



# Village Voice



February 2010



## Service Corporation

On Tuesday, January 12, 2010 the Annual Meeting of the Spanish Lakes Country Club Service Corporation was held in the Auditorium of the Club House. Present were Board Members Joel Wynne, Harvey Newman, Marilyn Carlson, John Reiff, Colleen Thibaut and Alfred Camacho, controller for Wynne Building Corporation.

After introductions and the reading of the minutes from the 1/13/09 member meeting, Mr. Camacho gave a financial overview of the 2008-2009 fiscal year ending 11/30/09. He explained that all costs for the new system have been fully paid and that he does not expect any substantial increases in our insurance or operating costs for the coming year.

Mr. Newman then took the floor and reported to us that the general operating conditions of the system are excellent and that we continually meet and exceed the operating permit parameters set forth by the state of Florida for overall water quality. Mr. Newman then went on to explain however, that our overall water usage was way up from last year and it has been determined that some residents are abusing the lawn watering policy as set forth by the state.

The operating permit with the state allows a specific amount of water usage per year for our community, and if we are to continually exceed this amount it could mean monetary penalties and restrictions imposed on us in the future. So, please, it behooves all of us to abide by the watering policy as stated in your phone directory under the village policies set out on pages 63 and 64. As all water that is used in the house for washing, laundry, and dishwashing exits through the sew-

age system, the amount used can be monitored at the sewage plant and remains fairly constant. It is obvious that the extra water usage is from water sprinklers and, to a lesser extent, car washing. It was pointed out that leaking pipes also waste water, and any problems should be reported to the management office immediately.

Finally, it is a shame that only 38 residents attended this most important meeting. After all, this is your Service Corporation. We look forward to, and hope for, your attendance at next year's meeting.

John Reiff

## Square Dance Benefit for Hospice

On Saturday April 17th, from 7:00 to 9:00 pm in the Auditorium a benefit square dance sponsored by the NE Club will be open to anyone and everyone. No experience or partner is necessary. All proceeds will be donated to the Hospice of the Treasure Coast in Fort Pierce.

The caller will be Gib Mattson, who is also an excellent teacher. Attire is up to you, western or casual. Only suggestion is to wear flat closed shoes or sneakers.

There will be no tables set up, only chairs around the perimeter. A silent auction will also be held.

Tickets will be sale for \$5.00 each on Mondays, March 15, 22, 29 and on Wednesdays, March 17, 24, 31 in the cardroom, from 8:30 to 9:30 a.m. 5.00 each. Usually a sell-out.

If you miss getting your tickets you can still join in the fun. Just call Gerrie Purcell, 461-4810.

... Mailbox ...



To the New Dawn Singers:

Thank you all so much for coming to Spanish Lakes in December. The show helped many of us whose families are up north, to get in the mood for the upcoming holiday. Thank you all again.

Lynda Seiler

Lynda: That was so nice of you to write .. It was a pleasure to perform at Spanish Lakes. As always, your audience really welcomes us which makes it all the more fun to do the show.

New Dawn Singers

*A Christmas card sent to Kathy and the Service Department deserves to be shared.*

When I came here I was just past 60. Next month I'll be 87. Pretty close to 27 years I've spent with you and you made every one a pleasure and a joy. Had I settled in a neighborhood of private homes I would no doubt be in a nursing facility by now. When it comes to assisted living, I have it. My grass is cut, trash picked up, etc. etc. When I have a major problem, you take care of it or Kathy knows who will. If my home needs attention you leave me a note on the door. I don't resent it, I appreciate it. As we grow old we do forget and slip up at times. I am thankful for such reminders. I want my home presentable.

You have given me the independence that is so precious to me. God was at His best when He guided me to SLCCV, with such a caring service department. Thank you!

Paul B. Cook

Dear Friends:

In the darkest hours of our sorrow we were comforted by all your thoughtful cards, phone calls and prayers. Our friends and neighbors, the wonderful people who live in SLCCV have shown their love and concern once again.

We can't begin to thank you all enough. May the good Lord bless you all.

Jane and Mike Giambatista.

Fred and I would like to thank all the wonderful folks here in Spanish Lakes for the support we received upon the loss of our son Danny. The offers of sleeping space, linens and cars to the gifts of food and paper goods were greatly appreciated. At a time like that you cannot even begin to think of the things that are needed. All the cards, flowers and gestures of sympathy were so comforting.

This is a great community in which to live.

Fred and Madelyn Sandall

To My Friends and Neighbors:

My heartfelt thanks to you all for coming to celebrate Ed's life and for all the cards and caring to my family. God Bless You All.

Dot Stefanovich

Are you interested in World Areas and Problems, then you could join the discussion group "Great Decisions."

We will meet for eight Tuesdays from 2 pm to 4 pm at Lakewood Park Library for discussions, starting February 9th and ending March 30th. Books are ordered by the head librarian for you to read one chapter a week before meeting the group at the library for discussion on that chapter. There is no cost to you, only an obligation to get to the library and read the chapter.

Contact me or Robin Tempest (466-3172) if you need more information.

Ruth Schaming (461-0498)

I wish to thank all of Lee Lisi's friends who attended her service at the Haisley Funeral Home and for the spiritual bouquets and sympathy cards I received. Thank you again.

(Her sister) Dottie

**Fitness Games Party**

Be sure to mark down Sunday, March 7th from 1:30 to 5:00 p.m. as the afternoon that will mark the end of the Fitness Games 2010.

We will look forward to seeing ALL who signed up, their paid guests and ALL who volunteered in any way—especially the coordinators—to make this year's games a success.

Watch for more details in the weekly bulletin.

## The Goat

During my thirty years of running I have had a few stand-out runs. Mount Washington, NH; Block Island, RI; Martha's Vineyard; Plymouth, MA to Provincetown on the Cape—83 miles; 5-man relay race; Seven-mile Bridge in the Florida Keys.

Then there's 'Rita's Race', which is marked on my T-shirt. Rita died a couple of years ago, but she and her husband Nick were at every race on the Treasure Coast. Nick ran, Rita helped, always. We all miss her very much. Her motto was 'never give up.' People see my shirt and ask "Who's Rita?" So I repeat her story and remember a great lady.

But the strangest was my three mile run in Vermont some years ago. It was one summer weekend, approximately 1985, and Betty and I were at a motel on Rt. 11 just outside Manchester Center, VT. It was five miles from Bromley Mountain ski area with their 'Alpine Slide' (which is very popular in the summer, also).

The first morning I decided to go for a run up Rt. 11, maybe a four or five mile round trip. Off I went at about 7 am. I ran about 3/4 mile up the road when all of a sudden there was this goat with me. Don't know where he came from but was 'heeling' just like a dog. I tried to shoo him away but no luck. Traffic was light but each time a car passed the goat would push me over so I was off the road. A real pain! He stayed with me until I found a piece of old rope and tied him to the guard rail, as he had a collar. I was relieved to be rid of him, but kept looking back to make sure he was still there. I must have been 1/2 a mile up the road, which was getting kind of steep now, when the goat got loose. He started running up Rt. 11 to catch me, wow . . .

When he finally did catch up he was really panting and out of breath. I thought he was about to keel over! Well, I thought, I guess he's

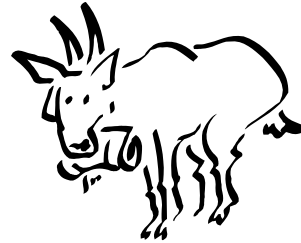
staying with me. Up ahead was a scenic outlook. I ran in with the goat and there was a state police car with a woman police officer inside. I asked her to call someone to pick up the goat, said he was going to get killed if he ran with me. She just thought it was hilariously funny. Well, no help there so I went back down the mountain to the motel.

Betty and I opened the door and saw the goat who was still with me. "Close the door, quick!" I cleaned up as I had worked up a good sweat, running all the time, the goat too. Betty and I were going to breakfast across the street. When we opened the door there were people over by the pool. There was the goat eating the flowers around the motel, people taking pictures. I said to Betty "Let's get out of here, fast."

Well after breakfast we came back and there was a station wagon with a "Taxi" sign on it. A lady was trying to get the goat into the back of the car. I gave her a hand and said "Goodbye, good ride" to my running mate.

The lady said he was a pet and knew where it lived. The owner was away and the goat just liked company.

Russ Marth



## Suicide

It seems we are living at a time when people are willing to talk about anything. Well, almost anything. Some subjects are just too painful, especially if family or other loved ones are involved. One of these painful subjects is suicide. Others are incest, abortion, sexual confusion, to mention a few.

Over the course of my life I have experienced six persons who took their lives, and many others (especially young people) who threatened to do so. In addition I have known many affected by the suicide of a loved one. Much of this exposure came from my professional status.

Given this brief background I have come to several conclusions.

- 1) There is no definitive way to stop someone who is determined to end his life;
- 2) It is never some else's fault;
- 3) My experience tells me that "pain" is the primary state the person wants to end, the causes of this pain are many, but the person sees no end to it;
- 4) Notes left by people who end their lives reflect defects in their thinking and reasoning, e.g. that others will be better off without them.

Those persons "left behind" by their act and closest to the deceased go through hell. "What did I do," "I should have seen it coming" etc. I've thought that the deceased would forgo their suicide if they could see the consequences of it on those who cared for them.

Life is precious. All around us are people suffering and in pain. That they cling to life is a testimony to its preciousness. Keep your heart 'soft' toward those few who did not respond this way. The sole purpose of writing this article is to shed some light on their difficult subject. It is meant to be helpful.

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

## Presidents Corner



The first thing the board and I would like to do is to thank everyone for their generous contributions for our men and women in the armed forces. As a community we were able to ship 100 boxes of needed supplies to a new unit just deployed to Afghanistan, using the funds raised to ship these boxes.

The meeting that was scheduled for February 2nd with the Wynne Corporation was postponed until next week. Keep an eye on the bulletin for results.

Another point of information is the Country Club Service Corporation water plant. They are experiencing an overuse of water in our park. I know I am repeating John Rieff's words, but it cannot be stressed too strongly that we must obey the regulation watering times. No sprinklers at night, they are being noted.

At the last HOA meeting we had a representative from Citizens Insurance Co., who explained the new information on the coverage offered by your policy. It was very informative and we should contact our insurance agent to know the details of how the new rules will affect us personally.

At the Happy Hour on March 12th the veterans club will be selling corned beef sandwiches, with coleslaw and pickle for \$4.00. The funds will go to support our troops, so please keep this in mind while enjoying the sandwich. Thank you.



## Exercise—A Fountain of Youth

There is a fountain of youth. Millions have discovered it - the secret to feeling better and living longer. It's called staying active. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent. There are four main types of exercise and seniors need some of each:



- Endurance activities - like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system
- Strengthening exercises which build muscle tissue and reduce age-related muscle loss
- Stretching exercises to keep the body limber and flexible
- Balance exercises to reduce the chances of a fall.

*"If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation."* Robert N. Butler, MD, Former Director, National Institute on Aging.

You can take advantage of this Fountain of Youth and right here in SLCCV. The National Institute on Aging has published an excellent exercise book providing pictures and explanations for each exercise it has included in the publication. If you don't already participate in some form of an exercise program you should consult with your doctor before starting one on your own or in a class. In addition to maintaining muscle strength, strengthening bones and slowing down the process of osteoporosis, increasing energy, keeping joints, tendons and ligaments more flexible, exercise also promotes a sense of well being.

There are two of the exercise books [Fountains of Youth] from the National Institute on Aging in the Longevity Center waiting to be discovered by you. The Longevity Center is available for use day and evening. If you are a walker and it is raining you can use the tread mill or just walk the

perimeter of the room. If you are a cyclist you can use the stationary bikes when the weather does not cooperate. The room is large enough to accommodate a variety of floor or chair exercises. Early risers enjoy the chair exercises held every weekday at 8 a.m. Also, the stretchersize class on Mon, Wed, Fri from 9:00 to 10.00 am. Stop in and check out the exercises recommended for bringing fitness and even fun into your life.

We hope you will make use of the two publications and request that you do not remove them from the Longevity Center.

## Emergency Contacts Linked to your Driver's License

There is a state of Florida website where you can list two emergency contacts. The website is [www.hsmv.state.fl.us](http://www.hsmv.state.fl.us). Under Popular Links click on emergency contacts (it is in small letters) then type in your driver's license number and you can type in two contacts with information that will pop up when your driver's license number is run.

By registering at this site, Law Enforcement can access emergency contact information through your Driver's License in case of an accident or medical emergency. You should also register your driving age children's. This works the same as placing ICE (In Case of Emergency) telephone contacts on your cell phone.



As a follow-up to the warning about not using your cruise control when it is raining, there is an as-yet unconfirmed hint to wear sunglasses when it is raining. We are not sure why it is so effective, just try this method when it is raining heavily. It is useful .. even driving at night. Most motorists would turn on the fastest speed of the wipers during a heavy downpour, yet the visibility in front is bad. In the event you face this situation, just try your sunglasses (any model will do). All of a sudden your visibility in front of the windscreen is perfectly clear as if there is no rain.

## Computer Corner



Consumers who frequently use the Internet for even the most ordinary of transactions—from purchasing movie tickets to looking up high school classmates—are enticed with images of rebates and other coupons. When they fill out a form to claim the savings, they might be enrolled in the “clubs” that charge a monthly fee of \$10 to \$20. And here’s the most deceptive part—they can be signed up for these clubs without ever disclosing a credit card number. The clubs partner with the website the consumer originally visited, which passes along the credit card number—and splits the profit from the monthly fee.

As a result, consumers often do not know these companies have their credit card numbers until they start seeing unusual and unfamiliar charges on their statements.

According to a report by Commerce Committee investigators, there have been more than 30 million consumer enrollments in these clubs, and several million people are unknowingly enrolled at any one time.

If you don’t think it can happen to you, listen to what Floridian Ray France told the Commerce Committee at the hearing: “I am twenty-seven years old. I use the Internet constantly. I both understand it and am able to use it with ease. I have even earned college credits in computer applications. With that said I believe it is easy to see I would not have agreed to a financial obligation I knew nothing about nor wanted. It is still unclear to me at this point how they were able to access my account. That is unless you consider the fact that this company chooses to use deceiving methods in correlation with other companies to take advantage of online consumers. This is nothing short of theft.”

So what can you do to protect yourself when shopping online?

Be wary of coupon and other savings offers that pop up after an online transaction.

Always read the fine print before clicking on any online offer.

Check your credit card and bank statements carefully each month for any unfamiliar charges. If you find a charge you suspect might be from one of these clubs, verify it with your credit card company and then report the instance to the appropriate law enforcement and business authorities. A good starting point is the Federal Trade Commission’s On Guard Online website.

## From the Editor’s Desk

This issue was a little delayed as I was hoping to include a page of all the winners of the Senior Fitness Games, but the events were scheduled a little later than usual this year, and the bad weather delayed them even more so I decided to leave the winners out this year. I could publish them in the April issue, but they might be rather old news. What do you think?

I heard from government  
iors to help  
forms that



round this year. I don’t have details but they will be in the bulletin. But please be sure you complete and return your census form promptly, and know the rules of where you officially reside, those of you with two homes.

I wasn’t exactly overwhelmed with offers of help with the *Voice*, none in fact. How about someone just takes care of the advertising that has been started? That would help. We surely need a revival of the volunteerism that was so evident when this park was started 25 years ago. The HOA has not been able to find anyone to follow Tom in the president’s seat. There used to be an election to decide between candidates! Come on, someone, get involved.

### From the Suggestion Box

Wow! The responses from the inaugural column in the last issue of The Village Voice certainly garnered a great deal of response, ranging from “..that was hilarious, witty, entertaining, amusing and droll” to “that was rude, insulting, sarcastic, ignorant, and condescending.”

To paraphrase Abraham Lincoln: “You can please some of the people all of the time, and you can please all of the people some of the time, but you just can’t please all of the people all of the time.” *C’est la vie!*

A reminder that the Suggestion Box is for HOA members ONLY. If you are not a member, you can 1) join the HOA, or 2) address your concerns directly with the Park Management.

Please sign the form. In many cases, you will be contacted for more information, or just to let you know your suggestion has been received. No action will be taken on unsigned forms.

Complaints or suggestions addressing specific areas that need specific repairs are reviewed by the HOA Board and then presented to the Park Management for action as required. The same holds true for general laments regarding general conditions.

This column will continue to address, with tongue still squarely planted in cheek, some of the more entertaining and/or bizarre complaints, suggestions, ideas, and criticisms we get. We will also include those that we believe are of interest or import to other residents. For example:

Mr. H (yes, he signed the form, but we protect the names of the innocent...) wrote:

*For less than \$200 the Woodshop could be updated: No blade in bandsaw – no sander. The Woodshop could be a good selling point for new homes in Spanish Lakes. Several new owners didn’t know it existed until they walked by and saw the door open.*

Since I was unfamiliar with how the Woodshop operated, I checked at the Recreation Desk. I was advised that the Woodwork Shop Club handles the supplies for the woodshop room. The blade for the bandsaw, the key to the room, and a check-in log are all kept at the Recreation Desk.

They also recommended that those interested directly contact the members of the Woodwork Shop Club for additional information. Those names and numbers are on Page 9 of the current 2009-2010 Spanish Lakes Phone Directory. A call was also made to Mr. H to pass this information along. Happy Sawing!

Colleen Thibaut

### From the Sheriff’s Office

When do I call 9-1-1?

1. To stop a crime in progress.
2. Report suspicious activity.
3. Report a fire.
4. Call for an ambulance.
5. To make a police report.
6. For animal control problems.

In St. Lucie County all calls, from reporting a crime in progress, fire, suspicious activity to a barking dog, go to 9-1-1. The reason for this is that the St. Lucie Dispatch Center works under the St. Lucie County Emergency Operation Center, and all calls for service go to one central location.

What is suspicious activity?

No one knows what goes on in your neighborhood better than you. You may see or hear things that seem out of the ordinary that may indicate illegal conduct. Law enforcement officials in St. Lucie County often rely on the instincts and perceptions of citizens to detect activity that is out of the ordinary.

What if I call 9-1-1 by mistake?

Please stay on the line if you call by accident, and tell the dispatcher that everything is OK. If you do not stay on the line we may have to send a police officer to your home to make sure there isn’t a problem.

Morgan Jones

## Federation of Manufactured Homeowners of Florida, Inc.

The FMO is the only organization that protects the rights of manufactured homeowners. Take the time to become informed about the issues and benefits of this organization. Visit their website for more details, [www.fmo.org](http://www.fmo.org).

The FMO has direct access to the legislature through Nancy Black Stewart, their legislative counsel. The FMO has its own legal counsel, Diana Davis Basta. If you have a legal question, submit it to her. Her website is [www.Davis-BastaLaw.com](http://www.Davis-BastaLaw.com).

Look for their latest "FMOnews." Copies have been made available on the front desk and an application for membership is included. A one-year membership is \$20.00. Add \$30.00 to it and become a member of their Cross Country Motor Club. This provides roadside assistance in the event of car trouble and is usable in any state.

## 2010 Census Takers

There are several part-time opportunities available in our community for census takers. These short-term jobs offer good pay, paid training, and flexible hours. So you can earn extra income in your spare time, while performing a valuable service to your community.

For more information go to: [2010census.gov](http://2010census.gov) or call 1-866-861-2010.

Jim Seaboyer  
603-387-3871

## Swinging Singles

There is a new group in our community thanks to Carole Hallam. All those who are on their own, men or women, are invited to join so that we can plan events to attend as a group, and not feel left out. The first meeting was attended by about 30 people (including three men) and many ideas were suggested. Game nights on a Saturday, our own tables at Happy Hours or dances, visits to flea markets, dinners out.

The next meeting will be held in the auditorium on Tuesday, March 2nd at 6 p.m. Please bring ideas. Our present officers consist of Carole Hallam as chairperson, Lou Dembroski as co-chair, Pat Agan for publicity, and Ginny Lucy as activities coordinator.

## Country Club Players

The Country Club Players will present their 2010 "BAG FULL OF FUNS-A-POPPIN" on Saturday, March 27 and Sunday, March 28. Please check the weekly bulletin or lobby and breezeway bulletin boards for times and prices. Director Mary Kovacs has brought together a group of talented performers to entertain you. There will be musical instrumentalists, vocal soloists and group singers, dancers and skits to keep you rolling in the aisles. So you see, there will be something there for everyone. Come and join us for a night or afternoon of top notch entertainment by your . See ya there!

Pat Gordon

## DEPARTED FRIENDS

We shall miss the following departed friends. This list is as known to the front desk from November 28, 2009 to February 3, 2010..

Elmer Weisner  
Anna Mayrose

Ed Stefanovich  
Rebecca Finnegan

Paul Boeggoman  
Mary Dowd

Chuck Heath  
Lee Lisi

## VILLAGE VOICE

Newsletter of Spanish Lakes Country Club Village  
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