meadows Book Club

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

Coordinator	Jerry Bernier	941-554-8574	GBernier36@aol.com
Administration	Joanne Simons	703-798-7330	SimonsJC1@gmail.com
March Luncheon	Caryl Magnus	941-378-5055	CarylMagnus2462@verizon.net

Date	Book Title	Author	Discussion Leader
5/12/21	Every Drop of Blood	Edward Achorn	Jerry Bernier
6/9/21	The Vanishing Half	Brit Bennett	No Leader
7/14/21	The Midnight Library	Matt Haig	No Leader
8/11/21	Anxious People	Fredrik Backman	No Leader

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PROPERTY MANAGEMENT EVALUATION

www.srq-properties.com

941-201-1190



MEADOWWORD DEADLINES

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

The deadline for the July issue is Monday, June 7.

The Meadowword is not published in June.

Services & Classifieds continued...

HOME WATCH Welcome Home Concierge941-915-1248 The Home Watch Experts cjessup316@yahoo.com	TECH SUPPORT/HELP <i>(continued)</i> Pegatronics Computer Instruction & Repair ..941-735-3362 pegatronics@hotmail.com www.pegatronics.com
HOUSEKEEPING Susana's Cleaning Servies.....941-536-6152	TRADE SKILLS Gutter Cleaning by Mike941-377-2538
LANDSCAPING Victoria's Garden Landscaping941-350-2566	MDS Carpet and Tile Cleaning941-358-6355 mdscarpet@verizon.net mdscarpet.com
PETCARE Theresa's Pet Sitting 941-284-0076 tpuff.dragon@gmail.com	Phil's Painting941-400-1071 ptaklonis@aol.com
TECH SUPPORT/HELP David Stoltie-The Patient Trainer941-404-5585 dave@davidstoltie.com thepatienttrainer.com	Sarasota Pool Cleaning and Repair941-961-8643 service@sarasotapoolcleaningandrepair.com www.sarasotapoolcleaningandrepair.com

CLASSIFIEDS

Classified ads cost \$25 for up to 40 words. Classified copy must be submitted with payment on or before the first Monday of the month prior to publication.
If the first Monday falls on a holiday, ads are due the previous business day.

Please practice due diligence when hiring service providers.

FOR RENT

Fantastic updated 2/2 1st floor lakefront end unit in Weybridge-steps to pool. Best location and private. Seasonal rental 1/2022 on. For info call 610-764-1503 or email tkey2626@gmail.com

2 bedroom 2 baths end unit lovely golf course view. Adults only, no pets, non-smoker. Furnished. Months: May-December by month or longer, Owner 941-320-0502

Furnished Briarfield villa. 2B-2B with enclosed garage, lanai facing golf course. Board approval required. 732-966-4115

Wedgewood Lake: Beautifully decorated 2 bed/2 bath condo. Bright 2nd floor end unit. Well stocked kitchen. Master w/ king bed, walk-in-closet, walk-in-shower. 3 TV's, WIFI, screened lanai. Steps to pool. Available June-February. 1 month minimum. 920-980-8396

FOR RENT

Gorgeous, fully furnished, 2nd floor 2/2 condo in Ringwood Meadow. Annual or seasonal. No pets. No smoking. Private, garden-like view. Available now. Call or text Gina (262) 719-3467 or ghaenisch@wi.rr.com

FOR SALE

Wedgewood Lake, first floor on quiet street at end of complex near walking trail. 2BR/2B, wood floors and new appliances. AC under 5 yrs.and water heater under 3 yrs. \$180,000. For appointment call (941) 928-7333 or (941) 914-1084.

WANTED

Wanted to buy, indoor exercise bike
Bob Richardson 941-780-0881

Home to rent in the Meadows. Senior couple with no pets seeks annual unfurnished rental home w/ 3 bedrooms, 2 bath, and garage. Start date is flexible. Contact: 941-504-8645

WANTED: 2 br home or condo to rent for 1, 2 or 3 months in early 2022. 2 adults, non smoking. Please call Jeri at 503-701-5823.

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Marilyn Maleckas, Secretary
Amy MacDougall
Tom Pound
Mark Pienkos
Paul Easley
Susan Gaynor

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THE MEADOWWORD

Community News Source of The Meadows Since 1983

Publisher, MCA: Frances Rippondi,
MCA General Manager

Editor/Creative Director: Tia Calomeris

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www.themeadowssarasota.org

Submission Guidelines

Articles and Monthly Columns

We welcome submissions from our Meadows residents for publication in *The Meadowword*. 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 Meadowword reflects a cost due to recent increases in postage, labor, and materials:

USA	\$2.00 per month
Canada	\$3.50 per month
Europe	\$6.25 per month





MAY CALENDAR

DATE	TIME	ACTIVITIES/EVENTS/MEETINGS
5/3	10:30 am 4:00 pm	Highland Park MOAS
5/5	9:00 am	Craft Club
5/6	10:30 am	COVID Second Shot
5/6	1:00 pm	Electronic Tutor
5/6	1:30 pm	Garden Club
5/7	9:00 am 12:00 pm 3:00 pm	Mother's Day Tea Harwood Bridge Group Pendhurst Park Board Meeting
5/11	1:00 pm	Carl Hatley- American Classics
5/12	9:00 am 2:00 pm	Craft Club Book Club
5/13	1:00 pm	Board Meeting
5/14	12:00 pm	Harwood Bridge Group
5/18	8:00 am 4:00 pm	OnSpot Dermatology Sandringham-May Board Meeting
5/19	9:00 am 2:30 pm 4:00 pm	Craft Club Bingo Assembly Meeting
5/20	10:00 am	Villas of Papillon
5/21	12:00 pm	Harwood Bridge Group
5/24	1:00 pm	Improv Show
5/25	9:00 am 2:00 pm	Free Audiology Clinic Heronmere
5/26	9:00 am	Craft Club
5/28	12:00 pm	Harwood Bridge Group

Dates and times are subject to change.



Live the Lifestyle—Play in Your Own Backyard