



Village Voice



April 2011

A Message From Our Park Manager

I would like to thank everyone in the community for your patience and understanding while the improvements to the community have been under way.

The Wynne Building Corporation has invested a great deal of time and money here in the last several months to bring this community back to a level that you expect and deserve. We want this to be a community that everyone will be proud to live in, while enticing new residents to the area, which should result in increased property values.

We will now be shifting our attention to landscaping since we are approaching the growing season. I have been posting violations for parking on the grass. According to the rules and regulations vehicles are to be parked on concrete driveways. All driveways should accommodate two vehicles; if you have more than two vehicles alternative measures need to be taken. This also applies to the front of the clubhouse area, as well as cul-de-sacs. Once your vehicle has been issued a violation, this is recorded and the next occurrence will result in the vehicle being towed.

Wynne Building Corporation has recently purchased a boom-type bucket truck, as well as hired an arborist to trim the trees throughout the community. Currently he is working in Spanish Lakes Fairways and I have been told that he will be in this community next, which should be in the next several months.

I would like to ask everyone to please pay particular attention to the northern side of your home, as this will be the side subject to mildew first. Treat by diluting some bleach with water and using a pump up type garden sprayer to apply the solution, followed by rinsing with a garden hose. Pressure cleaning may not always be a necessity.

Anyone preparing to paint the exterior of their home needs to call or stop by the service office for a copy of the approved paint colors. Failure to do so could result in having to repaint your home.

As our northern residents prepare to journey back home, we wish them a safe and healthy summer. It is especially important that you make sure your home is up to the community standards prior to your departure, such as the checking that the outside is clean, shrubs and planting areas are trimmed and everything is stored away properly. We look forward to seeing you next fall.

John Brennan

How Much Do You Pay For Groceries?

The 912 Super Seniors Group began collecting data in December 2010 to track the rising costs of a select list of groceries and the price of gasoline. Using the prices provided by senior citizens and anyone interested in participating in the COLA project, the 912 Super Seniors organization has released the results of inflation from December 2010 to March 1, 2011. In this time period the selected items increased in price from a total of \$74.19 to \$80.37, an increase of 8.3%. This is a nationwide group of seniors so prices are gathered nationwide and may not reflect the exact prices here on the Treasure Coast. If you would like to know more about the 912 Super Seniors and the COLA project or sign up to participate, go to the web site:

<http://www.912superseniors.org/cola-project/cola-project-results/>

Kathleen O'Brien



... Mailbox ...

John and I made a great decision in April of 1997 to live in Spanish Lakes Country Club Village. We have made such wonderful caring friends. We would like to take this opportunity to thank all of you for your cards, calls and help while John was recuperating from his surgery.

Also to thank you for your kind thoughts, prayers and cards sent to me during my time of sorrow, on the passing of my mother. It really does help having such wonderful friends.

Thank you again and God bless you all.

John and Cecelia Mahoney

To all my great friends and neighbors at Spanish Lakes. Thanks so much for your prayers and concern during my surgery for a hernia repair. Your cards and phone calls meant so much to me.

Thank you.

Ken Sojka

Beloved Friends and Neighbors:

The family of James Pezzetti is so appreciative of all your outpourings of love. Your cards, meals, visits and prayers have meant so much.

Thank you for continuing to remember him as a good husband, father and friend.

Gillie Pezzetti



Blessed Families

On February 12, 1949 I married Jean P. Mahar and we celebrated our 60th anniversary this year. She is, and has always been, my lover, best friend, confidant, advisor, supporter and so much more than words can express. Along with that she presented me with eight of God's most wonderful children, who gave us 20 grandchildren and three beautiful great-grandchildren.

Our eldest Jeannie and her Joe gave us Sean and Janine, who with her Ryan gave us Connor and Kailey; Sean and his Aileen gave us adorable Emma; Bill and his Barbara share Jacob with us; Mark and his Carleen gave us Cary, Ryan and Peyton; Chris gave us Megan he shares with his new wonderful bride Barbara; Kathleen and her Joe gave us Benjamin to love. Jim and his Christine share with us their Matthew, Jarrett, Kodiak and his bride Lulu; Beth and her Scott gave us Mr. Personality Scotty, Dylan the musician and twins Kyle and Reese; Michael and Laura blessed us with Eamon, Finnegan, Liam and in April our newest granddaughter to be. I have been so blessed to know and love my Jean and I pray to God to spend the rest of my life with her.

Bill Walsh

Cleaning for a Reason

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

Notable Neighbors

Bill and Grace Muse have been in the park for four years and have made themselves useful in repairs for neighbors and also for the recent kazoo band show.

You may not know that Bill is an avid pool player, having been playing since he was 13 years old. He is a member of the Riverside Pool League in Stuart, who enter the 8-ball tournament at The Riviera in Las Vegas. This is a nationwide competition held three times a year.

Bill has won a place on the team this year and will be traveling to Las Vegas on May 17th. We wish him good luck and hope he brings back another trophy to add to the collection of the Riverside Pool League.

Carol Fensterer

Florida Statute for Cyclists



Now that we have nicely paved smooth roads in SLCCV and lots of folks riding bikes for exercise, it's time to remind everyone of a couple of state laws regarding cyclists. State statutes require motor vehicle drivers to stay three feet away from cyclists when passing. Many forget that the law treats bicycles as vehicles that have a right to the road, too. This applies to bicycles on other roads, not just in SLCCV. Cyclists don't get off the hook. They must also follow motor vehicle rules: keeping to the right, stopping for stop signs, and using arm signals for turns. Remember those from the old days when we had to use them while driving...at least for the road test!

Some of us are lacking basic driving etiquette. When a car arrives at the exit and another car is already in the other lane, wait for that car to pull out before pulling up to the exit line so you don't block the view of the other person. Pat Gordon gave an example at our HOA meeting. If both cars are neck and neck, neither one has a good view of oncoming traffic.

Also, if you stop to chat with a neighbor, please don't stay in the middle of the road with no thought of who is behind you. Pull over.

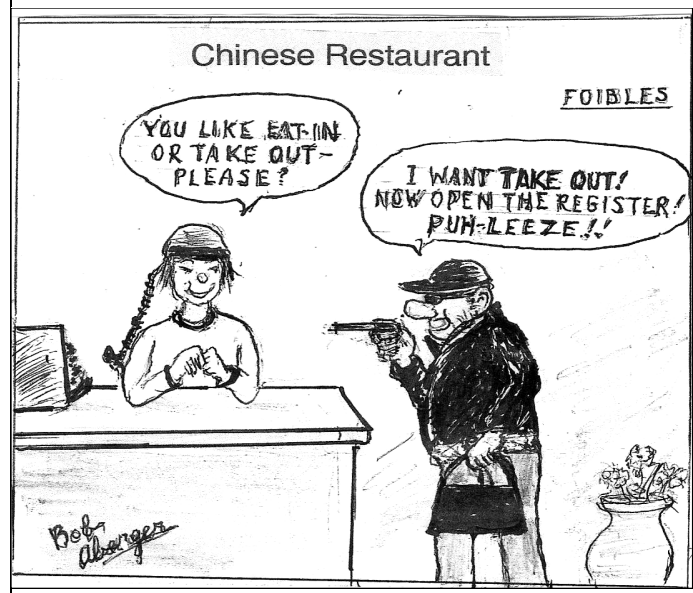
Fitness Games Party

Sunday, March 13th, was the final event of the 2011 Fitness Games. All the coordinators, volunteers and participants who worked so diligently throughout the 16 events, enjoyed themselves immensely.

There were Certificates of Appreciation given out, as well as certificates to the winners of most ribbons. Tom Wetmiller was the #1 winner for the men participants and for the ladies, Dianne Poitier. JoAnn Camino and her amazing crew served a delicious meal, and various beverages and dessert were also enjoyed. Our own "Smiling DJ" Ralph Balzano and Ray Tudino supplied dance music throughout the party. The 2011 Fitness Committee (John and Ces Mahoney and Gerrie Purcell) decorated the hall in the Spirit of America. Many thanks to Robyn and her staff, as well as John Brennan and the Service Department for meeting all our requests so cooperatively.

Seeing so many of our villagers (this was our largest registration ever) enjoy themselves after all their efforts over so many weeks, was their reward for the countless hours of organizing. 2012 will be even bigger and better!! Thank you all.

John, Ces and Gerrie



Presidents Corner



As you read this, your new HOA Board is in place. Irene Kanzler, President; Paul Moore, Vice President; Joyce Kelly, Secretary; Regina Clark, Treasurer; Joanne Trainor, Membership Director; Herb (Stoney) Stone, Communications Director; and Joanne Frey, Activities Coordinator. We are a cohesive group, working to help make our Village a “fun place to live”.

Did you see all the work-a-bees renovating the HOA shed by the entrance to the owners’ pool? Your HOA financed the supplies and John Brennan, the Manager of SLCCV supplied a painter with paint and an electrician with his expertise. Here is the names of all the people who worked hard to complete this project in a timely manner. Seems like the tennis club always steps up to the plate.

Tennis Club Coordinators:

Ron Forrest Bill Brown
Tom Wetmiller Rich Lamb

Helpers:

Tony Botello Pat Cardone
John Hoffman Harry Knodt
Bill Maginn Paul Moore
Ian Sutherland

Others (not tennis club):

Bill Kanzler Jack Whitaker

It’s wonderful what we can accomplish when we all work together.

This is just another visual improvement to add to all the other beautifications being done around our Village by management. Now our surrounding areas will match the care individual owners give to their pieces of heaven.

The HOA is still sponsoring a contest each month for the best Safety Slogan.

February winner - **SAFETY WORKS WHEN PEOPLE WORK TOGETHER** - Barbara Reall.

March winner—**IF EVERYONE CONDUCTS THEMSELVES SAFELY, IT MEANS SAFE TO YOU AND ME**—Pam Burnet.

They each received \$10.00. The contest will continue in April and May then again in September. Place your slogan in the HOA Suggestion Box.

The HOA membership drive was extremely successful due to the efforts of our Membership Director, Joanne Trainor and her helpers. We now have a total of 934 members. I hope we can continue next year with this total and more. **JUST REMEMBER THERE IS STRENGTH IN NUMBERS.**

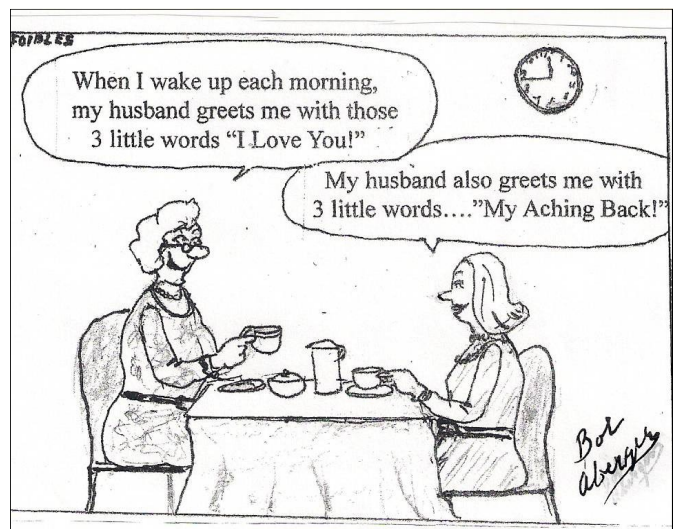
We now have shiny, blue reflector plates placed intermittently on our roads. Guess what? They indicate the placement of fire hydrants so the fire trucks can locate them day or night. Did you figure this out? An indicator for water shut-off valves will be placed sometime in the future.

Have you looked at the web site of our Village lately? Go to SLCCV.org and see all the events, including pictures. Bill McCurdy and Frank Buzzelli do a great job in keeping this site up-to-date.

The Friday opening of the Cantina has been very successful. Members of your HOA Board work very hard each week. It’s too bad that we can’t find a full time manager. We thank the residents who frequent our Cantina and make the opening worthwhile – even on days where the weather doesn’t cooperate -then we have a lot of take-out. We will continue opening on Fridays through April and maybe May, depending upon attendance. Naturally, a notice will be posted when the end is drawing near.

For those of you who are returning North in the near future, we wish you a safe trip home and a speedy return to your Village in the Fall.

Irene Kanzler



What To Do?

Illegal immigration, what to do? Depending on Mideast oil, what to do? A nation (us) in debt so deep we can't even fathom it, what to do? Same sex marriage, what to do? And on and on and on.

Please don't misunderstand. There is no suggestion in raising these questions that these are easy problems to solve. But they are solvable. We as a country respond to these problems as if we were paralyzed. Ironically, not to make a decision is to make a decision, which is to accept the current situation. Hence the saying 'If you are not part of the solution, you are part of the problem.'

There are many reasons we act as if we are paralyzed. Let me highlight one among many. We have lost our way. The right way, the wrong way. The right thing to do, the wrong thing to do. We don't know anymore because we've lost our bearings. Bearings as defined by a moral compass that points to true right as surely as true north. There is no national consensus on right or wrong any more. No consensus on what is best for us as a people, as a nation, only individual persons. No more common sense, common good. How will this end? We will fall from greatness.

Dr. John F. Fitzgerald, PhD, F.A.M.P

Response: What You CAN Do!

Get out of the rocking chair or off the couch. Read. Educate yourself. Investigate current events and government policies. Volunteer for your political party of choice. Join a group of like-minded people, i.e. the Tea Party, a 9/12 group or Humanists of the Treasure Coast. Attend local city council, county commission and school board meetings. Contact your senators and representatives by phone, email or letter. Write opinion letters to the newspaper. Walk a picket line for a cause you believe in. Attend meet-the-candidate functions. Campaign for someone. Volunteer your time to your favorite charity. Become a surrogate grandparent. Become a literacy volunteer. And on, and on, and on. Be positive. Be part of the solution!

Roland O'Brien

We Are a Giving Community

The Homeless Family Center, Vero Beach, made a request to us for donations of household goods to totally furnish four apartments. These apartments were donated to help four families who were ready to move out of the Center and into their own apartments. The response from our community was tremendous. Donations received from SLCCV: full/twin beds, folding bed, adjustable bed, linens, pillows, blankets, sofa bed, living room chairs, end tables, silverware, baking supplies, dishes, towels, lamps, two TVs, a desk, two vacuum cleaners, three coffee pots, and many small kitchen items. These items went directly into these apartments. A big THANK YOU to all who stepped up, called and had these furnishings picked up immediately. There is still a need for donations to help families establish independence and move out on their own.

In addition, ongoing needs at the Center itself include; canned goods, clothing, pillows, blankets, sheets, cleaning supplies, laundry detergent, bleach, hair products, soaps, (partially filled bottles of non-food items will be considered), deodorant, disposable razors, paper products/garbage bags, hair brushes/combs and band-aids. A pick-up in our community can be arranged or donations may be made directly to the Homeless Family Center, 720 4th St., Vero Beach, phone: 772-567-2766. For more information contact me.

Also, Lakewood Park Elementary School, Indrio Rd, sends a heartfelt THANK YOU to all who have contributed Box Tops for Education, Campbell products/Sara Lee UPC codes, stickers and greeting card fronts. The box tops and UPC codes enabled purchase of sports equipment. The stickers are awarded (on hand or shirt) for good test results and signed/returned forms from home. The card fronts are used to decorate bulletin boards, teach children how to cut out pictures and this past Christmas, notes were written on the back of greeting card fronts and sent to the military. This is a year-round project. Thanks for continuing to drop off these items in the Laundry Room box.

Arlene Waggett, 466-5498.

A Banana A Day!

Bananas Contain three natural sugars - *sucrose*, *fructose* and *glucose* combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain *tryptophan*, a type of protein that the body converts into *serotonin*, known to make you relax, improve your mood and generally make you feel better.

Anemia :

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure:

This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power:

200 students at an English school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation:

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers:

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn:

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Mosquito bites:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves:

Bananas are high in B vitamins that help calm the nervous system.

Ulcers:

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control:

Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD):

Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking:

Bananas can also help people trying to give up smoking. The B-6 and B-12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress:

Potassium is a vital mineral which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

Strokes:

According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death from strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

Going Local

(Kathleen and Roland O'Brien spent five years as live-aboard cruisers in the southeast Caribbean. This is part of their web site journal found at www.freewebs.com/sv-mladykathleen.)

Oil Down: After spending Friday on the boat doing boat-keeping chores, stuff like a little laundry and cleaning, we put the dinghy in the water Saturday to attend an "oil down" in St. David's, Grenada. About 30 cruisers were taken to the village of Laura in the parish of St. David, Grenada, to a rum shop/bar where Cutty, the tour operator, and Andy, one of his neighbors, and a few other guys prepared the national dish of Grenada called Oil Down. This involved peeling and chopping a variety of vegetables: breadfruit, green bananas, plantain, cabbage, carrots, okra, onion, garlic, pumpkin, green papaya and yams. One guy even threw in a couple of cucumbers! Green bananas are used for cooking, pumpkin is what we would call squash, and the yams are nothing you would recognize as the sweet potato variety in the States. Add to this cut up turkey and chicken wings and chunks of pig snouts, lots of Creole sauce, some "not-too-hot" hot sauce, ketchup and water that has been squeezed through grated dry coconut and turmeric roots. Turmeric is a member of the ginger family and resembles the shape of ginger root, but gives the yellow color of saffron. All of this is put into a huge iron kettle, covered with callaloo (spinach) leaves and dumplings made of flour and water, and simmered over a wood fire for a couple of hours. The cruisers were invited to help in the preparations which are usually only done by the men, kind of like guys presiding over the Saturday barbecue grill. There was plenty of time to "lime" with each other and the cooks while supper was cooking. We were all pretty hungry by the time it was ready. Not too many people tried to eat the pig snouts. We sure didn't. They were more for flavor and not very appetizing. There were also at least a dozen desserts that the cruisers had been asked to bring to finish off the feast. A neat experience, one we enjoyed tremendously as it is always great fun to participate in local customs.

Kathleen O'Brien

From the Editor's Desk



This issue I am delighted to tell you that I have a co-editor on board which will make putting the *Village Voice* together a little easier, and may add a slightly different flavor.

I welcome Kathleen O'Brien to the masthead listing and will enjoy working with her.

You can continue to put contributions in the folder on the front desk, but don't hesitate to contact Kathleen if you have any good ideas.

This is the issue where I remind all the snow-birds who would like to receive a copy of the summer issue to put a stamped, addressed envelope in the folder. There will be an issue in June and then not until October. You can, of course, read it on the website and save a stamp.

I don't quite know who we have to thank for all the great improvements that have been made to the park, but I hope they know we do appreciate them. The new roads are fabulous, and are well marked. There's no reason to overlook the white lines at the stop signs any more! The landscaping has tidied up the golf course—it was fun to see the crew cleaning out the palmettos and throwing out dozens of golf balls. Now those errant shots will be easier to find! And the pool cover is something we have long considered a good addition, but never thought we would see. It has certainly made a difference to the early morning water temperature. And thanks to Stoney for putting it on and taking it off. I understand it won't be used after April, but it shouldn't be needed by then.

It's been a busy season for me with all the events going on in our wonderful retirement lives. The Kazoo Band was a long commitment but great fun once it was put together. I encourage others to come forward next year and support Joanne Frey, without whose dedication this year's show would never have happened.

Life is going to seem somewhat quiet without all the scribbles on my calendar, but there's still plenty to enjoy.

Carol Fensterer

Tomorrow

Tomorrow's the day we all hope to see.
It means we're alive, including me.
I look around and what do I see?
A lot of good friends all around me.
So you see, Good Lord, Your principle I follow,
Hoping to see these good friends tomorrow.

Now all you good friends, take my advice
Smile to your friends and try to be nice.
Other than that there's just grief and sorrow.
By that I mean there'll be no tomorrow.

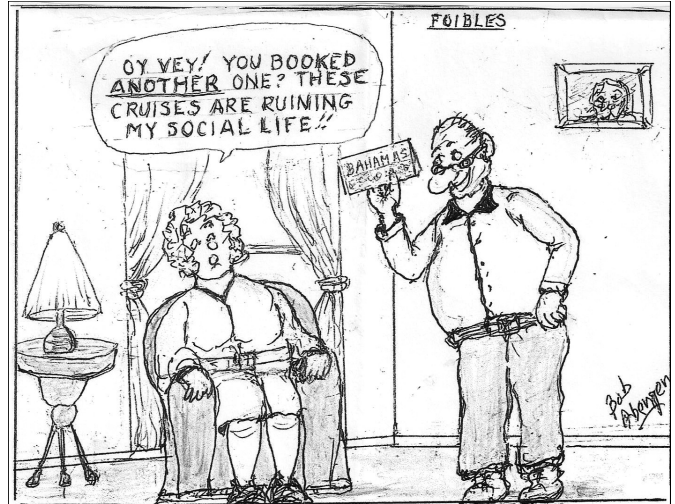
Tom Pitera

Packages from Home

Recently a friend who lives in SL Fairways told me about a project she has been working on with her daughter up North. They knit helmet liners for U.S. troops overseas. If you have knitting skills and would like to donate, please go to the web site for Packages from Home for the directions. This is a non-profit organization dedicated to our U.S. servicemen and women overseas.

<http://packagesfromhome.org/things-to-donate/knitted-helmet-liner>

Kathleen O'Brien



Summer Bocce

Now that the regular Bocce season has ended, it is time to think about summer bocce!!!! Summer Bocce will start on Tuesday, April 26th.

There will be a sign up sheet posted at the bocce courts on April 19th. We will play at 9 am and 10 am. It gets way too hot to play any later.

Sign up early. If you have never played bocce and think you might like it, now is the time to try it out. It is also good practice for next season.

If you have any questions, call Madelyn Sandall 467-1374 or Joanne Trainor 461-4892.

Madelyn Sandall

DEPARTED FRIENDS

We shall miss the following departed friends. This list is as known to the front desk from February 3, 2010 to April 1, 2010.

Charles Schlosser
Ray Deeds
Heinz Thie

Jim Pezzetti
Adelaide Brown
Leo Rheault

Frank Freire
Gwen Parr
Jack Wolf

VILLAGE VOICE

Newsletter of Spanish Lakes Country Club Village
Home Owners Association

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