



# Falls Forum

AUGUST 2023

## *A message from your Board...*

*Suzanne Weinstein, President*

Dear Members,

The past month has been busy for your president and the other members of the Board. While Oded was scheduled to take a one week, well deserved vacation, it turned out to be longer. This was thanks to the repeated delays and cancellations of his flights so that he finally had to drive back to Florida. He was not alone as there were thousands of other travelers stranded in Newark. We had several challenges during his absence, but working as a team we got through them. For me, one important outcome, was the realization of how well managed our community is under his leadership. I was able to contact vendors from a list he provided, and they were surprised to see me and Diane in the office, but they were very responsive. One contractor came early on a Saturday morning to fix a heater for the pool spa. Oded is well regarded and respected by the many contractors and vendors who keep this community as special as it is.



For the past several months your Board has been negotiating a new management contract. After Argus was acquired by Real Manage a few years ago, and several unacceptable conditions were put into place, the Board decided to look for a new management company. After interviewing several and paying an in-person visit, we agreed upon Pinnacle Management Company. We signed a letter of intent and their contract was approved unanimously at the most recent Board of Directors meeting. Oded will remain as our on site community manager as an employee of Pinnacle. They will be offering us and him, more services than what we previously had, and the final transition will take place on August 1, 2023. For most residents there will be little impact. We continue to bank with Centennial, so your automatic payments will continue as before. If you have a coupon book,

## **LRF ASSOCIATION BOARD OF DIRECTORS**

President, Suzi Weinstein, [President@lakeridgefalls.org](mailto:President@lakeridgefalls.org)  
Vice-President, Scott Sims, [VicePresident@lakeridgefalls.org](mailto:VicePresident@lakeridgefalls.org)  
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Secretary, Rod Hayden, [Secretary@lakeridgefalls.org](mailto:Secretary@lakeridgefalls.org)  
Director, Diane Pezzimenti, [Director@lakeridgefalls.org](mailto:Director@lakeridgefalls.org)

### **Committees**

#### **Architectural Review Board (ARB)**

Suzi Weinstein, Board Liaison  
Lynn Gregg & Mary Cochran, Chairpersons  
*Meetings: 2nd Thursday of the month at 10:00am*

#### **Budget Committee**

Stu Sutin, Board Liaison  
TBD, Chairperson  
*Meetings: As needed*

#### **Buildings Committee**

Scott Sims, Board Liaison  
Arnold Wallenstein, Chairperson  
*Meetings: As needed*

#### **Community Relations Committee (CRC)**

Diane Pezzimenti, Board Liaison  
Barb Weigand, Chairperson  
*Meetings: 3rd Friday of the month at 10:30am, as needed*

#### **Landscape Committee**

Diane Pezzimenti, Board Liaison  
Cindy Eccher, Chairperson  
*Meetings: 1st Tuesday of the month at 10:00am*

#### **Roads and Grounds Committee**

Rod Hayden, Board Liaison  
David Danilowitz & Dick Dorn, Co-Chairpersons  
*Meetings: As needed*

#### **Pool Committee**

Suzanne Weinstein, Board Liaison  
Mark Lucas, Chairperson  
*Meetings: Last Wednesday of the month at 11:00am*

#### **Security Committee**

Scott Sims, Board Liaison  
Paul Moretti & Bernie Pezzimenti, Co-Chairpersons  
*Meetings: 3rd Tuesday of the Month at 11:00am*

#### **Hurricane Preparedness Group**

Scott Sims, Board Liaison  
TBD, Chairperson  
*Meetings: as needed*

#### **Social Committee**

Jane Kintz & Leigh Selby, Co-Chairpersons  
*Meetings: 1st Monday of the month at 10:00am*

#### **Art League**

Becky Stevens, President  
Alice Dorn, Co-President  
*Meetings: 2nd Monday of the month at 1:30pm*

4200 Lakeridge Blvd. Sarasota, FL 34243

[www.lakeridgefalls.org](http://www.lakeridgefalls.org)

and pay by check, you can use the same coupons. New ones will be issued at the end of the year. If you do pay by check, whether you mail it in or drop it off in Oded's office, be aware that it takes several days for it to clear and then be credited to the association. I urge you to take advantage of electronic payments.

In the last Falls Forum there were three articles dealing with sharing – be it the road, sidewalk, or pool lanes. Unfortunately, not everyone learned this lesson in kindergarten. So Diane Pezzimenti has addressed it again in her column. So please continue to keep our community the lovely place that it is.

While things are a little quieter in the summer months, please check the Weekly Reminders for ongoing and special activities. We miss our snowbirds and look forward to their return, as well as, some cooler temperatures. What would we do without air conditioning ???

Keep cool.

### **Office**

**Property Manager:** Oded Neeman  
*Phone: 360-1046 Line #101*  
*email: [PropertyManager@lakeridgefalls.org](mailto:PropertyManager@lakeridgefalls.org)*  
*After hours Emergency Only - 941-951-4034*

**Guardhouse:** 941-355-1328 / [Security@lakeridgefalls.org](mailto:Security@lakeridgefalls.org)

**Virtual Assistant/ LRF Falls Forum:** Paula Murray  
*Email: [Paula@lakeridgefalls.org](mailto:Paula@lakeridgefalls.org)*

# Property Manager Report

by Oded Neeman

**Limited Clubhouse Usage** – Due to a Final Evidentiary Hearing pertaining to the Clubhouse is going to take place between July 31<sup>st</sup> and August 9<sup>th</sup>, residents will not be able to use the Activities Room and the Multi-Purpose Room. Please note the usage of the kitchen during active hearing time will be limited as well. Thank you for your cooperation and understanding on this matter.

**Courtesy Resolution** – In recent months, we shared a few stories about the founding parents of the community and their contribution to shaping this amazing community into what it is. Last month, we shared an article by Mr. Grover Young, LakeRidge Falls's former President, regarding civility, which was overwhelmingly embraced by many members even a decade after it was first published. In June, we remembered Mr. Chuck Tierney whose contribution to the community forever will be remembered in shaping the Association's character. Today, we wish to speak about Mr. Craig Riley, who was, if not mistaken, the first President of the Association. During his term, Mr. Riley and his Board of Directors established one of the more important resolutions made: The Courtesy Resolution. The resolution which was approved in August of 2004, yes almost 20 years ago, established criteria promoting a friendly community while discouraging discrimination based on race, creed, religion, physical challenges, sexual preference, etc.

Therefore, it was only natural for the Board of Directors to revert to this resolution when concerns were raised regarding the recently approved amendment to Article III of the LakeRidge Falls' governing documents. The concern expressed by some members was that the proposed language of the amendment would allow future Board of Directors to discriminate against potential occupants during the application process. While the language used in the amendment is commonly used by many other homeowner associations, the United States Citizenship and Immigration Services, and law bars of many States, the Board of Directors

was receptive to these concerns. Therefore, and with the assistance of the Association's legal counsel, it composed and thereafter approved a resolution titled "Resolution to Approve and Deny Applications" based on the concrete foundations of the Courtesy Resolution of 2004.

We are happy to announce that the new resolution was recently recorded with the Manatee County Clerk of Courts and is now also posted on LakeRidge Falls' website. We encourage all members and residents to take a moment and read this important resolution by clicking [here](#) or by going to the Association's website, LakeRidgeFalls.org, and under Policies/Rules click on Courtesy Resolution.

**Automated External Defibrillator (AED)** – For those who may not be aware, the Association has two AED devices: one is located in the clubhouse hallway near the Fitness Center and the other in the club room where the billiards tables, computers, and library are located. For those who do not know, the AED is a portable electronic device that is used in the case of an emergency to automatically diagnose and treat potentially life-threatening situations of cardiac arrhythmias. Why do we bring this issue up? Well, two reasons.

Please make sure to familiarize yourself with the location of these devices. After all, a defibrillator that is used within minutes of a sudden cardiac arrest can significantly increase the chances of survival.

**With this in mind, please remember that the cabinets where the defibrillators are located should NOT be opened UNLESS it is an emergency.** Please understand that once the door of an AED cabinet is opened the cabinet alarm will go off and an emergency signal will be sent to local EMT teams. We are sure no one would like to pay the bill for a false dispatch of an ambulance and a fire truck.

**Applying to the Architectural Review Board (ARB)** – As many know, the Association governing documents, Article V, Architecture and Landscaping, 5.1, General states that "[no] structure or thing

Continued on Page 4

shall be placed, erected or installed upon any Lot, and no improvements or other work (including, without limitation, staking, clearing, excavation, grading, and other site work, exterior alterations or additions, or planting or removal of landscaping) shall take place within the Community, except in compliance with this Article and the Architectural Guidelines.” For this reason, members of LakeRidge Falls are required to obtain an ARB approval in writing before any changes are made, for example when one wishes to extend a lanai, install a generator, install hurricane impact windows, etc.

Therefore, homeowners who wish to perform landscape and/or exterior architectural changes are required to use an ARB Form, which is available at the clubhouse and on the LRF website: [www.LakeRidgeFalls.org](http://www.LakeRidgeFalls.org) under the section titled Forms.

Please note that all ARB Forms must be filled out, dated, and signed by the homeowner. In addition, the form must be accommodated with an 8” by 11” sheet of paper either legibly printed or typed with a detailed description of the proposed change, addition, or installation.

Furthermore, requests must be accompanied by a copy of an owner’s Plot & Site Plan, i.e. survey, for all ARB Forms involving landscaping, extensions of a building or pools, and, if possible, a photo showing the exact location of the project. A scale drawing may be substituted for the Plot & Site Plan in the event an owner cannot locate the original document. A photo or a drawing to scale but not a survey is required for all other proposed modifications, such as replacements of windows or installation of hurricane shutters.

Plans and specifications shall show, as applicable but not limited to, dimensions, structural design, exterior elevations, exterior materials and colors, landscaping, drainage, exterior lighting, irrigations, and other features of proposed construction or other activity as the ARB deems relevant.

Most importantly, all ARB Forms must be received by the ARB not later than forty-eight (48) hours before the scheduled ARB meeting to allow ARB

members to review the ARB Form and to visit the site, if necessary, before meeting deliberations. ARB Forms received less than forty-eight (48) hours before the ARB meeting may be “held” for review and consideration at the next scheduled ARB meeting.

Ensuring to follow the guidelines above would assist greatly the ARB in making a determination on each application in a timely manner. Messy forms, unclear requests, late submissions, and/or unsigned/dated applications may only delay your project as the ARB would have other choice but to deny and/or return such submittals. On behalf of the members of the Architectural Review Board, we thank you in advance for your attention and cooperation on this matter.

**Landscape** – A lot was happening last month in regard to landscape matters. Some were good and some unfortunately were bad. Let’s start with the bad. Late June was one of the worst mowing days in recent years. Significant areas were not mowed properly leaving a significant amount of grass clippings, other areas were mowed unevenly, while some sections of the community were not clean, i.e., blown, following the conclusion of the mowing crew’s work. While BrightView Landscape, the Association landscape maintenance company, provided several reasons for these unsatisfactory results, the Association was only interested in the one reason why this unacceptable outcome would not repeat itself. And indeed, following mows were raised to the level of expectation.

If this was not bad enough, Irrigation Clock # 2, which controls 43 zones along Bowen Falls Place and the west side of Stirling Falls Cir, was acting up on the same week the bad mowing days took place. As a result, the irrigated areas under this clock were not receiving proper coverage resulting in large patches of dying sod. Because the Association approved the replacement of the clock a few weeks beforehand, the Board of Directors made it very clear to BrightView Landscape that the expectation is for a swift remedy at the vendor’s expense. And indeed, BrightView made sure

*Continued on Page 5*



to replace the defective clock a week later ensuring irrigation operations in these areas are back to normal. In addition, BrightView Landscape will make sure to replace the dead sod in those places that died as a result of this malfunction.

Now, to the good news. ACI, the Association tree maintenance company, concluded the trimming of the 400+ queen palms in the community. Please note that ACI only addressed queen palms that are over 15'. Also please note that in pruning the palms ACI crews attempt to execute the 9 o'clock to 3 o'clock rule. This rule is a best pruning practice in which fronds that hang below an imaginary 9 o'clock and 3 o'clock positions are trimmed. This is done to ensure that not too many fronds are removed which more often than not results in an increased risk of the palm getting hurt from insects and/or diseases. As always, if you are puzzled regarding which palm you have in your front yard and/or the number of fronds that were trimmed, please don't hesitate to contact us and we will be more than happy to provide you with more information.

**Cable Companies** – On a somewhat related matter, recently we had an unfortunate incident, but yet not uncommon, in which BrightView Landscape cut a cable line on a Lot while installing new plant material in an originally installed landscape bed. While this is not a fun experience to go through, it may happen that during mowing cycles and/or enhancement projects a communication cable that provides television/phone/internet services to a house be cut by the various landscape crews. In such cases, residents may be left with no service/s for hours and in some cases days. It is therefore understandable for residents to be frustrated with the Association's landscape service providers and with the Association. However, please note that in the vast majority, if not all cases, there was no way for such crews to avoid cutting communication cables. The reason why is that these cables are rarely laid deep enough into the ground as can be seen in the pictures to the right.



When the community was first developed, cable companies laid their infrastructure in a way that didn't interfere with any other vendors' work. As the years went by, however, maintenance issues arose. To save time and money, many cable companies now will simply run a new cable line from the communication tower to the house. This takes a few minutes and saves valuable time in the troubleshooting process. Because the time of a skilled technician is also valuable, the digging of a new cable line into the ground is left to a subcontractor. For this reason, by the way, you may see orange cables laying on and/or glued to one's driveway.

When a subcontractor company eventually comes to bury the cable into the ground, it is not always going to do a good job, to say the least. You see, digging into an established landscape bed is not an easy task. For example, palm roots are very hard to dig into without a very sharp shovel. Because time is money, such subcontractors tend to perform a quick job leaving cables exposed or buried in a shallow trench.

Therefore, please understand that the Association's landscape service providers can't avoid damaging one's cable with their equipment when cables are laid in such a manner. As frustrating as it may be, residents must demand their cable providers to ensure they lay the cables properly, i.e. at least 6 inches into the ground. We hope this will help to clarify the matter.

*Continued on Page 6*

**Backflows** – We are happy to report that The WaterWorks concluded last month the certification process of all backflows in the Association. Results were submitted to Manatee County. As one can imagine, not all backflows passed the certification test. Notifications were sent to those members whose backflow failed encouraging them to correct the matter without delay. It is important to note that failing or passing a backflow may be a subjective matter. Some situations are not clear-cut and are open for interpretation. This usually happens when wear is discovered in one of the backflow's elements. While one company may feel this wear warrants a repair (i.e. fail certification) another may suggest waiting a little bit longer before performing the repair (i.e. pass certification) and vice versa. In these situations, residents might be left uneasy, thinking the vendor might have provided them with a false report. However, please understand that this is not the case. The WaterWorks' goal was to ensure residents' satisfaction while meeting Manatee County requirements.

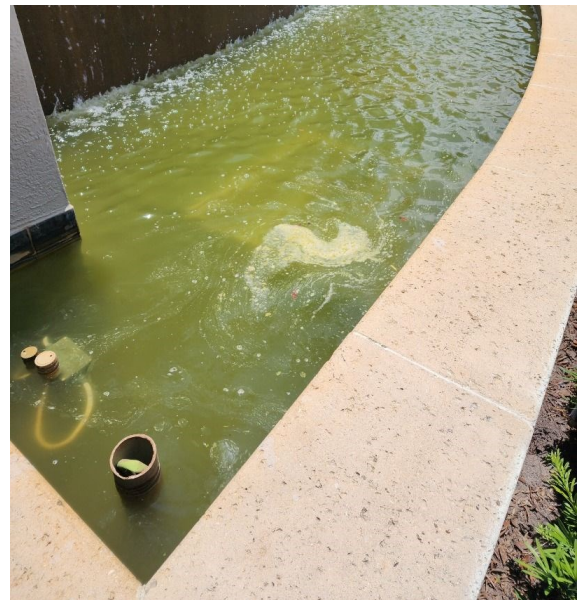
In the next few days, you MAY, hopefully not, would receive a notice from Manatee County Utilities Department (MCUD) titled **FINAL NOTICE** regarding the backflow inspection, there are most likely three reasons for that:

- The backflow failed and
  - No action was taken to remedy the issue by the homeowner.
  - The certification paperwork following the repair was not submitted to the County.
- The WaterWorks failed to submit the certification with the County.
- The County system failed to record the certification of the homeowner.

As in the past, and regardless of what is the reason, please contact the Association if you received a Final Notice from Manatee County Utilities Department. This way we can ensure nothing is left to chance. Thank you in advance for your attention and help on this matter.

**Waterfall** – You may have noticed that the waterfall was off last month for a few days. Here is why. Following a routine inspection, PoolWerx, the Association's new pool and waterfall maintenance company, reported that the quality of the waterfall's water is "completely green and there are a ton of leaves in it." Therefore, PoolWerx suggested draining, cleaning, and recheming the waterfall basin. This, however, didn't come as a surprise to the Association.

Each year, a significant number of oak leaves droppings find themselves inside the waterfall's basin. As a result, phosphates, which are an organic chemical found for example in oak leaves and twigs, are released into the waterfall's water. When the phosphate level in the water is too high, then it promotes algae growth. When the algae organism dies, it releases more phosphates into the water leading to new algae growth. The result is captured in the picture to the right taken by PoolWerx – green water.



We are happy to report that PoolWerx did a great job in draining the waterfall, removing the debris, power washing the basin, refilling the basin back up, and recheming the water. Once concluded, the waterfall was turned back on and it is up and running again.



**Raccoons** – We received a couple of reports of raccoons that were roaming behind residential homes in the community, as can be seen in the picture below which was shared by Ms. Barb Bullock, a resident of the community.

This is a good time to once again advise residents of some important safety tips related to raccoons in particular and wildlife in general:

**Do not feed them** – artificially feeding wildlife may result in larger animal families that their natural food supply can't support. Therefore, they become more and more dependent on humans. As a result, they may lose their natural fear of humans which may lead to property damage and endangers surrounding neighbors.

**Do not leave your garbage outside unsecured** – raccoons are pretty smart animals as they can figure out a way inside an unsecured garbage container. Therefore, please make sure to use a garbage container that has a locking/clamping lid.

**Do not leave pet food outside or in the lanai** – this also means not to leave your pet outside unattended as raccoons may attack dogs or cats if they feel threatened by them.

**Do not handle raccoons yourself if you feel threatened** – instead, please immediately contact nuisance wildlife professionals. A nuisance animal may be removed from a property as long as the professional follows Florida Administrative Code (F.A.C.) 68A-9.010.

For more information about raccoons, please take a moment to read the pamphlet by Florida Fish and Wildlife Conservation Commission called "[Living With Raccoons](#)," which can be found on the Association's website. We kindly ask for residents' cooperation on this matter. Please help us to protect Lake Ridge Falls' wildlife.



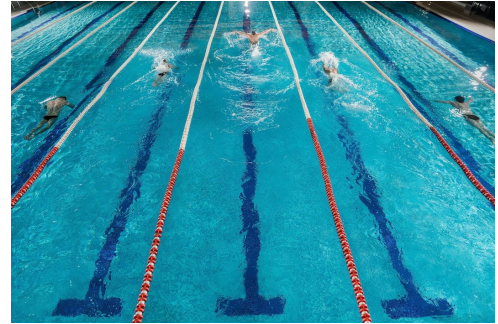
**Wildlife** – On a related matter, and on a positive note, Mr. Bob Young, a member of the community, shared with us a couple of amazing pictures he took recently of the community's wildlife. In one of them, you will see a duck with its ducklings, and on the other a close-up of a beautiful roseate spoonbill. With this in mind, please make sure to keep a distance from these amazing creatures as together we can preserve the wonderful wildlife surrounding us.



# Lap Lanes in the Pool

*Diane Pezzimenti, Director*

Are there three lap lanes in our pool? Can I use them anytime I want? How about if there is a class or activity scheduled? There seems to be some confusion about lap lane usage in the pool. I hope that the following article will help clear up the confusion.



## **How many lap lanes are in the LakeRidge Falls Community pool**

There are **two** lap lanes in the pool. Each lap lane has a blue line running down the middle of the lane with a T at the end to warn a swimmer that the wall is near.

## **Can you walk in the lap lane?**

Certainly! People use the lap lane for all sorts of exercises. You can walk, jog, use a paddle board or swing your arms or kick your legs while in a flotation device. As long as you are moving along the blue line from one side of the pool to the other, you are using the lap lane. People who want to do physical therapy exercises often use the lap lane in various ways.

## **Can you use a flotation device and just float in the lap lane?**

The rule is that the lap lane should be kept clear for people who are exercising in the above manners. People who wish to use the lap lane for exercise have priority use of the lanes.

## **If more than two people wish to use a lap lane, how is a lap lane shared?**

- ⇒ People who regularly swim for exercise know that a single lap lane can be used by two swimmers. If both lap lanes are already in use when you arrive, please ask politely if you can share one. If no one is willing to share the lane they are using, please wait patiently until one of the lanes opens.
- ⇒ It is considered polite to allow another swimmer to share the lane if asked. The center of the lane - the blue line - then acts as a dividing line for the shared lane. Swimmers use one side of the lane to swim the length of the pool and switch to the other side of the lane to return.
- ⇒ If you have a choice, please ask the swimmer who seems to match the speed at which you choose to exercise to share their lane. This will be less frustrating for both of you or, just wait until a lane opens.

## **What if there is a scheduled activity in the pool? Can I still do my laps?**

Water aerobics classes and water volleyball games are regularly scheduled in the pool. When these activities are scheduled, only one lap lane will be available to use. It might be best to schedule your exercise for a time when the pool does not have a group activity.

**The community pool is a friendly place to exercise and socialize.**

**Come to the pool!**





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## Wine and Fiction Book Club

### *The Alchemist* by Paul Coelho

This classic novel addresses the age-old question: Can one ever live a complete life without fulfilling their destiny? In Our August book selection, *The Alchemist*, a young Spanish shepherd boy named Santiago, has a recurring dream which is he believes to be prophetic. Inspired to learn if this is truly prophetic, he undertakes a journey to the Egyptian pyramids to find a certain kind of treasure, discover the meaning of life and fulfill his destiny. During the course of his travels, he meets many mentors, including an "Alchemist", who teach him valuable lessons about achieving his dreams. Along the way, he falls in love and most importantly, learns the true importance of who he is, how to improve himself and focus on the really important matters in life.

Please join us as Diane Pezzimenti leads our discussion of this intriguing and thought-provoking novel: **Tuesday, August 22<sup>nd</sup>, 7:00 PM in the Grand Salon.** New members are always welcome. Bring your favorite beverage and if you choose a snack or light dessert to share with the group.

# CLASSIFIED ADS

Classified Ads are to be submitted by

**Lakeridge Falls Residents only!**

**All American Handyman**, Home Repair, Honey-do list, House Sitting, Free Estimates!

Call Donnie, LRF Resident at **941-320-3268**

Only \$1.00 per line, five line limit. Deadline is the 20th of each month. Email Paula@lakeridgefalls.org



## Women's Breakfast

**August 29th at 9:30am**

Signup in the Clubhouse

8315 Lockwood Ridge

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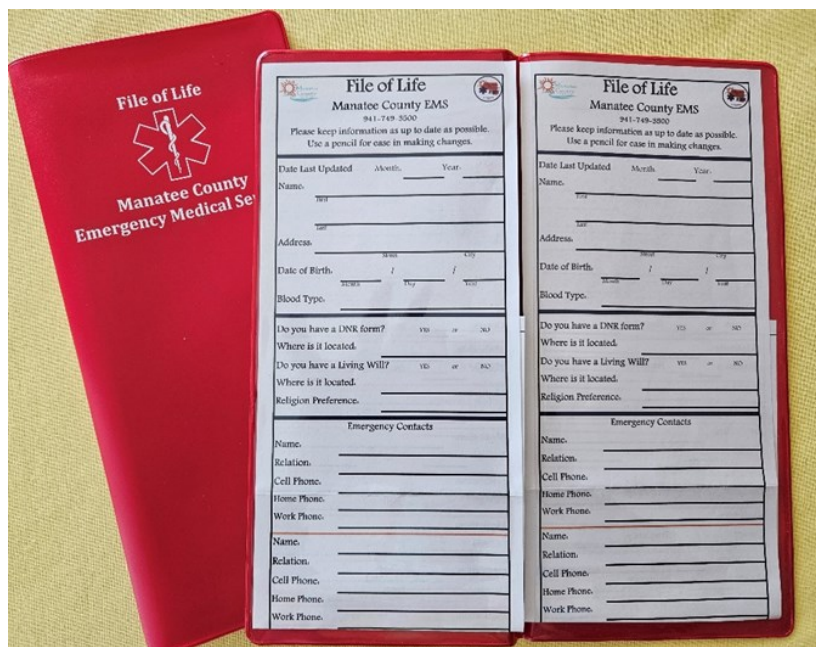
The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

## FILE OF LIFE: When Every Second Counts

*The Life You Save May Be Your Own!*

Medical emergencies *can and do* happen to Lakeridge Falls residents. Are you prepared in the event that you or someone you love needs immediate medical assistance? The **FILE OF LIFE** provides our Manatee County first responders (EMS) a *mini-medical history* posted on the outside of one's refrigerator (held with a magnet). Its visibility and readability ensure that Manatee County EMS can access it quickly when responding to a call. EMS personnel have stated that the information contained in the **FILE OF LIFE** is not only helpful, it is potentially lifesaving.

The Community Relations Committee urges **ALL** Lakeridge Falls residents to pick up a free, FILE OF LIFE from our Community Manager, Oded Neeman.

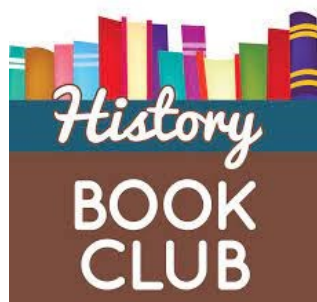


### UPDATED - ATTENTION ALL RESIDENTS

The Final Evidentiary Hearing pertaining to the Clubhouse renovation has been rescheduled for **August 2nd - August 17th**. The Activities Room and the Multi-Purpose Room will not be available to residents during this period. The use of the kitchen during normal business hours will be limited as well. If needed, the hearings will continue and the rooms will also be unavailable **August 31st - September 5th**. Thank you for your cooperation and understanding on this matter.

### CLUBHOUSE SCHEDULE CHANGES

1. Tai Chi classes are cancelled.
2. The Self-Directed Exercise is cancelled on Tuesdays.
3. Table Tennis is cancelled.
4. All other activities that are currently scheduled in the Activities Room and the Multi-Purpose room can be held in the Grand Salon at their regularly scheduled time. Please be courteous of one another in the rare instance when more than one activity is taking place at the same time.



### History Book Club: Reading List & Discussion Schedule

A history book club is open anyone with an interest in discussing American and global history. Monthly 1-hour meetings are held from 2 to 3pm East Coast Time. Our "Zoom meetings" will normally occur on the third Tuesday of each month. Everyone is encouraged to recommend history books and facilitate our discussions.

Members are encouraged to pursue their interests and curiosity. Participants will receive a Zoom link about two days prior to the meeting. The zoom invitations will include phone numbers for dial in purposes, which is helpful for anyone who encounters an internet connection problem. Anyone interested in joining should contact Stu Sutin at: [sutindoc@gmail.com](mailto:sutindoc@gmail.com).

Scheduled discussions for the remainder of 2023 include:

- **August** - No Meetings
- **September 19** - David Schmitz. **Richard Nixon and the Viet Nam War.** LTC (R) Lee F. Kichen, facilitator
- **October 24** - Christopher Hebbert. **The House of Medici.** Paul Urbanick, facilitator
- **November 20** - Arthur Herman. **The Viking Heart.** Karen Futurnick, facilitator
- **December 19** - David Brown. **The First Populist : The Defiant Life of Andrew Jackson.** Hilda DeRoner, facilitator

*If you are interested  
in joining, contact*

*Stu Sutin at:*

*[sutindoc@gmail.com](mailto:sutindoc@gmail.com)*

The **Community Relation Committee (CRC)** would like to introduce a new community program.



**Caring Connections**

- Do you ever have one of those days/weeks?
- Could you use a little pick me up from a neighbor?
- We're here to help!

**Contact us to see how.**

Carol - [caroljeanbrantley@hotmail.com](mailto:caroljeanbrantley@hotmail.com)

Nancy - [nancy.mendelson@gmail.com](mailto:nancy.mendelson@gmail.com)

513-515-3440 (leave message)



## Storytelling Night

**This event has been a big hit in LRF!**

Although its' founder Marty Collins will be leaving us, Mitzi Hogoboom has agreed to carry the torch and become the new organizer for this event.

The next Storytelling Night will not be held until early next year, however our recruitment efforts to obtain Storytellers is ongoing. No experience necessary, just an interesting story to share with neighbors and friends. No need to memorize your story, simply write it down and read it if you choose.

**Signup in Clubhouse TODAY!**



# Calling all callers!



**Volunteer(s) needed to share monthly BINGO calling**  
**Second Monday of the month, 7:00pm at the clubhouse**  
**Great benefits: free snacks & fun people!**

**Please contact Jane Kintz ([jmkintz@yahoo.com](mailto:jmkintz@yahoo.com)) or**  
**Leigh Selby ([lwselb@yahoo.com](mailto:lwselb@yahoo.com)) if interested in helping out.**



## LRF Book Club

*Meets the 2nd Tuesday of each month at 11:15.*

### Reading Selections -2023

<u>Month</u>	<u>Book</u>	<u>Author</u>	<u>Discussion Leader</u>
August	No meeting		
September	The Forest of Vanishing Stars	Kristin Harmed	Suzi
October	Demon Copperhead	Barbara Kingsolver	Kathy
November	Lessons in Chemistry	Bonnie Garmus	Alida
December	Select Books for 2024		
January 2024	Brunelleschi's Dome	Ross King	Rowna



## Yokoso Ramen

3422 Clark Rd

**August 4th at 11:30am**

*Signup Sheet and Menu are posted on the  
Clubhouse Bulletin Board*



## Seasoned Singles Monthly Monday Mixer

**Monday, August 7th**

5:00pm - 7:00pm  
(Grand Salon)

BYOB and an appetizer or a  
dessert to share.

All LRF singles are welcome!

***Signup in the Clubhouse***



# Halloween Pizza Party

**Thursday, October 26**

Catered by St Pizza Catering

**Costumes encouraged but not required!**

This is a ticketed event.

Tickets on sale the 1st two weeks of October.



## AUGUST HAPPENINGS

8/6 - Sundaes on Sunday 2:00

- ♦ Grand Salon
- ♦ \$5 at the door (must sign up on Clubhouse Bulletin Board)

8/25 - TGIF 5:30-7:30

- ♦ BYOB & an appetizer to share
- ♦ 50/50

Check the calendar on Paula's office door for dates and times  
to buy Holiday Lights Trolley Tour Tickets

---

Your LRF Social Committee Invites You to  
SAVE YOUR SATURDAYS in December

12/2 - Cookie Swap

12/9 - Holiday Brunch in the Grand Salon  
catered by St Pizza Catering

12/16 - Holiday Lights Trolley Tour  
see full page ad in this edition of the Forum

Watch for more details on these events in the Falls Forum,  
Weekly Reminders & the Clubhouse Bulletin Board



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
  - Hot, red, dry, or damp skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
  - Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or a cool bath
  - Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
  - Cold, pale, and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Tiredness or weakness
  - Dizziness
  - Headache
  - Fainting (passing out)
- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
  - Muscle pain or spasms
- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN

- Painful, red, and warm skin
  - Blisters on the skin
- Stay out of the sun until your sunburn heals
  - Put cool cloths on sunburned areas or take a cool bath
  - Put moisturizing lotion on sunburned areas
  - Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
  - Keep the rash dry
  - Use powder (like baby powder) to soothe the rash





## Holiday Lights Trolley Tour of Sarasota Neighborhoods

**We know this seems way too early, but the trolley company is booking earlier than last year.....**

A Holiday Lights Trolley Tour is scheduled for **Saturday, December 16<sup>th</sup> at 6:00 pm**. The trolley company will pick us up at the Clubhouse parking lot (arrive at Clubhouse by 5:45 for boarding at 6). After the tour, refreshments will be served in the Grand Salon.

In order for the trolley company to commit to picking us up and returning us to our Clubhouse, we must provide them with a count of passengers and payment by the end of August. The number of tickets available is somewhat limited so please reserve as soon as possible.

**Tickets are \$25 per person - reservations and payment are required in advance.** Please note that because all seats must be paid for to the trolley company by the end of the August, **tickets are non-refundable**. Should you have change in circumstance after purchasing tickets, we will do our best to help you find others who might be able to assume your tickets.

**Ticket sales will start on Sunday, August 6<sup>th</sup> at the Sundaes on Sunday event at 2 pm & continue on August 8<sup>th</sup> & 10<sup>th</sup> from 10 to 2 in Paula's office at the Clubhouse.** Ticket sales will end on Thursday, August 31<sup>st</sup> unless we sellout prior to the 31<sup>st</sup>. Additional dates and times for ticket sales beyond August 10<sup>th</sup> will be posted on the door of Paula's office and the bulletin board shortly. **Tickets can be purchased via check only, payable to the LRF Social Committee.**

**For those of you who are seasonal residents** and wish to participate but who won't be here in LRF before the ticket deadline:

Send an email to [lwselb@yahoo.com](mailto:lwselb@yahoo.com) advising how many tickets you would like to purchase and then mail your check ASAP to:

Leigh Selby  
4256 Mackay Falls Ter  
Sarasota, FL 34243

Tickets will be reserved for you when your email is received, **however your check must be received by August 25<sup>th</sup> or your reservation will be cancelled.**

**We look forward to seeing you on December 16<sup>th</sup>.** And don't forget to wear your best ugly Christmas sweater since National Ugly Christmas Sweater Day is the day before our tour!!!



# Four Florida **FOODIES** Restaurant Ratings

(not in any order)

*Ratings by Fern & Bob Rouleau and Linda & Gunner Lorenz. These are our opinions which might change with different chefs and/or servers on a different day.*

## **Geckos – 351 N Cattlemen Rd Sarasota - (B)**

- Good variety-wings, salads, flatbreads, wraps, dinners, burgers, sandwiches
- Good service

## **Grill Smith - 6240 S. Tamiami Trail, Sarasota - (A)**

- Excellent food
- Burgers are wonderful
- Salads
- Seafood – Salmon is delicious

## **Mission Barbecue - 5231 University Parkway, Suite 109, Sarasota - (C)**

- Food very salty
- Brisket, pulled pork, sausage, turkey and chicken
- Ribs, sandwiches

## **Bubba Barbecue – 6581 E SR70, Bradenton - (C/D)**

- Disappointing
- Pork, brisket, chicken, turkey

## **Texas Roadhouse – 5710 Ranch Lake Blvd, Bradenton – (A)**

- Great steaks and ribs
- Very heavy seasoning on meat – we ask for meat to be served plain
- Good service

## **Stottlemeyers Smokehouse – 19 East Rd, Sarasota - (B)**

- Can get very crowded
- Music – some bands better than others
- Brisket, ribs, pork, chicken, sandwiches, Mexican, fish

## **Wicked Cantina - 1603 N Tamiami Trail, Sarasota – (F)**

- Food was not very good
- Carne Asada had no meat at all
- Poor service
- Poor atmosphere

## **Stonewood Grill- 5415 University Parkway, University Park – (A/B)**

- Good entrees – steaks are excellent
- Salads are disappointing

## **Culver's – 2605 University Pkwy, Sarasota – B**

- Step up from fast food
- Burgers are ok
- Chicken sandwiches and pot roast sandwiches are very good
- Ice cream is excellent
- Service is usually slow

## **Rusty Bucket – 257 N. Cattleman Rd - (D)**

- Very poor service – server brought out soup, salad and entrée all at once after long wait
- Onion soup was awful
- Food was not very good



## August 2023

### GS – Grand Salon

### AR – Activities Room

### MPR – Multi-Purpose Room

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<i>WA = Water Aerobics</i>	<i>WVB = Water Volleyball</i>	<i>SDE = Self-Directed Exercise</i>	<i>SBY = Stretch-Balance- Yoga</i>			
		<b>1</b> 9:30 WA 10:00 Men's Coffee 1:00 Bridge 1:00 Mexican Train 2:00 WVB 6:30 Euchre	<b>2</b> 8:00 WA 8:30 BOCCE 9:00 Ladies Chat 9:30 WA 10:00 Women's Bible Study 1:00 Mahjong 6:30 Texas Hold'em	<b>3</b> 10:00 SDE 12:30 Mahjong 2:00 WVB 6:00 Poker	<b>4</b> 8:00 WA 8:30 BOCCE 10:00 Sociable Stitchers 10:00 WA – Instructor \$5 11:30 Dining Divas 6:30 Texas Hold'em	<b>5</b>
<b>6</b>	<b>7</b> 8:00 WA 8:30 BOCCE 9:30 WA 10:00 Social Committee 1:00 500 Bid 5:00 Seasoned Singles Monthly Monday Mixer	<b>8</b> 10:00 Men's Coffee 9:30 WA 11:15 Book Club 1:00 Bridge 1:00 Mexican Train 2:00 WVB 6:30 Euchre	<b>9</b> 8:00 WA 8:30 BOCCE 9:00 Ladies Chat 9:30 WA 10:00 Women's Bible Study 10:30 SBY (\$5) 11:30 Gentle Yoga (\$10) 1:00 Mahjong 6:30 Texas Hold'em	<b>10</b> 10:00 SDE 12:30 Mahjong 2:00 WVB 6:00 Poker	<b>11</b> 8:00 WA 8:30 BOCCE 10:00 Sociable Stitchers 10:00 WA - Instructor \$5 <b>2:00 Board Meeting</b>	<b>12</b>
<b>13</b>	<b>14</b> 8:00 WA 8:30 BOCCE 9:30 WA 1:00 500 Bid <b>6:30 BINGO</b>	<b>15</b> 9:30 WA 10:00 Men's Coffee 1:00 Bridge 1:00 Mexican Train 2:00 WVB 6:30 Euchre	<b>16</b> 8:00 WA 8:30 BOCCE 9:00 Ladies Chat 9:30 WA 10:00 Women's Bible Study 10:30 SBY (\$5) 11:30 Gentle Yoga (\$10) 1:00 Mahjong 6:30 Texas Hold'em	<b>17</b> 10:00 SDE 12:30 Mahjong 2:00 WVB 4:00 Travel Club 6:00 Poker	<b>18</b> 8:00 WA 8:30 BOCCE 10:00 Sociable Stitchers 10:00 WA - Instructor \$5 6:30 Texas Hold'em	<b>19</b>
<b>20</b>	<b>21</b> 8:00 WA 8:30 BOCCE 9:30 WA 12:00 Intermediate Tai Chi (\$5) 1:00 500 Bid 3:00 Table Tennis	<b>22</b> 10:00 SDE 9:30 WA 10:00 Men's Coffee 1:00 Bridge 1:00 Mexican Train 2:00 WVB 6:30 Euchre 7:00 Wine/Fiction	<b>23</b> 8:00 WA 8:30 BOCCE 9:00 Ladies Chat 9:30 WA 10:00 Women's Bible Study 10:30 SBY (\$5) 11:30 Gentle Yoga (\$10) 1:00 Mahjong 6:30 Texas Hold'em	<b>24</b> 10:00 SDE 12:30 Mahjong 2:00 WVB 3:00 Table Tennis 6:00 Poker	<b>25</b> 8:00 WA 8:30 BOCCE 10:00 Sociable Stitchers 10:00 WA - Instructor \$5 <b>5:30 TGIF</b>	<b>26</b>
<b>27</b>	<b>28</b> 8:30 WA 8:30 BOCCE 10:00 WA 12:00 Intermediate Tai Chi (\$5) 1:00 500 Bid 3:00 Table Tennis	<b>29</b> 10:00 SDE 9:30 Women's Breakfast 9:30 WA 10:00 Men's Coffee 1:00 Bridge 1:00 Mexican Train 2:00 WVB 6:30 Euchre	<b>30</b> 8:00 WA 8:30 BOCCE 9:00 Ladies Chat 9:30 WA 10:00 Women's Bible Study 10:30 SBY (\$5) 11:30 Gentle Yoga (\$10) <b>11:00 Pool Committee</b> 1:00 Mahjong 6:30 Texas Hold'em	<b>31</b> 10:00 SDE 12:30 Mahjong 2:00 WVB 6:00 Poker		



## The Rothschild Team

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## Sarasota Funseekers



*Oh the places they will go!*

Be sure to check out the notebook and map by the Clubhouse Bulletin Board to see the places the bears have gone. So far our residents have taken them to Nashville, Michigan, Germany and even in our pool for a game of water volleyball among other places. One of the bears is going off to Egypt and maybe even Finland!

Everyone is welcome to take a bear along with them and share their travel experiences with fellow residents. The sign out sheet for the bears is located in Oded's office.

**For more information on this project  
contact Carol Brantley at:**  
[caroljeanbrantley@hotmail.com](mailto:caroljeanbrantley@hotmail.com)

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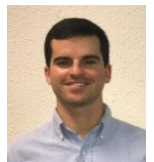


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