



Volume 2, Issue 3

A Newsletter Covering Life In The Lakes





Top 'O The Mornin' To Ya

By Elise Ross

I love walking at sunrise during which time my walking buddy, Lucille, and I "solve all the world's problems." However, on days when she is not available I enjoy listening to podcasts.

Right now my favorite is Julia Louis-Dreyfus' series "Wiser Than Me." She interviews women such as myself who are in our Third Act. Each woman shares personal and professional experiences that I find inspiring and life affirming like "being young is hard."

However, my absolute favorite listen to date has been Ruth Reichi, former food critic for Gourmet magazine. To quote Ruth, "It's really important to have new experiences; it's what keeps you young. If you spend your life doing things you already know how to do, you get old fast."

Another favorite is "Mobituaries" with Mo Rocca of CBS' Sunday Morning show who celebrates dearly departed people. It's been interesting to learn about Fanny Brice: Death of the Original Funny Girl, and Laura Brannigan: Death of a Singer, Life of a Song (Gloria).

The Lakes Life continues to receive favorable comments from residents. Please send your suggestions for potential articles to:

newseditorlathoa@gmail.com









Meet & Greet Is March 6th

Election time is here...The Association will hold its annual Members Meeting for the purpose of electing members to the Board of Directors on March 20th, 2024 at 7:00pm at the Lakes at Tradition Clubhouse. Member sign-in will begin at 6:00pm.

The 2nd Notice of Annual Meeting was mailed to each homeowner during the 3rd week of February. Included were: Meeting Agenda, Limited Proxy, Information Sheet on each candidate, Ballot, Ballot Secrecy Envelope, Ballot Return Envelope, Mailing Envelope and Voting Instructions.

There are 3 Board positions to be filled serving a 2 year term. The following Association members (listed in alphabetical order by last name) have placed their names in nomination for election or reelection to the 2024 Board of Directors: Stanton Briggs, Thomas Epsky, Marjorie Forrest, and Kenneth Perlman.

A "Meet and Greet" event is scheduled for Wednesday March 6th, 2024 at 7:00pm at the Clubhouse where you can meet the candidates as they introduce themselves and participate in a scheduled Question and Answer session. All homeowners are invited to attend this event.

Electing Board members is critically important, and I urge you to participate in the HOA election by voting. Your home is likely the most significant investment you have made, and your choice to live in The Lakes at Tradition is one of the most significant decisions in your life.

Page 2 The Lakes Life March, 2024



Kevin Navarro (Maintenance)

Our management company, First Service Residential (FSR) held their annual Employee Awards Ceremony and Luncheon on February 8th in the Clubhouse. There were 120 employees in attendance representing communities all along the Treasure Coast. FSR is the 10th largest employer in Florida and has had 4,000 new hires and 470 promotions in the southern region over the last year.

At the ceremony, The Lakes at Tradition was nominated for Aim High Community of the Year, our Property Manager Ingrid Sarmiento was nominated for CAM of the Year, and our own Kevin Navarro-Barrios was honored with a plaque commemorating his 10-years of dedicated service to our community.

Kevin started with FSR in 2014, doing part-time janitorial work for our community, soon was made



full-time, and since has risen to Maintenance Supervisor. His duties include cleaning, maintaining equipment, interacting with vendors and completing inspections within the community. His favorite part is setting things up for events, making sure eve-

rything runs well. He particularly enjoys his interactions with friendly residents, and I'm sure his least favorite task has got to be cleaning the dog poop stations!

During emergency conditions like an impending hurricane, Kevin works to secure all the outdoor furniture, umbrellas, pool equipment, secure light fixtures, remove tennis/pickleball windscreens, remove arms on the guard gate & secure open the back gate.

Kevin grew up in Canovanas, Puerto Rico, moving here to PSL in 2013. He lives with his wife and two boys, ages 10 and 14. His weekends usually include family friendly activities that he and his wife can enjoy with the boys. In his spare time, Kevin enjoys tinkering with cars. He wants you to know he considers himself a neutral type guy & will always do his best for you and our community.



Tradition CDD

Managed by: SDSinc.

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

Our Favorite Recipes

Marilyn Findley's Crock Pot Mac 'n Cheese

3 cups uncooked elbow macaroni

1 can (10.5 oz.) Cream of Chicken soup (Campbells)

3 cups shredded block cheddar cheese (approx. 12 oz)

1 cup shredded gruyere cheese (approx. 4 oz. - available at the deli counter)

1/2 cup mayonnaise

1/2 cup sour cream

1 tsp. onion powder

1/2 tsp. garlic powder

1/2 tsp. dry mustard

1/2 tsp. pepper

Boil macaroni al dente (1 or 2 minutes less than directed to keep from getting mushy). Drain, rinse and set aside.

Combine all other ingredients in a 4 quart crockpot. The "unusual" ingredients keep dish from curdling or getting lumpy. (You can prepare in advance, then add macaroni when ready to cook). Add macaroni and stir. Cook on high for two hours (or low 3 hours). Stir occasionally.

NOTE: Can also be prepared in the oven. Bake at 350 degrees for 30 minutes.

New Bocce Chairs

Replacement chairs at the Bocce and Shuffleboard courts have a new updated design recommended to the Board by Gene Wesnofske of the Facilities Committee. The leg design of this chair is more resistant to sinking into the ground when used on the grassy areas around the courts.



As they begin to wear out and are gradually replaced, the aluminum chairs currently in use at the pool, tennis & pickleball areas will also be replaced with this new, more updated design.





Editor: Elise Ross
Layout and Design: Thomas Klein

Staff Writers: Carolyn Hammer, Kim Stapf



Bill Borock grew up in Brooklyn, NY, as an identical twin, and played all kinds of sports and street games as a kid. He earned a Business degree at NYU, and later, a Master's Degree in Social Work at Columbia. He joined the army reserves, serving as a medic. Bill decided he wanted to see the world before settling down, so between 1963 and 1967, he took 2 trips, each lasting about 2 years.

On the first trip, he ordered a motor scooter, went to Italy on a Yugoslavian freighter to pick it up, then motored from Greece to Scandinavia and throughout Israel. The second trip began at a commune in Belize, and moved through Mexico, California, and on to Japan. From Japan, he traveled through Thailand, Laos, Cambodia, India, Sri Lanka, Afghanistan, Pakistan, Nepal and Iran.

Wherever Bill went, Bill had many adventures. He taught English in Thailand and Iran, worked as a day laborer to finance his travels, and lived in a kibbutz in Israel for several months during each of the trips. He met up with his twin, Morris, in India, and together they traveled around in a VW Beetle bug.

There were hard lessons, too. A money exchanger in Italy fleeced Bill of his money, an accident at a youth hostel in Ireland resulted in partial blindness in one eye, and he was hospitalized in Thailand with a

tropical fever.

Bill returned home and worked for the NY Dept. of Social Services, rising from Caseworker to Assistant Deputy Administrator for Community Affairs. He met his wife, Margaret, in Woodstock, NY and they married in 1976. They lived in a 2500 sq. ft. loft in the Chelsea neighborhood of Manhattan for 35 years.

Bill's greatest accomplishments came from the work that he did in his community. For more than 40

> years, he dedicated himself to groups like Save Chelsea, preserving historic buildings, and headed up the Council of Chelsea Block Associations, which increased the quality of life, and protected the rights of tenants. He continues to be active in the Penn Station Coalition, whose goal is to make NY's Penn Station a world class station.

Bill retired in 2002, but continued volunteering. As a reverse snowbird, he spent summers in Florida, and the rest of the year in NY. When Covid hit, he moved here year round, continuing his volunteer positions virtually. He garnered recognition and received 2 awards for his community work. He remains President emeritus for the Council of Chelsea, and is still a board member of the other two groups.

Despite living in Florida, Bill will always consider himself a New Yorker. He enjoys social activities, getting to know his neighbors, and just having fun. Bill enjoys situational humor, and chances are if you've met Bill, he has made you laugh.

Our CDD Wants You

By Isie Steinberg

The town of Tradition is governed by a Community Development District. A CDD is an independent, special taxing district which is authorized by Chapter 190 of the Florida Statutes to plan, finance, construct, operate and maintain public infrastructure in planned developments. It is an alternative to municipal incorporation for managing and financing the infrastructure required to support development of a community. Meetings are held the first Wednesday of the month at Lakes at Tradition (along with Bedford Park) is in-11am in Tradition's Town Hall.

The CDD levies an assessment against Tradition property each year that represents a pro-rata share of the cost of the public infrastructure that's financed, such as: the roadways, storm water management systems, wetland management & mitigation, water &

wastewater utilities, public parking facilities, parks & recreation, amenities, landscaping, entry features, public facilities and the cost of their ongoing administration & maintenance. That assessment is included as part of your real estate tax bill.

Tradition is divided into ten Districts, each governed by a five-member Board of Supervisors elected by landowners within that District. The Board of Supervisors appoint a district manager and management company to manage the affairs of each District. The cluded as part of District 3.

We currently have two vacancies on the Board of District 3 and are looking to fill those vacancies. If you have any interest in serving on our Board, please e -mail your expression of interest, along with your resume to Isie Steinberg at: impoc2@gmail.com

Community Events

St. Patrick's Dinner & Dance Party By Moli

By Mollie Adams



Serving home cooked corned beef and cabbage, the St. Patrick's Dinner & Dance Party is scheduled for Friday, March 15th from 6pm till? Music and dancing will be with "DJ Bob."



Cost is only \$15 per person. Iced tea, soda and water will be served.

For tickets, deposit your check in the Social Committee box in the Mail Room of the Club-

house with names and contact number. You can also text: (201) 805-6153 or (603) 325-0758. Please make your reservations by **March 2nd.**

Your Community Needs You

By Greg Snider



Your Facilities Committee was very busy over the past year working to complete many projects that improved our community. However, our work is not done and we need additional members to help.

If you are interested in becoming a member of the Facilities Committee, please contact Ingrid, our Property Manager. Provide her with your contact information and reasons why you'd like to join. Our committee handles "anything that does not grow" in our community.

Upcoming projects include implementation of house painting, court surface repair and painting, street crosswalk painting and lane marking, review of existing contracts with suppliers, etc. Looking forward to hearing from you!

Crazy M J Returns

By Elise Ross

Attention all Mah Jongg players! Be sure to save the date for another Mah Jongg party being planned on April 28th in the Lakes Clubhouse. Look for more information in the next issue of *The Lakes Life*.

IRSC Performing Arts 2024 Season

By Marge Forrest

The McAlpin Fine Arts Center in Fort Pierce brings Treasure Coast residents outstanding live theatre performed by IRSC (Indian River State College) students. IRSC continues to offer some of the most exciting and affordable live entertainment along the Treasure Coast.

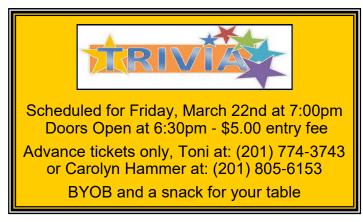
March 21st-24th, 2024 brings the play "Sweet Charity," a classic Neil Simon comedy about the energy, humor and heartbreak of life in the big city.

The "Bard On Broadway" is being presented May 30th & 31st and June 1st & 2nd, 2024. Enjoy song and dance from Broadway musicals such as: "West Side Story," "The Lion King" and "Kiss Me Kate."



Tickets for each of these plays cost only \$20. The McAlpin Theatre is located in the Indian River State College's Massey Campus at 3209 Virginia Ave. in Fort Pierce.

For tickets, more information or directions, phone the box office at: (772) 462-4750.





Sports Groups

Pickleball Club - open play: Mon, Wed, Fri, Sat 9am til 12pm. - Tue, Thur, Sun 6pm till 8pm. To join, contact: *pickleballclublat@gmail.com*

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 4pm at the Shuffleboard courts behind Clubhouse. To join, contact: *shuffleboardlat@gmail.com*

Women's Bocce - play every Tuesday at 4pm at the Bocce courts behind the Clubhouse. To join, contact Lucille Wesnofske at: lwesnofske@yahoo.com

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

Dink Your Heart Out By Ellen Leyden

The Lakes Pickleball Club celebrated the Valentines spirit with a fun and friendly Pickleball Dinking Meet on Saturday, February 10th. Players of all ages and abilities were randomly matched to play a series of 10 minute "dinking" games. In pickleball, dinking usually means playing by the line closest to the net and trying to strategize to draw your opponents out of position.

New players and veterans alike enjoyed the festivities, competing for the coveted box of chocolates. Residents, friends and family members gathered to play, cheer and enjoy.



Photo by Kathy Sebade

Clubs & Glasses

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

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

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

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

Mah Jongg - plays every Monday and Friday afternoon at 1pm 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 1pm.

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

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

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

The next meeting of the Lakes Book Club is March 18th at 7pm in the Clubhouse.

This month they will be discussing:

"Night Passage" by Robert Parker

If you'd like to join them, contact: Lois Rosen at Ioro781@aol.com



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

What You Never Knew **About Orchids**

By Marjorie Flory

There are more orchids worldwide than any other kind of plant with over 28,000 species. They grow on all continents except Antarctica. Over 4,000 orchid species grow in North America with over 200 in the United States. We have over 106 species in Florida with 58 of them endangered. It is illegal to collect orchids in the wild.

One of the rarest orchids is the elusive endangered Ghost Orchid which grows in Florida, Cuba and the Bahamas. The Ghost Orchid is the subject of the book "The Orchid Thief" by Susan Orleans. It is a true story about orchid poaching in south Florida's Fakahatchee Strand Preserve State Park. It's a good read -- borrow it from the library.

The world's most popular aroma and flavor comes from the fruit of three major species of Vanilla orchids. These fruits are called "Vanilla Beans" but are not true beans. Two thirds of the world's supply of vanilla is produced in Madagascar and Indonesia. The West Indies, Mexico, Central and South America also produce vanilla. There are three species of Vanilla in the United States and they are only found in Florida. were gifted, visit: www.aos.org

Florida does not produce vanilla.

I like to hike in our county preserves where I often see orchids. Most of them are epiphytes growing on trees, especially Oaks. They are high up in the branches on which they are anchored by their roots absorbing moisture and nutrients from the atmosphere. They are not parasites. I also see terrestrial orchids growing on the ground. Orchids can also grow on rocks and there is an Australian orchid which lives and flowers underground!

> Have you been lucky enough to have been gifted an orchid and enjoyed the beautiful bloom but found too soon the flowers withered and you were left with only the green leaves? The reason -- commercial growers have been cultivating orchids with over 100,000 artificial hybrids produced. Your gift was one of those hybrid orchids!

Ghost Orchid Some people have several orchids which seem to bloom all the time and some have orchids that never bloom again. How do you get the plant to bloom again? You can find out by attending one of the monthly meetings of the Port St. Lucie Orchid Society held on the third Monday of each month at the PSL Botanical Gardens, 2410 SE Westmoreland Blvd. Or, to learn more about how to care for one you 1811

What's All The **Hoopla About?**

By Carolyn Hammer

If you're looking for free audiobooks, e-books, movies, TV shows, music, popular magazines, comics and grahic novels, just download the free hoopla app, or set up an account at:

hoopladigital.com This app is available for free to all who hold a St. Lucie County Library card. Library cards are free and are offered at any of the 7 branch libraries in our county.

Each hoopla account holder can borrow up to 10 items per month. There are no wait lists as all titles are available immediately, all of the time. Movies and TV shows can be checked out for 72 hours at a time, e-books, audiobooks, comics and graphic novels for



21 days, and music for 7 days. All titles automatically return at the end of their check-out period.

Movies and TV shows can be viewed via IOS, Android, Roku, Amazon Fire TV, Apple TV, Chromecast and the web. They will play on your TV, computer, phone, tablet and even your car! Before you try to sign-in with your smart TV, be sure to create a hoopla account on your computer and your TV will then direct you to complete your sign-

Kid friendly media is available, and you can turn that mode on or off as needed. This protective mode will only allow movies that are G or PG rated. Parents/Guardians can decide if a given title is appropriate for their child.



"Whether you think you can, or think you can't; you're right." - Henry Ford



Food Trucks and Tributes - Live Concerts and Food Trucks come together at Tradition Square! On

Friday March 1st from 5-9pm, get ready to groove with "Motowners," the Ultimate Motown Tribute Band as they take to the stage and transport you to that golden era of music. This will be an unforgettable evening!



Music Bingo - It's baack!! Monday, March 4th from 6pm to 8pm in Tradition's Town Hall. Get ready to tap your feet and test your song knowledge at the much awaited return of Music Bingo hosted by Great Big Trivia. This will be an evening filled with rhythm, fun and laughter. Admission is **free** and refreshments will be available for purchase.

Breakfast In The Square - Join Tueste Coffee Friday, March 8th and 22nd from 9am till 11am in Tradition Square and have breakfast with friends or just grab a cup before or after your morning walk.

Blood Drive with OneBlood - On Monday, March 18th in Tradition Square, sign up for an appointment to donate blood and save a life. Please visit: *oneblood.org/donate-now* and use sponsor code **65952.** All donors will receive a \$20 eGift card.

Bunny Brunch - On Saturday, March 23rd, in Tradition's Town Hall at 10am, indulge in a brunch buffet while visiting with the Easter Bunny. Adults \$20, children \$15. For tickets visit: *eventbrite.com*

Paint & Sip w/Florida Art Escape - On Monday, March 29th from 5:45 till 8pm 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.

Reservation is required at: *floridaartescape.com*

Tradition's Spring Festival - is happening Saturday, March 30th in Tradition Square. Log onto Tradition's website at: *www.traditionfl.com* then click on "EVENTS" for updated information on this event.

Sunday Sunset Concert Series - Bring your chairs and snacks on down to the Tradition Gazebo 5-7pm on Sunday, March 31st. Listen to the live music of the Latin Duo "ESXAVIER" while experiencing the beautiful sunset.

Birds of The Lakes

Anhinga

By Tom Klein

The Anhinga, another water bird often seen around our lakes, is a year round resident of Florida. You've probably seen one at water's edge basking in the sun while fully spreading its wings.

The word Anhinga comes from the Tupi Indians of Brazil meaning "snake bird." The origin of that name is apparent when you see one swimming, as only its neck appears above the water.



They will dive more than 60 feet into the water and can stay under for up to a full minute spearing mostly fish with their sharp bill. Their short webbed feet help them to swim while under the water. While hunting for fish, they themselves are seen as prey to alligators.



When wet, they have difficulty flying due to having no oil waterproofing on their wings (like ducks have). You'll often see them at water's edge spread-winged drying themselves, but they also have an unusually high

rate of body-heat loss due to that lack of oil waterproofing. That spread-wing posture you see allows them to also absorb solar energy to offset and supplement that heat loss.

Although protected by Federal law from being killed, sold, bartered or transported, there is an exemption from that law for American Indian tribes that use Anhinga feathers for religious purposes.



CPR Training Class Held February 3rd

By Cheryl Lally

It's been said that knowledge is power. A BIG thank you to our HOA Board for approving a CPR Training Class at the Lakes Clubhouse on February 3rd. Elise Ross organized the training which provided 29 LAT residents with the knowledge to detect signs of heart attack, cardiac arrest and stroke as well as CPR and AED operation from Finish Strong CPR & Medical Training.

Emergency Care Assessment Steps and CPR were discussed and demonstrated. Everyone had an opportunity to perform CPR on a mannequin under instructors Cori and Bari's supervision. It was very interesting to hear about how the procedures have been updated.



Cori also demonstrated how to use an Automated External Defibrillator (AED). The residents worked in teams to familiarize themselves with the AED. We are fortunate to have a high quality AED located in our Fitness Center.



The class was also brought up to date on the abdominal thrust technique used for choking emergencies. This was a gratifying two hours and we left knowing we had learned life saving skills.

Thank you to our instructors, Dr. Cori Russell and Bari Kopp. The course closed with Cori commenting how impressed she was with our team work! The Lakes is a great place to live!

Lakes at Tradition Financial Accounts Info

Rene & Associates, PA, CPA 550 Heritage Drive, Suite 180 Jupiter, FL 33458

(561) 626-8876

THE TRADITION

Email: lathoafee@gmail.com www.renecpa.com Unscramble the letter to make a word (each word relates to St. Patty's Day). The small numbers underneath represent the important letter in each word that together make the solution to the scramble located at the bottom. Answer is on page 9.

SPTAIRCTK
LUCREAEPHN
\square
11 4 INAERLD
IMAERLU
8 3
CBAAGBE
9 9
ELMAERD
7 10 12 SMAROCHK S
7 10 12
SMAROCHK
FOLFRUAELOCEVR
2 14
RNIBAOW
13 6
BIAPEGPS
15 16
DNANOBYY
5
1 2 3 4 5 6 7 8 9
10 11 12 13 14 15 16 17

Tradition Community Association Managed by Castle Group



Hours: Monday-Friday 8:30am - 4:30p

Office Phone: (772) 345-5101 Email: ashepherd@castlegroup.com **Answer To Kim's Word Scramble:**

Т	0	D	Α	Υ		W	E'	R	Ε		Α	L	L		I	R	I	S	ŀ
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Celebrating St. Patrick's Day

Celebrating St. Patrick's Day has become so popular in America that it's often said we're *all* Irish on St. Patrick's Day. It is celebrated on March 17th to honor the Patron Saint of Ireland, Saint Patrick. Saint Patrick was brought into Christianity in the 4th century in England. As a bishop, he then traveled to Ireland in the year 432 to introduce the Irish population to Christianity building many monasteries, churches and schools to help spread its beliefs.

During the 18th century, many Irish emigrated to America bringing their Irish traditions and celebrations (including St. Patrick's Day) with them. Legend has it that St. Patrick rid Ireland of snakes (possibly referring to pagans and non-believers). It is also said that in his teaching he would use the three leafed shamrock to represent the Holy Trinity of Christianity (hence its use as a symbol of St. Patrick's Day).



