



Volume 2, Issue 4

A Newsletter Covering Life In The Lakes

April, 2024



2024 Board of Directors **Election Results**



By Jack Parker, President

Wednesday, March 20th at 7pm at the Lakes Club- and Claire Counos. house. This year there were 3 board of Director posi- Registration: Bill O'Donnell, Gene Wesnofske, Helnumber of votes each candidate received tells an im- Winnie Tompkins. portant story: it shows how critical each and every Ushers/Door Guides: Kevin Poignant and Mark homeowner's vote is in order to determine which can-McNall. didates serve on the Board.

to be considered for the Board. There were 328 ballots submitted and the results from the votes counted that ing. The Directors voted on who will serve as officers night were: in order of count for each candidate and of the Board with the results as follows: the 3 candidates (in **bold**) with most votes were elected for the 2024-2025 Board of Directors and are as follows:

> Kenneth Perlman votes = 236Stanton Briggs votes = 223Thomas Epsky votes = 151 Mariorie Forrest votes = 150

were part of this years election committee:

Election Committee: Chairman Tom Klein, Cheryl Lally, Elise Ross, Lu Parker, Suzanne Killeen, Toni Grassi, and Carolyn Snider.

The Annual Members Meeting was held on Observers: Ellen Leyden, Bernadette Grogan-Lavin

tions to be filled to serve a two (2)-year term. The en Jackman, Rob Potorski, Toni Cunningham and

The next step after the election was for the new There were 4 candidates who submitted their name Board to meet at its Organizational Meeting. The Organizational Meeting was held after the annual meet-

> President: Jack Parker 1st Vice President: Ken Perlman 2nd Vice President/Assistant Secretary: Thom Epsky Treasurer: Margaret Borock Secretary: Stan Briggs

I want to thank the outgoing members of last year's I want to thank the volunteer homeowners who Board, Marge Forrest and Akua Prout for their commitment and dedication for being on the board. Congratulations to our new Board members, and a big thank you to all the candidates who offered to make such a significant and time-consuming contribution to the community.





Ken Perlman, Thom Epsky, Stan Briggs, Ingrid Sarmiento, Margaret Borock, Jack Parker



Olive, Spirit, Happy & Meiko (The Fab Four!)

Friendly Olive, sporting a lush black coat with a streak of white down her neck and white paws, quick-

ly checks out the visitor. Spirit, a long haired orange tabby, slowly acknowledges the visitor & waits to be petted. Happy, a short haired orange tabby, and Meiko, a Siamese, have no interest whatsoever in meeting the visitor.



Stratton Dr. residents Jim (retired ER MD) and Andrea (retired ER RN/Physician Assistant and country shop owner) are their proud adoptive parents. These cats enjoy free rein of their parents Capri where they lounge on the lanai or take a snooze on or under their parents' bed in one of their furry pet beds and enjoy their 2pm treat from daddy. A lifelong cat lover, Andrea shares how as children she and her sister would

sneak the family's outdoor cats into bed with them. As an adult she has had up to 6 indoor cats at any one time and she knows just the right mix to keep humans and cats happy!

However, Jim and Andrea's hearts

are bigger than just the loving home they give to these four cats. Fifteen years ago they accepted a friend's invitation to an event during which they learned they could make a difference in the lives of many more cats each week. That's just what they've been doing on



Thursdays at Caring Fields Felines (CFF) in Palm City. Andrea & Jim are some of the volunteer feeders for approximately 150+ spayed and neutered cats at the facility.



These cats reside in 15 Themed Cottages decorated in accordance with the donor's request where they are free to roam entering and exiting their homes through cat doors to stroll their neighborhood. The kittens up for adoption after fostering, special needs cats and

seniors are housed in the main cattery. Leukemia or FIV cats also have special houses as well. Caring Fields is a no-kill, cage free rescue and adoption 501 (c)(3)organization where cats can be cats!

Jim and Andrea agree the mission of Caring Fields Felines touches their hearts & feeds their souls.



April Is National Volunteer Month

By Elise Ross

We come from all walks of life with varied experiences. Some are "experts" in a particular area; others simply want to be an active member of a community and, perhaps, learn something new. The neighbors listed later in this edition willingly contribute, however they can with the hope that their combined efforts positively impact the overall quality of life we share here in The Lakes. To all those neighbors not "formally" acknowledged but who have contributed to our community's success at some point in time - THANK YOU!

Many of our neighbors volunteer with nonprofits in greater St. Lucie County and beyond. Wherever their heart guides them they are helping "make the world" run in many, many different ways. Volun-

Volunteers don't necessarily have the time; they just have the heart.

teers load and unload my golf bag at The Saints Golf Course when I play. A volunteer greets John and me when we go for a blood draw at Cleveland Clinic's Tradition Lab. One rings up my purchase at a thrift store. THANK YOU!

I spent 25 years of my professional life working for an organization that was founded by volunteers and grew to employ approximately 330 employees and maintained a corps of 150 volunteers. The department I led depended upon the skills and talents of the volunteers assigned to it. They were unpaid partners in helping the department accomplish its goals.

I've found that some people might need an invitation to volunteer and in some instances even need to be taken by the hand. Consider inviting someone that you think could contribute their talents to your volunteer group's next meeting, activity your attending, or just to visit where *you* volunteer. When they see you and your fellow volunteers in action, hopefully they'll say "I'm on board!" A win, win for everyone! Volunteers do make a difference!





Editor: Elise Ross

Layout and Design: Thomas Klein

Staff Writers: Carolyn Hammer, Kim Stapf



Ingrid Sarmiento (Property Manager)

You may not know how International our Property Manager, Ingrid Sarmiento, is but she was born in Chili, grew up in Venezuela and is married to a Guatemalan! Ingrid lived in Miami for 35 years and moved to Port St. Lucie in 2013.

Ingrid went to work for First Service Residential (FSR) in 2014, and will celebrate 10 years of service with them this year. They started her as a Portfolio Manager for 13 small HOA communities on Hutchinson Island, which presented the challenge of having to learn and know the 13 different HOA Documents for each of those communities.



Here at The Lakes, as Property Manager, Ingrid handles a wide variety of duties daily. Some of her duties include being the front line for emergencies, problems, and questions from residents. She answers emails, processes applications for the ACC, handles Home Sales and Leases, and RFID applications, handling and depositing the checks for each,

and completing inspections as needed. She attends the following regular meetings: ACC, Facilities, Finance, Landscaping and the HOA Board Work Sessions and Meetings. She also keeps the records, proposals, contracts and payments for large projects, such as the recent Clubhouse renovation.

During times of impending hurricanes, she distributes the comprehensive guide compiled by SLC, PSL and FEMA. As the storm nears, Ingrid backs up all the office files, and makes sure that all records and equipment are protected in case of encroaching water.

Her favorite duties include new homeowner meetings, and her least favorite is the budget meetings, particularly if Association fees will be rising. In 2016, Ingrid was awarded Manager of The Year at the FSR annual meeting, and this year she was nominated for CAM of The Year.

Ingrid and her husband have 3 grown children. Her favorite way to spend her free time is with her two grandkids, ages 3 and 6. She loves to cook for her family, and especially enjoys recreating favorite restaurant meals. 1811

We Were All Certainly **Irish That Night**

By Carolyn Hammer

The St. Patrick's Day Irish Dinner on Friday, March 15th was a great craic! (Craic is Irish for fun or party, and is pronounced like "crack"). Our very own Bob Hopkins donned his chef's hat once again and prepared a delicious dinner of corned beef, cabbage, carrots and potatoes, with Irish soda bread rounding out the meal.

Bob slow cooked the food at the clubhouse, and was there from before dawn preparing the feast. The corned beef was tender and juicy, getting rave reviews from all.

Bob played double duty as DJ that night, and even though he couldn't convince anyone to dance an Irish Jig, he did get the dance floor in motion with some fun line dances.

The tables were decorated beautifully in green and white with shamrocks, gold coins and strings of green beads artfully placed. Most guests wore green, with some even donning their green hats or wigs.

They say that everyone is Irish on St. Patrick's Day, and that spirit certainly filled our clubhouse on that night! Thank you to Mollie Adams and the



entire Social Committee for all their effort in making this such a great event!







Recognizing All Our **Lakes Volunteers**

By Elise Ross

The Lakes Life is pleased to recognize our neighbors who over the course of a given year contribute hundreds of hours of their personal time volunteering for a greater good of The Lakes. They make our community the best place to live in Tradition! Partnering with the elected Board of Directors, these men and women use their talents to ensure we have numerous

activities to choose from, that the facilities are safe for all to use, that our HOA dues are utilized wisely for the betterment of all, etc. The names listed below are those known at the time of release of this edition. Thank you all!

Board of Directors - Jack Parker, Ken Perlman, Margaret Borock, Thom Epsky, Stan Briggs.

Outgoing Board Members - Akua Prout, Marge Forrest.

ACC Committee - Chairman Lucille Wesnofske, Jennifer Bernhard, Thom Epsky, Jim ganizer. Godino, Kevin Poignant, Carolyn Snider.

Bingo - Dianne Corwin, Kevin Stapf, organizers.

Book Club - Lois Rosen, organizer.

Circle of Friends - Claire Counos, Paulie Briggs, Marilyn Findley, organizers.

Citizens On Patrol - Chairman Tom Kinirons, Gary Banks, Marianne Boruch, Dianne Corwin, Phil Cor- Social Committee - Chairman Mollie Adams, Carwin, Larry DiGiorno, Bill Kay, Nick LaMattina, Rich olyn Hammer, Bob Hopkins, Helen Jackman, Dan & O'Reilly, Jack Parker, Terry Piehl, Chris Rindone, & Roy Perconte. Lois Rosen, Cathy Sills, Justin Sills, Jim Trott, Frank Tuzzolino, Louis Tuzzolino.

Communications Committee - Editor Elise Ross, Tom Klein, Carolyn Hammer, Kim Stapf.

Community Development District 3 - Representatives Isie Steinberg, Roy Perconte.

Election Committee - Chairman Tom Klein, Cheryl Lally, Elise Ross, Lu Parker, Suzanne Killeen, Toni Grassi, Carolyn Snider, Bill O'Donnell, Gene Wesnofske, Helen Jackman, Rob Potorski, Toni Cunningham, Winnie Tompkins, Ellen Leyden, Bernadette Grogan-Lavin, Claire Counos.

> Facilities Committee - Chairman Greg Snider, Roy Perconte, Stan Briggs, Rich Mancinelli, Eugene Wesnofske.

> Finance Committee - Chairman Margaret Borock, Akua Prout, Eugene Wesnofske, Bernadette Grogan-Lavin, Mollie Adams.

> Landscape Committee - Chairman Jim Godino, Tom Klein, Carolyn Snider, Phil Corwin, Nancy Oldham, Lucille Wesnofske, Frank Camardella.

> Ladies Bocce - Lucille Wesnofske, or-

VOLUNTEERS!

Men's Bocce - Tom Kinirons, organizer.

COF Bocce - Paulie Briggs, organizer.

Mixed Shuffleboard - Lucille Wesnofske, organizer.

Musical Bingo - Carolyn Hammer, organizer.

Pickleball Club - Chris Donaghy, organizer.

Mancinelli, Mark McNall, Nancy Oldham, Tony Marie Wagenknecht, Chris & Bill Bornstein, Connie

Trivia - Thom Epsky, Carolyn Hammer, and Meryl Cinnamon organizers.



Our ACC Needs Volunteers

The Architectural Control Committee is looking for additional members to join their committee. You may view what the ACC's responsibilities are by logging into the HOA website at: *lathoa*.org

Please email your interest to Chairman Lucille Wesnofske by April 6th at:

acclwesnofske@gmail.com

Community Events

spring fling

By Mollie Adams

We're having a party on April 5th from 6pm till? Is it a Spring Fling Dance, an April Fools Party, an Italian Dinner, or just a Cheap Night out? It's all of those! Music and dancing

will be with "DJ Bob." There will be a "live mike", so be sure to bring your best April Fools joke to share. Nominate a favorite MTV music video to be viewed on the big screen TV.

We'll be serving assorted Italian entrees by Tutto Fresco along with garlic bread. Cost is only \$15 per person. All the fun



is included at no additional charge. Feel free to bring a dessert to share.

Please deposit your check envelope in the Social Committee box located in the Clubhouse Mail Room. Include names of those attending and your callback phone number. You can also text Helen at (603) 325-0758 or Carolyn at (201) 805-6153. Tickets must be purchased by 5pm Friday, **March 29th.**

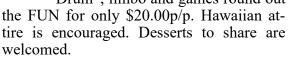
Annual Luau Is April 13th



Mahalo! The COF fantastic annual LUAU is back with a delicious new menu of pulled pork sandwich-

es, grilled pineapple/pepper skewers, baked beans and potato salad served with a complimentary tropical beverage. LIVE

MUSIC from "The Gratitude Steel Drum", limbo and games round out





Tickets must be purchased by April 3rd. Email ticket requests to: *circleoffriend-spsl@gmail.com* or contact Claire, Marilyn or Paulie. All Lakes residents and their guests are welcomed.





"There is nothing stronger than the heart of a volunteer."

- Gen. James H. Doolittle



By Elise Ross

Calling all crazy Mah Jongg players. Come celebrate National Mah Jongg Day with us on Sunday, April 28 from 1pm to 4pm.

A boxed lunch will again be provided. Bring your own beverage. Door prizes. Cost is \$20 per person. This will be a new kind of crazy with twists and turns - seats are limited, so sign up today!

RSVP by April 18th at mahjongglat@gmail.com





By Elise Ross (From Moonswept Yoga Blog)

Volunteers stick out their necks They throw their hat in the ring; They step in when others step out With charity they bring.

Volunteers are needed in every kind of work, From HOAs to food shelf stores Importance never shirked.

Volunteers do get back Every time they give; Love, laughter, community Now better where they live.

You can volunteer too It is never too late; A simple Google search to start Is really all it takes.



Its baaack! Come on out & experience a different twist on playing Bingo:

Friday, April 19th, 6:30pm In the Lakes Clubhouse



Cost is: \$10.00 - Doors open at 6pm

Advance tickets only, contact Carolyn at: (201) 805-6153 or Toni at: (201) 774-3743

Family's Favorite Pastime Is Back!



By Winnie Tompkins

The St. Lucie Mets at Clover Park 2024 season is upon us. Come enjoy an afternoon or evening game, and root for the potential future NY Mets. Every year they offer a promotion for our fans, and this year they've added a 2nd option.

We are called the "Silver Sluggers".

There's a **Silver Package** costing \$50 per person. You get admission to 12 games (\$96 value), free parking the day of games (\$60 value), t-shirt, logo pen, membership card, a couple of walk & coffee days (TBA), & free hot dog with each game (\$100 value).

Added new this year is a **Platinum Package** costing \$80 per person, for those who want to see double the amount of games (24) a (\$192 value). Again you get the noted above incentives (\$140 value).

Attached to the newsletter link you will find an application noting the game dates for the "Silver Sluggers", along with a season schedule.

If you want to just go to a game or two, there are discounts for seniors, military, and children under 13. Three and under get in free. Prices range from \$6.00 to \$12.00.

For more information, please stop by the box office, or call (772) 871-2115. Opening day is April 5, 2024. See you there!



St. Lucie Mets Home Opener Is April 5th

"Take Me Out To The Ball Game"
Written in 1908 by Jack Norworth

Take me out to the ball game,
Take me out with the crowd.
Buy me some peanuts and Cracker Jack,
I don't care if I never get back.
Let me root, root, root for the home team,
If they don't win, it's a shame.
For it's one, two, three strikes, you're out,
At the old ball game.





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, April 15th in the veranda room of the Clubhouse at 7:00pm. This month they will be discussing: "Violetta" by Isabelle Allende. 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 and 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 at 1:00pm in the Clubhouse.





Pickleball Club - open play: Mon, Wed, Fri, Sat 9:00am til 12:00pm. - Tue, Thur, Sun 6:00pm till 8:00pm. Contact: pickleballclublat@gmail.com

COF Bocce - play every Monday during the month of April at 5:30pm. Open to all residents.

Mixed Shuffleboard Group - play every Friday at 4:30pm 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: lwesnofske@yahoo.com

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

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Our Favorite Recipes

Lu Parker's Granola

3 cups rolled oats (not Quick Oats)

1 cup almonds

1 cup pecans

3/4 cup shredded coconut (I use unsweetened)

2 egg whites, slightly beaten

1/4 cup + 2 tablespoons dark brown sugar

1/4 cup + 2 tablespoons honey

1/4 cup coconut oil

3/4 teaspoon kosher salt

2 tablespoons flax seed

1 teaspoon vanilla

Preheat oven to 250 degrees. Line 2 baking sheets with parchment paper. In a large bowl, combine the oats, nuts and coconut; stir to combine. Add the slightly beaten egg whites over the dry mixture and stir until well mixed. In a small saucepan combine the honey, brown sugar, oil, salt, flax seed and vanilla until almost to a boil. Combine both mixtures & stir.

Divide the mixture between the prepared baking sheets and spread out evenly. Bake 1 hour and 10 minutes. Do NOT STIR. Rotate pans halfway through baking. Cool on wire racks. Once fully cooled, break into pieces & store in airtight container.

Kim's Word Puzzle

By Kim Stapf

Find each word listed below in the puzzle. The words can share letters as they cross over each other and can go in any direction (left to right, right to left, diagonal up, diagonal down). Answer is on page 8.

A Great Volunteer Is...

GLUFQGXICCNDC AOJGNEWKDOAEOC XFHIKIZLUMI SRSLHOKLPRRT NALLRUSGBAAARSC EAALZES T L TNGRNHTHZS - 1 GACHARITYI N S ERELIABLEOAN GQEDNEYLONMU VGIVINGBCAUPN X R V I M S Q G L T H X G N L REETNULOVEXXSEQ

COMPASSIONATE ENTHUSIASTIC CONTRIBUTING CARING GIVING CHARITY EAGER UNSALARIED VOLUNTEER RELIABLE WILLING

Pool Chemical Controllers, Surge Protectors Approved

By Greg Snider

Several recommendations have been made by the Facilities Committee recently which were acted upon at the board's February meeting.

Currently Stenner pumps inject very small amounts of chemicals at a fixed rate into the pool water which control bacteria levels and the pH of the pool water. The Board has acted to also have Chemical Controllers installed at both pools. These controllers will constantly monitor chemical levels in the water and automatically turn those Stenner pumps on or off to maintain the Chlorine level and pH at a more constant level in the water while fighting that bacteria.

Recently an FPL electrical power surge damaged two of the resort pool's four heaters. The board also acted to have surge protectors installed on both pools' main power lines to better protect both the heaters and pumps from any possible future surge damage.

And the Board voted to replace two TV monitors in the gym for users convenience to replace two non-working monitors there.

Volunteer Opportunities Abound

By Carolyn Hammer

April is National Volunteer Month and currently 25% of the US population are volunteers. Volunteering can be very rewarding so, we're going to run a series where each month we highlight a local volunteer opportunity.



Treasure Coast Hospice is an organization that relies on volunteers in many capacities to help provide comfort and support to patients at the end of life. Volunteers can help by visiting patients to offer support or comfort, to read to them or just talk and listen. Volunteers can also help patients care for their furry companions. Administrative office support is another area where help is needed, and also Foundation database/data entry for those that have a knack for typing, proofreading and organizing.

To find out more information, or to apply, please visit: https://www.treasurehealth.org



Musical Bingo - Get ready to again tap your feet and test your song knowledge at the much awaited music bingo by Great Big Trivia! Monday, April 1st from 6-8pm in Tradition's Town Hall. Advance registration is required in the Tradition App. Cost to sign up is \$5 per person. No cash accepted at the door.

Blood Drive with OneBlood - On Monday, April 1st in Tradition Square, sign up for an appointment to donate blood and save a life. Please visit: *one-blood.org/donate-now* and use sponsor code *65952*. All donors will receive a \$20 eGift card.

Food Trucks & Tributes - Live Concerts and Food Trucks come together in perfect harmony at Tradition Square. Friday April 6th from 5-9pm "Love Story," the Taylor Swift Tribute Band will be taking the stage! This will be another unforgettable evening!



Breakfast In The Square - Join Tueste Coffee Friday April 12th and 26th from 9-11am in Tradition Square and have breakfast with friends or just grab a cup before or after your morning walk.

Burgers, Blues, & Brews 2024 - Coming back to Tradition Square on Saturday, April 20th from 5-9pm for the *fourth* year in a row, this massive event is one everyone can get behind. Local craft brews, unique burgers and most important of all - the nations #1 Blues Brothers Tribute Act performing live on stage!

Sunday Sunset Concert Series - Bring your chairs on down to the Tradition Gazebo 5-7pm on Sunday, April 28th. Listen to the soulful blend of R&B, Soul and Soft Favorites by "Gary Palmer and Angela Johnson" while experiencing the beautiful sunset.

Paint & Sip - Monday April 29th from 6-8pm in Tradition Town Hall. \$35 per person, all supplies included. Advanced reservation is required at:

FloridaArtEscape.com



Tradition Community Association Managed by Castle Group



Hours: Monday-Friday 8:30am - 4:30p Office Phone: (772) 345-5101

Email: ashepherd@castlegroup.com

Birds Of The Lakes

White Ibis

By Tom Klein

Florida is just a bird watchers paradise with so many species of birds making our state their home. The white Ibis is an impressive water bird commonly seen around our lakes.

Ibis have a football shaped, all white feathered body with long contrasting red legs, a red face and a long, slender, downward curving red beak.

The curved beak allows the Ibis to dig deep into the lake's edge to feast on small aquatic prey such as

crabs, insects and small fish. Its main foraging behavior is tactile in nature. It probes with its beak in the mud to *feel* for and capture its prey. It doesn't actually see the prey they catch.



Typically, we observe them congregating here in small flocks at the water's edge. Ibis are gregarious birds that live, breed and travel in flocks.

Although they appear all white, their wingtips are actually deep black in color, but typically those black wingtips can't be seen except when they are in flight. While in flight, they often form V-formations, which lessens wind resistance for the trailing birds.

The main call of the white Ibis is a honking sound used in flight and courtship. Chicks are born with brownish feathers which gradually are replaced with their permanent white feathers as they grow to adulthood. Ibis will begin breeding in the summer of their third year.

Native American folklore held that the Ibis was the last to seek shelter in a strong storm and the first to emerge after. They were, therefore, considered a symbol for both danger and optimism.

Lakes at Tradition Financial Accounts Info

Rene & Associates, PA, CPA 550 Heritage Drive, Suite 180 Jupiter, FL 33458 (561) 626-8876



Email: lathoafee@gmail.com www.renecpa.com

The Origin Of April Fools Day

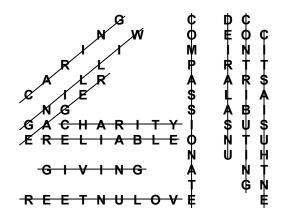
Some historians speculate that the origin of April Fools' Day dates back to the late 1500's when European countries changed from the Julian calendar to the Gregorian calendar. This moved the new year from about April 1st to January 1st.



People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1st and had continued to celebrate the new year around April 1st became the butt of jokes and were called "April Fools."

Answer To Kim's Puzzle

A Great Volunteer Is...



COMPASSIONATE ENTHUSIASTIC CONTRIBUTING CARING GIVING CHARITY EAGER UNSALARIED VOLUNTEER RELIABLE WILLING

