



Volume 2, Issue 2

A Newsletter Covering Life In The Lakes

#### February, 2024



## 2024 Annual Meeting Set For March 20



By Jack Parker, President

The Annual Members Meeting and Election of Dible to obtain it.

There are three (3) Board positions to be filled and by noon on February 9th, 2024, either by mail or ipate in a scheduled Q & A session. hand delivery to the Association office of your intent to run as a candidate for the Board of Directors. An "Intent To Run" form is included in the "First Notice of Annual Meeting" mailing for that purpose. When submitting your Intent to Run form, each candidate may also include an 8 1/2" x 11" Information Sheet that states your background and/or reasons you desire to run for the Board.

ebruary 14th

An Information Sheet from each declared candidate, rectors will soon be upon us. The "First Notice of An- a Ballot, a Proxy, Voting Instructions and an Agenda nual Meeting" letter has been sent out and you should for the Annual Meeting will be included with the have received it in the mail. This notice has all the in- "Second Notice of Annual Meeting." That "Second formation on it pertaining to the Annual Meeting and Notice" mailing will include Ballot Voting and Proxy election process. If you have not received this notifica- Return instructions. The second notice will be mailed tion, please contact Ingrid in the Association office at to all members no less than 14 days in advance of the Ingrid.sarmiento@fsresidential.com as soon as possi- meeting. The Ballot will list all declared candidates in alphabetical order.

A "Meet & Greet" event is scheduled for March the term of office for each position is for two (2) 6th, 2024, where candidates may participate and speak years. If you desire to run as a candidate for election to members about their qualifications and/or why they to the Board of Directors, you must give written notice wish to run for the 2024 Board of Directors and partic-

> Pursuant to the Lakes at Tradition Homeowners Association, Inc. Bylaws, the Association will hold its Annual Meeting for the purpose of electing members to the Board of Directors and any such other business as may lawfully be conducted. The Annual Meeting will be held on March 20th, 2024 at 7:00pm, in the Clubhouse of the Lakes at Tradition. Member sign-in will begin at 6:00pm.

#### The Lakes at Tradition HOA

Managed by: FirstService Residential

HOA onsite office located on the west side of the clubhouse Best time to visit for a vehicle decal: 11:00am to 3:00pm Email:Ingrid.sarmiento@fsresidential.com



Hours: Mon. thru Fri. 9:30am-4:30pm Phone: (772) 345-0690

Our website is: *Lathoa.org* 



# February - A Special Month

By Elise Ross

February is full of significant dates. It's American Heart Month. Lakes residents will be participating in the CPR Training class taking place in our Clubhouse on February 3rd. I learned last year that you may not feel a thing and still be experiencing a dysfunction within your cardiovascular system. If this happens and there is someone with you who knows CPR, they may be the one to save your life.

Since 1976, February has been designated as Black History month in recognition of the contributions black Americans have made to our country. It was chosen to coincide with the birthdays of Abraham Lincoln (2/12/1809) and Fredrick Douglass (thought to be on 2/14/1818).

Fortunately, Floridians don't need to pay much attention to Groundhog Day on February 2nd. It's always spring in our state. However, many of us will be paying attention to the football teams playing in the Super Bowl on February 11th. Unfortunately, neither John's team (Chicago Bears) nor mine (New England Patriots) are participating this year.

February highlights our hearts and the love we have for those who standby our sides through thick and thin - family & friends. John and I have no family close by and feel so very fortunate to have found many friends within The Lakes. Happy Galentine's Day (2/13), Valentine's Day (2/14) or Palentine's Day (2/15) to you all!

In 1879, the US made Washington's birthday (2/22/1732) a federal holiday. On June 28th, 1968, Congress passed the "Uniform Monday Holiday Act." The third Monday of February is designated as President's Day honoring all past U.S. presidents.

And, *this* February is extra special because it provides our neighbors born on February 29th a chance to *really* celebrate their birthday!





Editor: ...... Elise Ross
Layout and Design: ..... Thomas Klein
Staff Writers: Carolyn Hammer, Kim Stapf

### The Origin Of Valentine's Day

Valentine's Day is celebrated every year on February 14th. February has been known as the month of romance for centuries. But, why February 14th?

A popular belief has it that the celebration started in ancient Rome in the third century. Emperor Claudius II felt single men made better soldiers, serving more diligently. He, therefore, forbid young men from marrying. A Roman priest named Valentine dis-



agreed with the order, secretly performing marriages for young couples. He was eventually found out, imprisoned and then executed on February 14th.

The correlation between St. Valentine and love became popular in the Middle Ages when the idea of romantic love flourished in European literature. By the 14th century, poets began to link Valentine's Day with love and courtship.

### The Origin Of Galentine's Day

Yes, February 14th is widely known as a day of romance, candy, flowers and cards. But, for those without a partner, Cupid's holiday may be dreaded. But recently, unattached adults have been celebrating their friendships with what they call Galentine's Day (Feb. 13th) and Palentine's Day (Feb. 15th).

Galentine's Day got its start more than a decade ago on the sitcom, *Parks and Recreation*, when the main character, Leslie Knope, and her girlfriends celebrated that special bond between friends with cocktails and brunch at a diner. They coined it their "Galentine's Day," and it has stuck.

Since that time, Galentine's Day has increased in popularity and embraced a lot of fun activities. Your Galentine's Day events could include: a spa day, mani-pedis, dinner at a nice restaurant, or even a road trip. Large groups might enjoy a pot luck dinner, or wine and cheese followed by game night.

And, the single men haven't been forgotten! Palentine's Day (February 15th) can also be celebrated by single men happy to spend a day with the guys on a golf outing, or a poker game, or just watching a sporting event at a sports bar.

But, however you choose to celebrate, may you be surrounded by caring people, just enjoying life together.



Karen E. Osborne (Author)

Hailing from the Bronx, Karen E. Osborne met her husband, Bob, when she was 13 years old. The two married 7 years later, when Bob got his draft notice and enlisted in the Air Force. He left for Vietnam as a boy, "Bobby", but returned as Bob, a man with a world of experience, and new perspectives, while Karen had remained at home with her parents.

They moved to Kansas, so Bob could attend college. She soon found that they were only two of the six Black people who lived there, in a tiny town where integration had previously meant mixing the local German and Swedish populations.

Karen found work at a local newspaper as a typesetter and columnist. Her first column dealt with a subject she had pondered before: is respect earned or given? Didn't all people deserve respect simply for their humanity, and to be treated with respect unless

their behavior indicated otherwise? Her column generated lots of mail in response, on both sides of the question. She continued writing about human relations and getting along. After three years in Kansas, they returned to NY, Karen having gained some world experience, and new perspectives too.

They didn't return alone, as they now had 2 kids - a 3-year old boy and a 2-year old girl. After the birth of their son, the couple learned that 62K kids in foster care never get adopted, and decided that their second child would be one of the kids that needed a home. They were introduced to a malnourished little girl, whose past experiences might have broken her spirit, but her resilience shone through, and she became officially theirs.

Their lives moved them throughout NYS and CT in high powered positions - Bob in the Healthcare Administration field and Karen in Education, raising money. At Trinity College, she proudly held title of VP of Advancement, the first Black woman in the country to hold that title in a majority institution. After 18 years working for others, they started a consulting and training firm together.

Karen's ambition was always to write, and as she traveled the world teaching

fundraising and leadership skills, she was always writing - on planes, in hotel rooms and airport lounges. Today, she has 4 published novels: **Getting It Right, Tangled Lies, Reckonings and True Grace.** Bob and Karen bought in The Lakes 12 years ago, becoming permanent residents in 2016.



Come on out and join your friends & neighbors on Sunday, February 11th at 6:00pm at the 3rd annual Super Bowl Sunday Party being held in the Lakes Clubhouse. Be sure to BYOB and please bring a sharable snack.



Then meet & mingle with neighbors and cheer on your favorite team to a Super Bowl championship! The game will be on both TV screens in the Clubhouse.

Thought For The Day

"Opportunity is missed by many because it is dressed in overalls and looks like work." - *Thomas Edison* 

### Kim's Valentine Puzzle

By Kim Stapf

Find each word from the list below in the puzzle. They can share letters as they cross over each other and can go in any direction (up, down, forward, backward, diagonal up or down). Answer on page 8.

TYBBTRDKANSBEBR RERIMDAIEWORNVO LSC LWAAOM ΤP D V Т FPL0 OUGMM Ε U Т M C Ε EHTSABC Ε В HZMRIRY GHPYSDAH TKBRFE CPLSVF MDSWEE ТН Ε ART UUVALENT 1 ΝE WLOVENBOPSQXJGJ

Admirer Embrace Lovebird Courtship Love Enamored Heart Romance Cupid Smitten Sweetheart Valentine Page 4 The Lakes Life February, 2024

# Community Events

## Another 'Night At The Races' Is February 23



By Mollie Adams

Another 'Night At The Races' will be held on Friday, February 23rd at 7pm. It's always been a fun time for those attending.



A race track is set up, threedimensional "horses" are taken from their stable and placed at the starting gate. Participants select a horse as their own, hoping that their chosen "lucky" horse will win a given race.

Dice are then rolled to determine which of 6 horses will move one, two or three paces forward slowly advancing toward the finish line as the crowd cheers them on! There are 8 individual races held, so if you're disappointed yours didn't win the first, you'll still have 7 more chances that night to celebrate!

## Ethnic Night

By Cheryl Robinson

On Sunday afternoon, January 14th, friends gathered. Each of us different and yet, the same. Different colors, ages, ethnic backgrounds, different walks of life. From the Halls of Montezuma to across the shining sea, a table laden with manna from so many regions of our globe. For two hours friends socialized and feasted on delicacies from north to south, east to west; English, Asian, German, Jewish, Puerto Rican, Hungarian, Greek and so many more.

The only downfall was there were too many to even begin to try all. But, not to worry, take home boxes were provided! What a wonderful way to spend a Sunday afternoon. A huge shout-out to Circle of Friends (welcome to all) for the organizing, planning and set-up. A job well done for sure!

"A circle never runs out of space. Come and go, there'll be a place. A gap can close and open again, to be filled by you no matter when. There's always room for another one. Another person to share the fun" (partial clip from a poem by Gillian Craig).

# Taste of Little Italy Festival Coming To Tradition Square February 16, 17, 18

By Tom Kleir

The 17th annual Taste of Little Italy Festival is coming to Tradition Square again on Friday February 16th 4-10pm, Saturday February 17th 11am-10pm and Sunday February 18th from 11am till 8pm.

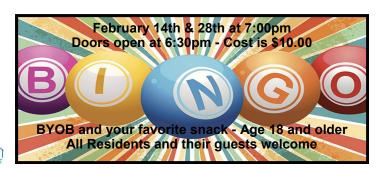
Embark on a cultural journey with authentic Italian food, live music, art & tradition and share in the passion of the Italian-American culture. A 3-day community Italian street festival, admission to this much anticipated annual Tradition Square event is free.



Lots of great live entertainment is featured throughout each day of the festival. All of your favorite festival rides and games will be here for your kiddos enjoyment; from popping balloons to shooting hoops, you're sure to find a favorite. For all you food lovers, there's the most authentic Italian cuisine. There's the Galbani Italian cooking demonstration. At the Aperal Spritz Piazza, you can play bocce or just enjoy their Aperal Spritz cocktail while listening to the live music.

The festival's live entertainment includes: Angelo Venute, Maria DeCrescento, Cynthia and DJ Anthony Mangini on Friday. Saturday will see The Rat Pack Now performing, Franco Corsi (the voice of romance), and Toni Quaranti performing his Sinatra Songbook. Sunday features Marc Turo with his Tribute To Tony Bennett closing out the festival.

For more information on all of the great live entertainment featured throughout each day of this 3-day Italian Festival, visit: *tasteoflittleitaly.net* and click on "entertainment."



# Sports Groups

**Mixed Casual Bocce** - play every Monday at 4:15pm. Beginners are welcome. Just show up at the Bocce courts behind the Clubhouse.

**Mixed Shuffleboard Group** - play every Friday at 4:00pm at the Shuffleboard courts behind Clubhouse. Contact: *shuffleboardlat@gmail.com* 

**Women's Bocce** - play every Tuesday at 4:00pm at the Bocce courts behind the Clubhouse. To join contact Lucille Wesnofske at: <a href="https://linear.ncbi.nlm.ncbi.

**Men's Bocce** - play every Wednesday at 3:00 pm at the Bocce courts behind the Clubhouse. To join contact Tom Kinirons at: tcksr@hotmail.com

#### **Lakes Pickleball Club**

By Carolyn Hammer

What sport is a mash up of badminton/tennis/pingpong, can be played by all ages, was invented in Bainbridge Island, Washington in 1965 and has doubled the number of players nationally over the last 5 years? The correct answer, of course, is Pickleball! The fastest growing sport is also growing in popularity right here in The Lakes. Our current Pickleball Club boasts 70 members, spanning ages 16 to 70+.



The LAT Pickleball Club was formed to provide the healthy enjoyment of an outdoor activity within our community. They supply paddles and balls, and connect members with an App that includes communication and event tracking within the group. They

also sponsor group clinics, led by a certified pickleball instructor that targets specific goals or skills. They hold 4-5 tournaments a year, arrange Open Play, Ladder group and Dinking times every week. The group also holds social gatherings like pizza or potluck celebrations.

The club is led by a volunteer board headed by Chris Donaghy. Working closely with our HOA board, members have offered their own sweat equity to improve the courts. They've recently been painted, seen new nets, new LED lighting, and new windscreens are now in the works. If you'd like to join, or learn more, please contact Chris at:

pickleballclublat@gmail.com



# Clubs & Glasses

**Dancercise** - meets every Monday & Tuesday morning in the main room of the Clubhouse at 10:00am.

**Bridge** - plays every Monday afternoon in the veranda room of the Clubhouse at 1:00pm.

**Book Club** - meets Monday, February 19th in the veranda room of the Clubhouse at 7:00pm. This month they will be discussing: *The Maid* by Nita Prose. To join them, please contact Lois Rosen at: loro781@aol.com

**Easy Stretch -** meets every Tuesday morning in the main room of the Clubhouse at 9:00am.

**Canasta** - plays every Tuesday in the main room of the Clubhouse at 12:00pm.

**Mah Jongg -** plays every Monday and Friday afternoon at 1:00pm in the main room of the Clubhouse.

**Mah Jongg** - plays every Thursday evening at 6:30pm in the main room of the Clubhouse.

**Euchre Club** - meets every Thursday afternoon in the main room of the Clubhouse at 1:00pm.

**Mexican Train -** plays every Wednesday afternoon in the Clubhouse veranda room at 1:00pm.

**Yoga** - meets every Wednesday afternoon in the main room of the Clubhouse at 1:00pm.

**Cribbage** - plays every Tuesday afternoon in the Clubhouse at 1:00pm.

**A CORRECTION** to the "Hiking in St. Lucie County" article in January's edition:

To register for a FREE St. Lucie County Hike, just google: "Saint Lucie County Guided Nature Programs."

#### Tradition Community Association

Managed by Castle Group



Hours: Monday-Friday 8:30am - 4:30p Office Phone: (772) 345-5101 Email: ashepherd@castlegroup.com



#### Tradition CDD

Managed by: SDSinc.

Office Phone: (772) 345-5119 Email: *jgallagher@sdsinc.org* 



### TRADITION EVENTS

Food Trucks and JT Tribute - Make your way to Tradition Square Friday, February 2nd, from 5 till 9pm for food trucks and live music. Bring your own chairs and be prepared to be captivated by "JT" - a Justin Timberlake Tribute Band. Don't miss out on this unforgettable evening.

**Blood Drive with Oneblood** - On February 5th in Tradition Square, sign up for an appointment to donate and save a life. To sign up go to *traditionfl.com* click on 'events', then click on 'blood drive' on February's calendar.

**Breakfast In The Square -** Join Tueste Coffee on Friday, February 9th and 23rd from 9am till 11am in Tradition Square and have breakfast with friends or just grab a cup before or after your morning walk.

Lakeside Stroll - A walk in remembrance of loved ones with memorial activities for adults and children, on Saturday, February 10th at the Tradition Gazebo from 8am. This event includes a "grab and go" breakfast. Proceeds benefit Treasure Coast Hospice Grief Support.



17th Annual Taste of Little Italy Festival - Friday, Saturday and Sunday, February 16th, 17th and 18th. Free admission. Please see article on page 4 for detailed information on this three day annual festival held at Tradition Square.

**Sunday Sunset Concert Series -** On Sunday, February 25th from 5pm till 7pm, bring your blankets, chair and snacks to the Tradition Gazebo for a relaxing evening in nature. Enjoy a monthly celebration of live music and breathtaking sunsets. Admission is free.

Paint & Sip w/Florida Art Escape - On Monday, February 26th from 5:45 till 8:30pm in Tradition Town Hall. All paint & supplies will be provided along with step-by-step instructions to paint a 12 x 16 sketched canvas. BYOB and snacks. Cost is \$35 per person. Advanced reservation is required at:

floridaartescape.com

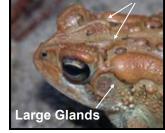
## **Keeping Your Pet Safe From Bufo Toads**

By Tom Klein

New residents to Florida who own dogs need to know that the invasive Florida Cane Toad (also known as Bufo Toad) is poisonous. So poisonous that one lick to this toad's back by your curious dog, while being walked, could kill him/her.

Bufo toads range in size from 6-9" long, but can be confused with the native Southern frogs (which are *not* poisonous), that grows to only 3-4" long. The main way to tell the difference between them is the native Southern frogs will have crests and large glands on top of their head, while the Bufo toad exhibits a smooth top to its head.





Crests on Head

Bufo Toad

Southern Frog

The best advice, when walking your dog, is keep him on a short leash (do not allow him to wander), keep an eye out for frogs and, as a precaution, do not allow him to get close to *any* type of frog. Avoid walking your pet in the early morning or late evening hours, when it is somewhat dark outside. You may not notice a frog sitting still at the edge of the sidewalk.

In general, it can take from 15-60 minutes for a dog to show symptoms after licking the frog depending on the size of the dog. You may notice your dog wiping their lips with their paws after a walk. Their mouth will be hurting and gums may show as bright red. As the poison spreads, they may exhibit foaming at the mouth, vomiting, seizures or ataxia (acting wobbly or imbalanced).

What should you do if you think your dog has made contact with a Bufo toad? Wipe out the inside of their mouth with a soaking wet cloth as well as the outside of their lips. Be thorough. Call your Vet and bring your dog in for an exam as quickly as possible. And know that the first 12-24 hours are critical to your pet's health.

### Need A Ride? You're Covered!

By Carolyn Hammer

23rd in our Clubhouse held by the St. Lucie County presentation.

St. Lucie County Transit (Area Regional Transit or 1778. ART) is a complex system of different transit opportunities, all of them fare free in SLC, thanks to grants da Department of Transportation.

Fixed route bus service is comprised of 8 different bus routes, with 198 stops. They operate M-F from 6am to 8pm, and Saturday 8am to 4pm. They cover

the territory from the northern Intergenerational Facility on Oslo Road in Ft. Pierce to the southern stop at the Treasure Coast Mall.

ART on Demand is a Microtransit service, providing curb to curb, on demand service to riders 12 years and older (but not for rides to school), similar to Uber or Lyft, but fare free.

Terminal. Rides can be booked in advance in the App or by calling (772) 462-1778. All ART vans are ADA accessible.

Paratransit provides door to door service any- more info on their services, visit: greyhound.com

where in SLC to seniors and also to individuals with disabilities, who are unable to utilize the fixed route buses. Riders must first contact the Eligibility Special-If you weren't able to attend the seminar on January ist, fill out an application and provide medical documentation to qualify for this service. Seniors over age Regional Transit Authority, below is a recap of their 67 don't need a medical qualification. Once approved, riders can schedule their rides at least 24 hours (and as mush as 14 days) in advance by calling: (772) 462-

Advantage Ride is a regional program providing from the Federal Transit Administration and the Flori- transportation for individuals with intellectual or developmental disabilities, to access job opportunities, day programs, job training, educational programs and other activities. Service is provided to St. Lucie, Martin, Indian River and Okeechobee Counties.

> Lastly, Direct Connect is a program designed to fill in the gaps when regular transit is not available. Nights and weekends are covered for those needing to travel to work, educational opportunities and nonemergency medical treatments, such as dialysis. Riders must qualify in advance.

The new Park-N-Ride center on Gatlin in PSL can Simply download the free ART on Demand app to be accessed through ART on Demand or by private schedule a ride within your zone. There are two zones: transportation. Winter of 2024 promises to see a PSL the South Zone (our local zone), which runs from Express service between the Park-N-Ride and West north of Gatlin into Tradition over to Tesoro. The Palm Beach at Clematis Street, where riders could Northern Zone runs from north of Gatlin to Midway pick up Brightline, Tri-Rail or Palm Tran. This highly Road. Riders can travel between zones by connecting anticipated service will provide commuter service beat one of three transfer points: the PSL Intermodal Fa- tween PSL and West Palm. Although not fare free, cility, the Bayshore Park & Ride, or the Jobs Express fares are expected to be as low as \$3.00.

> Greyhound Bus also has stops at the Park-N-Ride on Gatlin. Riders can take a Greyhound to West Palm Beach at Tamarind Ave. (north of Kravis Center). For

#### **Happy Leap Year!**

By Carolyn Hammer

As you know, Leap Years happen because it actually takes the earth 365.24 days to orbit the sun, giving • us an extra day in February every four years. But, since .24 days multiplied by 4 only equals .96% of a • day, further adjustments to the calendar are needed. That is why Leap Years only happen on century years that are divisible by 400. Which is why 1600 and 2000 were leap years, but 1700, 1800 & 1900 weren't.

Here's some Leap Year facts you might not know:

Julius Caesar first introduced leap year in 46BC.

- Leap Day babies are called "Leaplings."
- There's an "International Club For Leaplings" which has about 10,000 members worldwide.
- The Olympics are held every 4 years on Leap Years.
- The concept of women proposing to men on Leap Day is rooted in 5th century Ireland.
- Some cultures consider Leap Years unlucky, discouraging marriage that year.

Finally, a typical year holds 525,600 minutes and a Leap Year has 527,040 minutes. How do you plan to use your additional 1,440 minutes this year?

## OUT Favorite Recipes Marty Maguire's Basic Potato Salad

4 cups cooked diced potatoes (about 3 lbs.)

1/4 cup diced green pepper

1/4 cup diced red pepper

1/4 cup chopped onion

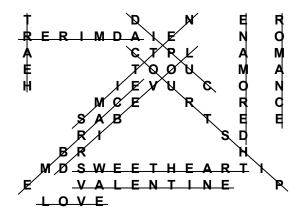
1/2 cup mayonnaise

Salt and pepper to taste

Combine green and red peppers plus onion with mayonnaise and chill for several hours. Cook potatoes and let cool so they hold their shape. When ingredients are chilled/cooled combine in a large bowl adding salt and pepper to taste. Add more mayo for a creamier dish if you like. Chill to allow flavors to combine.

Optional: Add chopped cooked eggs, celery, sweet green relish, olives, chopped ham, etc. Almost anything can make this a tasty dish to compliment any meal.

#### **Answer To Kim's Valentine Puzzle**



Admirer Embrace Lovebird Courtship Enamored Heart Romance Cupid Smitten Sweetheart Valentine Love

