



Volume 2, Issue 8

A Newsletter Covering Life In The Lakes

August/September, 2024



Imagination

By Elise Ross

As I have shared before, from time to time when I walk I also listen to a *Wiser Than Me* podcast. In May I listened to Julia Louise Dreyfus interview Patti Smith. Patti, I learned, was a leading punk rock singer in the 70's, and is a mother, songwriter, poet, painter and author. Julia asked Patti how she stays in contact with her imagination.

While on my walk I saw a "Happy Grad" sign on a neighbor's lawn and thought someone in that house is undergoing a "New Beginning." John and I recently bid "best wishes" to a neighbor who was leaving The Lakes for a "New Beginning" further north to be closer to their children.

To experience a "New Beginning," I thought you first need to tap into your imagination. Every day I experience a "New Beginning" and so do you. We wake and think (use our imagination) what's going to happen today?

Julia and Patti both stated they believe imagination instills hope into their daily lives. The possibility to help make something happen!

Listening to podcasts and helping with this newsletter among the other things I do keeps my imagination in 4th gear!

I invite you to tap into your imagination and forward your ideas for interesting articles that can potentially enhance our neighbors lives and make things happen to:

newseditorlathoa@gmail.com



Your Facilities Committee Has Been Busy

By Greg Snider

Your Facilities Committee has been busy providing needed improvements along with doing the needed research for new projects that will further enhance the community. We have been fortunate to add two new people, Bernadette Grogan-Lavin and Chris Donaghy, to complement the team.

Among the projects either finished or underway are the installation of a pool chlorinator to monitor and control the amount of chlorine in both pools, purchase of additional lake side bench seating, contracted the cleaning of common sidewalks and exterior wall, cleaning of clogged road drains, updated the TVs in the gym and made needed improvements to the WI-FI system in the clubhouse.

Following the results of the survey asking if the community is interested in having possible different colors to choose from when we conduct the HOA painting project, a task force of homeowners requesting to be part of that group have been interviewed and a team has been selected. This task force will be meeting with various paint companies to develop a scope of work and specifications needed for a successful project. It is the intent to create a pallet of colors that will be voted on by the community and a paint contractor chosen after proper investigation and receipt of a quotation based upon the specifications.

Other considerations being discussed are the required repairs to all the ball courts. We are currently acquiring pricing for budget purpose. Painting of the road intersection pedestrian crossing is also being investigated.

Of current interest is that your committee is very involved in any hurricane preparation needed for the outside areas surrounding the clubhouse. We will need assistance in taking down windscreens, moving all the pool furniture, chairs in the Bocce and Shuffleboard area, etc. Please send an email to Ingrid if you are available to help us with this.





Margaret Borock
Treasurer



Board Approves 2023 Audit Report!

The Lakes 2023 Audit Report was presented at the July Board meeting and met with unanimous approval. The bottom line is that The Lakes had another “clean” audit and our community continues to remain on firm financial footing. Nothing problematic was found in either our recordkeeping or in the use of our funds.

As way of background, our independent auditor, Mark Barnes from DiBartolomeo, McBee, Hartley, & Barnes, PA, takes a deep dive on our monthly financial reports, bank/investment statements, vendor contracts, annual budget, insurance policies and reserve holdings/schedule, and even our Board minutes. Though Mark works independently, our finance committee, our property manager, and our accountant provide support to this effort.



The Audit Report is detailed and includes a balance sheet, revenues and expenses, cash flows, actual to budgeted operating expenses, and information on Capital and Reserve funds. Note that in terms of our operating funds, the variance from the 2023 budget to actual expenses was approximately \$2,000 or 0.1% of our total budget.

Although a full Reserve Study was recently conducted, it was not completed until March 2024. As such, the audit report includes information based on past studies. However, the audit report does mention the updated Reserve Study and notes that required changes are anticipated to be incorporated in the 2025 budget cycle.

The 2023 Audit Report is posted on The Lakes at Tradition website (<https://lathoa.org>) and can be viewed via the homeowner account under HOA Documents, in the Audit folder. Additionally, a QR code is provided above that will allow you to download the report to your smart device. Just aim your device’s camera at the QR code and then tap on the web address that then shows on your device.



The CDD Manages Our Lakes

By John Gallagher, Development Coordinator Tradition CDD

The Lakes at Tradition community contains 5 lakes along with multiple wetlands and conservation areas. These lakes, wetlands and conservation areas are not owned by The Lakes HOA, but rather, by the Tradition Community Development District (CDD1).

The wetland and conservation areas are natural areas that the CDD manages thru a permit from the Army Corps of Engineers for the long-term health and viability of these native lands. The CDD allows native plants within these native lands to grow and flourish, while treating to minimize and eradicate non-native plants over time.

Lakes at Tradition community lakes are primarily considered Drainage Retention Ponds. These man-made lakes were dug to hold, store and move storm-water away from community homes and roads to downstream outfall structures where excess storm-water eventually exits Tradition and moves into the waters of the State. There are no pumps associated with this movement of water, all being accomplished by gravity via control structures sending water downstream from basin to basin.

As part of operating and maintaining this master drainage system, the CDD regularly checks outfall structures for flow and maintains strategically located adjustable gates used for storm events. The CDD’s lake contractor checks all lakes generally once a month treating them with a herbicide to eradicate exotic “non-native” vegetation found in the lakes.

The CDD does not treat, kill or eradicate native aquatic Spikebrush vegetation that lies around the perimeter of a lake. The CDD is required to allow these native plants to thrive per our SFWMD Master Permit. Spikebrush cannot “take over” a lake because it cannot grow in water over 3 feet deep. Spikebrush is beneficial in that it helps to maintain lake bank areas preventing any erosion of the bank.






Editor: Elise Ross
Layout and Design: Thomas Klein
Staff Writers: Carolyn Hammer



It's
Mah Jongg
Summer
Party Time Again

Thursday, August 8th from 5:30pm till 8:30pm
Bring your favorite dish to share

Please RSVP: by August 1st at:
Mahjongglat@gmail.com

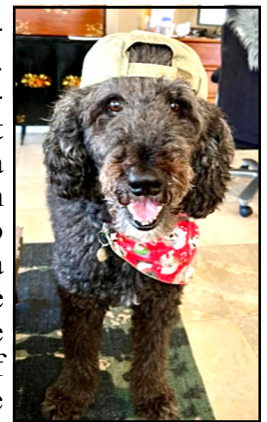
Pet Profile

Sam the "Coach"

By Elise Ross

Sam, a jet black fully grown standard poodle, resides with his mom and dad Elizabeth and Bill on Elsinore. A few years ago Bill had a "bucket list" item which required training to accomplish - - a 5K! Sam was there for him as Bill walked and ran throughout the weeks of training. Thus Sam's nickname "Coach"! Crediting Sam for his stamina, Bill is delighted to say he ran the Tradition Turkey Trot two years ago and is the proud owner of one of the event's tee shirts!

Sam and Bill have been together approximately eleven years. Bill (owner of a computer consulting company) announced at the time that he was going to get a dog. Wanting to be involved in the "adventure," Elizabeth went to Facebook and saw a posting for a six month old puppy. While the couple was in Georgia they made contact with the grandmother of the owner who was looking to re-home a rambunctious puppy free of charge. The grandmother even offered to let the puppy visit for a week! Bill and Elizabeth decided to "give it a shot."



Upon arriving at their home, the puppy to be named Sam was very excited to meet his potential new parents and came bounding out of the car to Bill. Of course, he loved their yard and, as puppy's do, soon made his mark having a great time.

Over the years Sam has developed the curly coat and long pointed nose his breed is known for. As well as proving to be a loyal and affectionate member of the household.

Nowadays Sam accompanies Bill on a sunrise walk around Tradition Lake before Bill heads out to his various clients for the day. He also saunters down Elsinore to Hartwick for a midday stroll with Elizabeth which helps him rack up about 3 miles of exercise a day keeping him lean & trim like his dad.

Thought For The Day

It's not what you gather, but what you scatter that tells what kind of life you've lived.
- Helen R. Walton



By Carolyn Hammer

Would you like to download your favorite music for free? Create playlists, build your own song library and have access to curated playlists created to suit any mood, activity, or special occasion? Then look no further than *Freegal*, the free music app brought to you by the St. Lucie County Library System.


Freegal (rhymes with "legal") is an app that offers free and legal music that you can download and *own permanently*. The app offers over 15 million songs (from the 50's till today) with more than 200 genres, including Pop, Rock, Latin, Classical, Jazz, R&B, Blues, Heavy Metal, Alternative, Country, Hip-Hop/Rap, and Children's songs.



Simply download the free app from either the Apple Store or Google Play and sign in with your SLC Library Card number. You will have 5 free downloads each week (it resets on Mondays) and free unlimited streaming anytime. Once you download a song, it's yours to keep. Create your own playlist, or access their plethora of curated playlists.



COF Brings You...



On Friday August 2nd at 7pm in the Clubhouse, join your friends and neighbors for an evening of fun and socialization with a Family Feud game. All are welcome! Bring a snack and your beverage of choice.

"The survey says" you need to be there!



Resident Spotlight

By Carolyn Hammer

Brad Guffin

Florida native Brad Guffin earned the distinction of being not just the first resident of The Lakes, but the first resident of Tradition, and was presented with a plaque by Core Communities, the original developers of Tradition, to commemorate the event. Brad moved into his Capri on Dardanelle on August 28th, 2003.



Brad grew up in Palm City, and loved music from a young age. He initially played the bass clarinet, and was the first Martin County resident who auditioned and was selected to perform in the Florida All State Orchestra. It was his first time playing with an orchestra, but it wouldn't be his last. He joined the Treasure coast Youth Symphony, and was also asked to join the Treasure Coast Symphony. After High School, the University of Mississippi (Ole Miss) offered him a full music scholarship which allowed him to play in their bands and orchestra, but also the Ole Miss marching band, the Pride of the South. It is of note that while attending Ole Miss, he would fill in on occasion for the Memphis, Tupelo, Corinth, and Nashville Symphonies.

Brad planned to major in music at Ole Miss, but also took some business courses. During the summer after Freshman year, Brad took a job in the Command Center at Memorial Hospital where he would oversee the alarms and cameras throughout all facilities. When several nurse's aides went out on maternity leave, Brad was given the opportunity to train as an ER Technician. He learned how to draw blood, apply splints, and assist with minor injuries. During his 18-hour drive back to Ole Miss, he decided that he wanted to become a nurse.

As a Registered Nurse, Brad gathered a lot of varied experience. He worked in the Telemetry Unit (Cardiac) at Martin North, floated between the ICU and ER, and spent 6 months as a travel nurse in Baltimore. When he moved to The Lakes, his position was Night Shift Charge Nurse at Martin South ER. He would enjoy promotions that led to him being the Director of Emergency Services there, and then at Sebastian River Medical Center. He later pivoted to Physician Relations & Recruiting, and today is the National Program Manager of Population Health, working remotely with physician practices across the

Calling All Ornithologists/Nature Lovers

By Cheryl Robinson

WAKODAHATCHEE, the Seminole word for "created waters." A Mecca for birders and outdoor enthusiasts; this 50 acre habitat with a three-quarter mile boardwalk through marsh land was created on unused utility land. 178 bird species make this home, segregating themselves each into its own tree/habitat all getting along.

For 1/2 hour on this well-maintained boardwalk, I watched a male blue heron search for the perfect piece of building material for his bride, only to have her take each twig and spit it out. Over and over. The poor guy, back to the ground to try again. Finally - success. The perfect piece for the Mrs. to fill in the upcoming home. Entertainment at its best.

Although all months are worthwhile, the best time to visit is March thru May when mating rituals abound, nests are prepared, eggs hatch, and mom feeds these voracious little furballs, most within an arms length of the boardwalk.



The hours for this magical menagerie are 6am to 7pm every day. 13270 Jog Rd., in Delray. Bathrooms are onsite. Parking is limited, the birders go early for photos and are usually leaving by 11am. There is a traffic Director and the line moves quickly.

While you're there check out "GREEN CAY Nature Center and Wetlands" just a few miles away at 12800 Hagen Ranch Rd in Boynton Beach.

Both Wakodahatchee and Green Cay have websites. A fabulous daycation just one hour away.



country, to improve practices and drive performance.

Brad has been an active volunteer with United Way since 2008, and met his husband, Thom Epsky, through their volunteer work. The two would move into an Oakmont on Lockhaven Ct in 2010. Brad loves living here, and spending time with his friends and family, caring for his 3 dogs, swimming, vacationing, cooking, card games, and walking.



How Did Tradition Become “Your Kind Of Town?”

By Carolyn Hammer

The 8,000 acres of land that would become Tradition (originally slated to be called Westchester) was purchased in 2000 from Duda-Mitsubishi Financial Group, according to Jane Rowley, who worked for the SLW Development Corporation/Core Communities from 1994-2019. The land stretched from Crosstown in the north to Becker Road in the south and from I-95 in the east to Glades Cutoff Road in the west. This tract had mostly been a sod farm, with a few citrus groves dotting the landscape, and some of the land leased for cattle by the sheriff at that time. The plan was to build 24,000 homes, a major shopping mall, an industrial area and apartments. The Florida legislature designated it a “Community Development District” (CDD) with Core Communities appointing the governing Board.

A marketing brochure map from 2006 shows the original eight anchor communities as: The Lakes (Divosta), Seasons (Levitt), Bedford Park (Hanover Homes), Victoria Parc (Transeastern Homes), Savannah (Kennedy Homes), TownPark (Minto Homes), The Estates (Toll Brothers), and Promenade (Centerline Homes). Seasons, which would be renamed Vitalia, was the only over 55 community, and soon Savannah would become Heritage Oaks.

The Town of Tradition was established in 2003 with construction of Tradition’s Town Hall and the Tradition Square area completed by 2005. A roundabout was originally installed where Village Parkway and Meeting Street intersected, but was soon replaced by a traditional intersection with traffic signals, due to the quickly increasing traffic.

The road from then to today was by no means a smooth or easy one. Home sales began to slow in 2006, and by 2007, Core Communities was in receivership, with Tradition now owned by BankAtlantic. As the economy continued to worsen, Tradition fell into bankruptcy. Aegon Insurance, who held the mortgage, took over Tradition, which was now 10 million in debt. To satisfy that debt, Tradition negotiated to give the city the industrial parcels where Amazon,

Cheney Bros. and Fed Ex would eventually build.


In 2009, HGTV gave a boost to Tradition’s public profile by building the HGTV Green Home 2009 on Westcliffe Lane at Kappa Alley, located between the entrances to Vitalia and The Estates. The home, which was featured on the network in a nationwide contest, boasted the latest design features at the time. For more information, Google “HGTV GREEN HOME 2009.”

Fighting against the flagging economy, Tradition worked with the city to develop the Tradition Center for Innovation, meant to attract biotechnology companies such as the Vaccine and Gene Therapy Institute (VGTI), Torrey Pines Institute, Martin Health, and the Mann Research Center. The city borrowed money to build the facilities that would house those companies. It also built a 115,000 sq. ft. facility to house Digital Domain, a digital technology company that was to produce family-oriented CG animation features.

Sadly, Digital Domain closed its doors in 2012, Torrey Pines followed in 2014, and VGTI in 2015. The Digital Domain property was sold to Christ Fellowship Church, the VGTI building was leased to Cleveland Clinic and Torrey Pines was acquired by Florida International University, continuing research in brain cancer, ALS, Alzheimer’s and Parkinson’s disease. Martin Health (now Cleveland Clinic) built Tradition Hospital in 2013, adding three additional floors in 2017, doubling the number of patient beds.

Aegon Insurance, then the owners of Tradition, sold off the Town Hall property to a church for about 1.2 million dollars in order to raise money. When Mattamy Homes, the largest privately owned homebuilder in North America, bought Tradition in 2018, it became apparent that they would have to purchase the property back, since it belonged to the Master HOA, and was sold in error.

The dream that was once Tradition was delayed in the mid 2000’s by the Great Recession. Today, nearly 20 years later, that dream is alive once more as the economy surges, new homes spring up like mushrooms, and new businesses open weekly. This is Tradition today, better than even the founders imagined.

This is Tradition, this is home. 

- **Next Issue:** Divosta develops The Lakes at Tradition -



HGTV 2009 Tradition Green Home

Clubs & Classes

Unscramble the letters to make a word (each word relates to summer). The small numbers underneath represent the important letter in each word that together make the solution to the puzzle which is located at the bottom. Answer is on page 11.

VACAIOTN

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15

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18

SIWNIMMG

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HIMUD

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16

ERXCESIE

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21

4

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Kim's Word Scramble

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, August 19th in the veranda room of the Clubhouse at 7:00pm. This month they will be discussing: "The Faith Club" by Ranya Idliby, Suzanne Oliver and Priscilla Warner. To join them, contact Lois Rosen at: loro781@aol.com

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

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

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

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.

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.



Sports Groups

Pickleball Club

Open Play Schedule:

Daytime - Monday, Wednesday, Friday, Saturday
9:00am till 12:00pm

Evening - Tuesday, Thursday, Sunday
6:00pm till 8:00pm

Want to Join? Email Chris Donaghy: pickleballclublat@gmail.com



Circle of Friends Bocce

A casual group of mixed players join up & play Bocce every Monday at 5:30pm. Beginners are welcome. Want to try it?

Just show up at the Bocce courts behind the Clubhouse. Have a little exercise, a little conversation & some fun.





TRADITION EVENTS

Food Trucks and Tributes - On Friday August 2nd in Tradition Square from 5-9pm, enjoy a live tribute concert to Elton John by “Elton Jonathan.” And on September 6th, a tribute concert to Tom Petty by “The Petty Hearts.” Don’t miss these much anticipated events!



Breakfast In The Square - Join Tueste Coffee Friday, August 9th and 23rd from 9-11am 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, August 26th and September 16th in Tradition Square, sign up for an appointment to donate blood and save a life. Please open the August or September Events Calendar at traditionfl.com and click on “Blood Drive.” Donors receive a \$20 eGift card.

Sensory Play With CrearKids - Bring the kiddos to Tradition Gazebo on August 16th and September 20th at 11am for a fun hour where babies learn and develop new connections in their brain through Sensory play. For children 0-4 years. Sensory play supports language development as they learn to respond to different stimuli. Advance signup is required. Open the August or September Event Calendar at: traditionfl.com and click on “Sensory Play.”




Tai Chi classes are held every Wednesday at the Tradition Gazebo from 6:30pm to 7:30pm.

Tai-chi is a centuries old Chinese training used for energy cultivation as well as moving meditation. Movements are performed in a slow manner accompanied by deep breathing. It combines gentle physical exercise with mindfulness. Classes are free, but you must pre-register.

Go to the Events Calendar at traditionfl.com and click on “Tai Chi.”

Tradition Community Association
 Managed by Castle Group
 Hours: Monday-Friday 8:30am - 4:30p
 Office Phone: (772) 345-5101
 Email: ashepherd@castlegroup.com



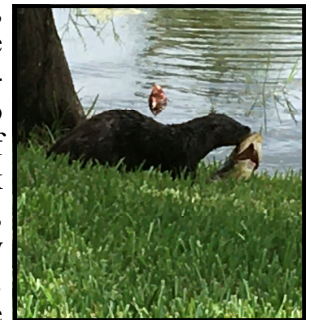
Mammals of The Lakes

Otters

By Tom Klein

Florida river Otters have been spotted in our lakes. They are semi-aquatic mammals equally versatile in water as they are on land. They are protected and insulated by a thick, water repellent coat of fur. Like most carnivorous predators, they will prey upon the most readily available species.

Fish are their favorite food, but they will also consume frogs, clams, snails, small turtles and even hunt snakes to supplement their usual diet of fish. They have long, thick whiskers enhancing its senses, which they use to detect prey in dark, murky waters. They’re known to take large fish onto land to eat there while consuming smaller fish in the water.



It will establish a burrow that it uses as a den close to water’s edge, which typically has many tunnel openings, one of which generally allows the Otter to enter and exit the body of water. Female Otters give birth in these burrows producing one to three young. Otter pups generally weigh only 5 ounces. Females raise her young without aid from the male. When pups are 2 months old and their coats have grown in, the mother then introduces them to the water.



Otters are renowned for their sense of play. It mostly consists of wrestling and chasing each other. They rely on this play to learn basic survival skills such as hunting and fighting. Their sense

of play and affection makes them seem friendly and easily approachable.

But, if you do see one around one of our lakes, don’t get any closer than 50 feet as they are still wild animals and will viciously attack you, your child or your pet if they feel threatened. Otters do have strong teeth and a very powerful bite.



Tradition CDD
 Managed by: SDSinc.
 Office Phone: (772) 345-5119
jgallagher@sdsinc.org



HURRICANE PREPAREDNESS

Experiencing A Hurricane In The Lakes - Part 1

By Tom Klein

Here are some things for you to think about specifically relating to living through a hurricane in our community, including why it's important to do them.

You will have several days warning to prepare your home and yourself from an approaching hurricane. However, everyone else will be preparing too, so stores will be very crowded and supplies will be quickly snatched up. *Don't* wait until the last minute. Think about what you will need beforehand and purchase it *now*.

Realize that hurricanes can spawn smaller multiple tornadoes within the hurricane itself. Even a category 1 hurricane with 75 mph winds can spawn multiple localized tornados packing much higher winds. *Don't under prepare*, thinking: "it's just a 'category 1', no big deal". Every hurricane should be treated as a big deal.

If you've never installed your shutters before, do a practice run now to familiarize yourself with how they're installed. If you find you need additional bolts and wingnuts, they are sold at Home Depot.

Your home was provided with steel shutters to cover the rear patio doors, but was not provided with shutters to cover the lanai area itself. Some homeowners here have opted to purchase additional shutters to cover and protect the lanai area also. In that way, they are able to store all outdoor furniture, potted plants and their bbq grill in the lanai area during a hurricane, instead of having to bring it all **inside** the home.

Park your vehicles inside your garage. If you leave them parked in your driveway during a strong hurricane, expect that some concrete tiles could be blown off your (or your neighbors) roof by the high winds & onto your car damaging it; *it does happen*, so clean all that stuff out of your garage *now* to make room for your vehicle. That's where it belongs.

While all electrical lines in Tradition are routed underground protecting them from damage by high hur-

ricane winds, know that they are fed from *overhead* wires in eastern Port St. Lucie that *are* vulnerable to damage from those high hurricane winds. We would probably lose electricity during a strong hurricane, but since Tradition hospital is located nearby, restoring power quickly to that hospital after the storm has passed will be a county priority. When the hospital gets it's power restored, ours will automatically be restored too. So, the probability is that we would only lose power for a few days while some other parts of Port St. Lucie may lose electricity for a week or two.

If your home does lose electricity, know that the sewage pump stations located in our community will also lose electricity and stop pumping sewage out of our community to the city sewage plant. The city has trailer mounted portable gas generators they would bring in after a hurricane to power those pump stations until electricity is restored. To help insure no sewage backs up into any home here, everyone should minimize all water usage during and after a hurricane until electricity is restored. Sewer backup isn't normally covered by standard homeowners insurance, but sewer backup insurance coverage *is* available from your broker as an inexpensive add-on.



The lakes & preserves in our community are meant for temporary rain water storage. Our normal lake water level is about 4 feet below the level of our homes. It would take about 2 1/2 feet of rain to raise our normal lake water level that 4 feet (while not very probable, if a hurricane loses forward momentum and stalls over us, it is possible to receive that much). As a precaution, the CDD (who maintains our lakes) does lower lake water levels when a hurricane approaches. Know that your homeowners insurance does **not** cover flood damage. Separate flood insurance is available from your insurance broker.



Another large Iguana was spotted roaming the north side rear yards of Pembroke Dr. If you see this or any large Iguana, call Tradition's trapper at:



(772) 345-5119

HURRICANE PREPAREDNESS

Experiencing A Hurricane In The Lakes - Part 2

By Tom Klein

Preparing As The Hurricane Approaches:

Bring everything inside that could be blown around outside including: all potted plants, all furniture, BBQ grille, landscape figurines, flags and welcome mats. Don't put them in your garage, that's for your car (don't forget, several roof tiles could be blown off by high winds causing damage to cars parked outside).

- When installing your hurricane shutters, *make sure* each shutter panel is pushed *all the way up fully* into the top of the upper bracket before securing with the wingnuts. If they're not pushed all the way up, the top of the shutters will rattle violently by high winds during the storm. It's not a very pleasant experience listening to that loud violent rattling for hours while hurricane winds howl.
- Fill your car's fuel tank. The very few gas stations that might be open immediately after a storm will have very long lines.
- Get \$300-\$400 from the ATM. For several days after, ATM's may not work, businesses may not have internet access and so, won't accept credit cards. It's usually cash only for a while after a hurricane.
- Anticipate losing electricity by: lowering your air conditioner thermostat setting, lower the food freezer thermostat setting; save some previously used half-gallon milk jugs, fill them 3/4 full with water and place them in the freezer to fill in open spaces between frozen foods.
- Get caught up on your laundry now, because you won't have time (or maybe electricity) after.
- Seal your bathtub drain and fill the tub with water. Place an empty one-gallon bucket next to the tub. If we lose water pressure, you can pour a bucket of water into the toilet bowl to flush it.
- Be sure to have hooded rain gear & boots on hand; streets may be flooded after (you'll wish you had them).
- Keep your cell phone charged and have a portable cell charger battery for backup.

And the very last thing to do is: *take a warm shower* (it may be your very last warm one for a while).

Immediately After The Hurricane:

- If you lose electricity, turn off all appliances, so there isn't a huge electrical surge when it's restored, causing another immediate outage. But do leave one light switch turned on, so you'll know when electricity has been restored.
- If we do lose electricity, your going to need to have one battery operated lantern for each room, a small flashlight for each person & spare batteries for each. *Never* use candles to illuminate rooms at night, that's how house fires start.
- Before removing your shutters, look from the inside of the window to see if there are any snakes or other animals that may have taken refuge from the winds behind your shutters. You don't want to be surprised when you're removing shutters.
 - Be careful when outside and watch where you are walking. Snakes, alligators or other animals who have been driven from their normal habitat by high water will be highly stressed and may become more aggressive than normal. Don't go out at night at all, as alligators or boars may be roaming.
 - As a precaution, for the first few days after a hurricane, use *only* bottled water for drinking purposes, don't use tap water. If the city water plant lost power (even if temporary), water may not be safe to drink.
 - Take "after" photos of all damages for insurance purposes before cleaning up.
- At the curb, have separate piles for landscape debris and for damaged structure debris. Garbage and recycling is placed at the curb on their normal days. There probably will be a delay picking up the landscape & damaged structure debris.
- If we lose electricity, you will need your bbq grill for cooking. Have on hand an extra 20# propane tank, so you don't run out of fuel.
- Extended family will want to hear from you. Text your family that you are okay (cell tower lines will be so busy with calls after a storm that texts are much more likely to go through, even if cell phone calls won't).



Our Favorite Recipes

Ellen Leyden's Spinach Brownies

- 1 cup flour
- 1 cup milk
- 2 eggs
- 1 tsp. salt
- 1 tsp. baking powder
- 1/4 cup melted butter
- 1/2 cup chopped onion
- 1 10 oz. pkg. chopped spinach - thawed & drained
- 1 pound grated cheddar cheese

Mix all ingredients, putting cheese in last. Spread in greased 9" x 13" pan. Bake at 350 degrees for 35-40 minutes. Cut into squares and enjoy!



What An Idyllic Spot

By Elise Ross

On one of my sunrise walks recently, I happened to notice a new bench had been placed facing the lake as you round the bend on Stratton. I thought at the moment "what a wonderful spot to sip a cup of coffee and watch the sunrise." A simple thing like a new bench had just reinforced for me what a wonderful place The Lakes is in which to live.



BTW several other benches have also been strategically placed throughout the community - enjoy them!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mah Jongg 6:30pm	2 Board Workshop 10am Mah Jongg 1pm COF Family Feud 7pm 	3
4	5 Dancercise 10am Bridge 1pm Mah Jongg 1pm	6 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm	7 Facilities Com. 9am ACC Com. 10am Mexican Train 1pm Yoga 1pm	8 Mah Jongg Summer Party 5:30pm 	9 Mah Jongg 1pm	10 Private Event 8am
11	12 Dancercise 10am Bridge 1pm Mah Jongg 1pm	13 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm Landscape Com. 3pm	14 Mexican Train 1pm Yoga 1pm	15 Mah Jongg 6:30pm	16 Mah Jongg 1pm	17
18	19 Dancercise 10am Bridge 1pm Mah Jongg 1pm Book Club 7pm 	20 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm 	21 Mexican Train 1pm Yoga 1pm Board Meet. 6:30pm	22 ACC deadline 12pm Mah Jongg 6:30pm	23 Mah Jongg 1pm	24
25	26 Dancercise 10am Bridge 1pm Mah Jongg 1pm Finance Com. 4pm	27 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm	28 Mexican Train 1pm Yoga 1pm	29 Mah Jongg 6:30pm	30 Mah Jongg 1pm Office Closed at Noon	31

Patriot Day

September 11th is officially designated as Patriot Day, a national day of remembrance that commemorates all those who died in the catastrophic terrorist attacks on the World Trade Center in New York City, on the Pentagon in Virginia and those who perished when the hijacked United Airlines Flight 93 crashed in Pennsylvania on September 11, 2001.



Let us honor the 2,996 lives that were lost and give thanks for those who rendered aid and assistance. American flags should be lowered to half staff from sunrise to sunset.



September 25th at 7pm in the Clubhouse
Doors open at 6:30pm - Cost is \$10

BYOB & your favorite snack - Age 18 and older
All residents and their guests welcome

Answer To Kim's Word Scramble

C A T C H S O M E
R A Y S A N D R E L A X

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Dancercise 10am Bridge 1pm Mah Jongg 1pm Office Closed LABOR DAY	3 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm	4 Facilities Com. 9am ACC Committee 10am Mexican Train 1pm Yoga 1pm	5 Mah Jongg 6:30pm	6 Board Workshop 10am Mah Jongg 1pm	7
8	9 Dancercise 10am Bridge 1pm Mah Jongg 1pm	10 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm Landscape Com. 3pm	11 Mexican Train 1pm Yoga 1pm NEVER FORGET 9/11 - PATRIOT DAY	12 Mah Jongg 6:30pm	13 Mah Jongg 1pm	14
15	16 Dancercise 10am Bridge 1pm Mah Jongg 1pm Finance Com. 4pm Book Club 7pm BOOK CLUB	17 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm	18 Mexican Train 1pm Yoga 1pm Board Meet. 6:30pm	19 Mah Jongg 6:30pm ACC deadline 12pm	20 Mah Jongg 1pm	21 <i>Welcome Autumn</i>
22	23 Dancercise 10am Bridge 1pm Mah Jongg 1pm	24 Easy Stretch 9am Dancercise 10am Canasta 12pm Cribbage 1pm	25 Mexican Train 1pm Yoga 1pm Bingo 6:30pm BINGO	26 Mah Jongg 6:30pm	27 Mah Jongg 1pm	28 COF Fall Fest 4pm
29	30 Dancercise 10am Bridge 1pm Mah Jongg 1pm					



AUGUST 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 	5 Danceercise 10am Bridge 1pm Mah Jongg 1pm	6 Easy Stretch 9am Danceercise 10am Canasta 12pm Cribbage 1pm	7 Facilities Comm. 9am ACC Comm. 10am Mexican Train 1pm Yoga 1pm	8 Mah Jongg Summer Party 5:30pm	9 Mah Jongg 1pm	10 Private Event 8am
11	12 Danceercise 10am Bridge 1pm Mah Jongg 1pm	13 Easy Stretch 9am Danceercise 10am Canasta 12pm Cribbage 1pm Landscape Committee 3pm	14 Mexican Train 1pm Yoga 1pm	15 Mah Jongg 6:30pm	16 Mah Jongg 1pm	17
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