



*Your
Community Resource*

The Woodlands Word @ Rivendell

JANUARY 2014

Message from the President By Curt Kennedy

I just wanted to take this opportunity to wish everyone a Happy and Great New Year!

A few days ago, I came across a couple who have been away from Rivendell for many, many months. They stated that they were so happy to see Rivendell looking so much nicer than it was when they were last here. I am mentioning this only because those who spend most of their time here may not notice day-to-day changes.

(Continued on pg.7)

Five Board Candidates Running

This year, five candidates are running for election to fill three vacancies on the Rivendell Board of Directors. The five are:

- **Vinny Barone**
- **Rosanne Beatty**
- **Debbie McMurry**
- **Joe Sefack**
- **Gwen Stepien**

Biosketches of the candidates appear on pages 4 and 5.

The three vacancies occurred due to the expiration of the two-year terms of office for Curt Kennedy, Vinny Barone and Gwen Stepien. Director Barone was appointed to fill Nancy Schubert's position after her resignation, and Director Stepien was appointed to fill a longstanding vacancy.

Residents will be mailed ballots by Lighthouse Property Management in January. The results will be tabulated and announced at the Annual Homeowners' Meeting on February 4 at 5:30 PM. The location will be Bentley's Hotel in Osprey.



www.rivendellcommunity.com

Effective January 1st the password protected sections on the Rivendell Community Website will be available to all residents. When prompted to enter a password please use the word osprey in lowercase.

All other sections on the website will remain password free for easy accessibility.

Within the password protected sections of CLASSIFIEDS and RESIDENTS you will find Items For Sale, Help Wanted, Residents Helping Residents, Service Provider Recommendations, The Rivendell Resident Directory, Association Financial Updates and Board Meeting minutes.

ANNUAL MEETING



Rivendell Annual Membership Meeting
Tuesday February 4th, 2014
5:30pm
at Bentley's Hotel in Osprey

Maintenance Committee Report

December 4, 2013

Jim Stepien, Chair

Committee Members attending - **Nigel Day, Dave Gill, Sallie Hawkins, Carol Heckert, Joe Lucente, Carole Myles, Jim Stepien (Chair) and Walter Perkowski (Board liaison)**

At our December 4, 2013 meeting we reviewed the status of the following projects:

Pool heater replacement.

Oak tree trimming along Rivendell Blvd and Rainbow Point Way has been completed.

A committee member has gathered information for replacing existing park and lake/pond signs.

The entire MC has reviewed and approved a new design for the community's park and lake/pond signs. A proposal will be made at the January Board Meeting.

Evaluating irrigation and lighting needs throughout the community. Various options are being considered with landscape company, FPL, and an electrician.

Landscape Status:

Mulching throughout various areas of the community has been completed.

Lake/pond bank mowing on various lake/ponds is proceeding and should be completed in December. Earlier this year, the same work was completed along our front lakes/ponds, lakes/ponds on Scherer Way and the two (2) land bridges at these locations.

Pool Status:

One of the two pool heat pumps has failed. The replacement unit, with a higher BTU (heat) rating, has been approved by the Board and a contractor has been selected and will install the unit as quickly as possible.

The MC is reviewing updated specifications for pool maintenance and will provide a recommendation to the Board at the January meeting.

Lakes/Pond Status:

No issues.

Preserve/Wetlands Status:

No issues

Other Status:

Street light electrical problems have been repaired at the corner of Rivendell Blvd. and Rainbow Point Way.

The county repaired potholes at the entrance and on Rivendell Blvd.

We are still on the county's schedule to have our road markings redone.

I would encourage all homeowners to attend our monthly meetings for accurate information on any of our ongoing projects. We would also welcome new members to help with the MC's volunteers' efforts to manage the many needs of our community.

Please report any problems you notice to Lighthouse Property Management.

Next MC meeting January 8, 2014 at 7pm in the Cottages Clubhouse.

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Rivendell Board Meeting

January 14th, 2014

at 6:00pm

at Historic Spanish Point

Dates, times, and locations of Board and Committee meetings are based on the information available at the time of publication.

Tree Overhang

Trees that overhang a street must have a clearance of 15 feet above the street level. Trees that overhang a sidewalk must have a clearance of 9 feet above the sidewalk. If you have a tree that is planted near a street or sidewalk, please see that it is trimmed to allow the appropriate clearance. (Sarasota County ordinance)

Bike Safety Issue, Continued

Editors' Note: We are publishing a second letter on the issue of bike safety, and hope that all residents become more aware of walkers, bikers, and runners when driving their cars.

In response to *Bicycle Safety in Rivendell: A Letter From a Concerned Resident*, in the December 2013 newsletter: I would like to point out that for safety reasons, runners are supposed to run *opposite* to traffic when running on the street, not with traffic, as the letter states. Here is just one of many references which make that point: <http://www.rca.org/education-advocacy/etiquette-for-runners/>

The letter also suggests that pedestrians use the sidewalks. As a resident of Rivendell who runs daily in our neighborhood, I have tried to run on the street, and on the sidewalk. I have found the sidewalk to be far more dangerous. I have been nearly hit 3 times by cars pulling out of their driveway while I was on the sidewalk. There is a very short distance between the car in a driveway, and the sidewalk, giving less time for both the runner and the driver to respond. Drivers seem to look more for oncoming traffic in the street than they do sidewalk traffic. The next common safety issue on the sidewalk is dogs. Dogs can be a major hazard for runners. Lastly, in 9 years of running in Rivendell, my only injury has occurred when I tripped over a raised sidewalk seam. There are many locations where the sidewalks have been substantially lifted due to tree roots. These are dangerous and often difficult to see. Sometimes the sidewalk is safer, such as around blind turns, but sometimes the street is safer. We have to use our best judgment.

Thank you to the writer of the first letter for trying to keep everyone safe! Bicyclists are indeed required to follow the rules of the road, but the safest place for runners is not always on the sidewalk; and running *against* traffic is following proper safety rules. Runners, drivers, pedestrians, and cyclist all need to stay alert, and continue to safely enjoy our great neighborhood. Thank you!

Maintenance Committee
 Meets the first Wednesday of each month at 7pm in the Cottages Clubhouse



Villas' Board Members Deliver Holiday Sweets

For the past six years, the Villas' Board members have put on their bells and antlers to deliver holiday cookies to their 46 homeowners. Sunday, December 8th was the day that Board members Dianne Enger, Sherry Sholtis, and Ruth Sellick took to the streets to deliver the holidays treats. Delicious chocolate chip cookies, made by the very talented Meredith Pike, were included in the bags of sweets. A grand time was had by all!

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Biosketches of Five



Vinny Barone

I have been a resident of both Long Island NY and Florida, and my careers have included areas of interest and expertise in the fields of Aerospace, Irrigation, Landscape Design, Maintenance Services, contracts and purchasing, as well as Small Business Owner. Now retired, I am enjoying my life in Rivendell near my grandchildren. I have participated in Homeowner Association Boards in Boca Raton and Saint Lucie, and my prior experience is well suited to participate on the Board of Rivendell. I believe in competitive bidding, and have worked with subcontractors and suppliers to ensure pricing arrangements are fair and reasonable.

I will work to ensure that sources of supply have both capability and capacity to provide products and/or services to support our Association needs. Most importantly, I believe that our HOA must work with and coordinate well with volunteer committees and subcommittees, and keep a regular dialogue with homeowners to ensure what is best for all residents of Rivendell. As a board member I will listen to all homeowners' constructive views and do what is best for the entire community. Water management is becoming more of a challenge in Florida, especially our west coast, with consumption outweighing replenishment. As an HOA we should collectively endeavor to replenish drought tolerant shrubs and trees, requiring minimal moisture and maintenance, when doing needed replacement. As a homeowner I expect our management and volunteer teams to keep operation costs within the limits of existing budgets, whenever possible, while maintaining landscapes and our ponds at high quality standards.



Rosanne Beatty

My family and I have lived in Rivendell for seven years. We became homeowners in Rivendell because of the natural beauty of the community.

Originally from Wisconsin, we have always loved the outdoors and now enjoy being able to swim, bike and kayak year round in Rivendell. My husband John volunteers at Spanish Point and we both volunteer at Oscar Scherer Park, restoring their butterfly garden. I love watercolor painting and take classes in my free time. Before I became a full time mom and watercolor artist, my education prepared me for a career in business. I have a Bachelors and Masters of Business Administration from the University of Minnesota. After graduating, I worked for ten years as a marketing professional with major corporations. I produced marketing campaigns that came in on time and on budget -- the same skills necessary for successful management of community projects.

In the past I have been a volunteer on the Landscape committee and understand the complexity of maintaining our community. There are four vendor contracts and over \$200,000 in costs associated with these services, accounting for most of our operating expenses. The management of landscape and environmental services has a major impact on expenses, community appearance and property values. As a board member I would responsibly manage these vitally important services and if elected will carefully review these expenses, I would encourage and welcome homeowners to participate on new committees such as an environmental committee which would make recommendations on how we can incorporate Sarasota County's Best Management Practices and have a sustainable landscape. Rivendell can be an example of a responsible, environmentally friendly community that is doing the right thing to insure clean water in our ponds, creeks, bays and beaches. As a board member, I will make decisions based on the guiding principal that a board member's job is to improve property values and maintain our quality of life in Rivendell. I look forward to the opportunity to serve you and our community.

Rivendell Board Candidates.



Debbie McMurry

Currently I am the President of the Ladies Auxiliary for the Florida State Society of the Sons of the American Revolution. I also volunteer for the Florida Audubon Society by reporting to them the eagle count here in Rivendell. My days are filled with hour walks through our neighborhood, sewing, scrapbooking, genealogy, webmaster of my high school graduation class (Venice), an occasional story for our neighborhood newsletter (Nature's Notebook), and last, but not least, the Ladies Auxiliary.

My husband and I have been a part of Rivendell since 2001. That is the year we put a deposit on the lot we currently reside on. We live on two lakes! Yes, we have the only home in the neighborhood that can claim this. The land bridge divides the two lakes that join in the center of our backyard. We have watched this area grow from its original beauty to where it is now. I have been a Floridian for over sixty years; I have watched beautiful preserves and wetlands turn into golf course communities. Only Rivendell was created for the protection of the land and its creatures. I would like to keep it that way.



Joseph R. Sefack

My wife Dorene and I moved to Rivendell in December 2003, after selling our business in Old Bridge, New Jersey. We have been married for 51 years and have 3 children and 6 grandchildren. I owned a Chevrolet dealership for over 23 years and employed over 40 employees. I served as President of the Monmouth County Auto dealers, Chairman of the New Jersey Coalition of Automotive Dealers, and was a member of Chevrolet's Dealer Council. I have served as a Little League coach, Midget Football coach, Cub Scout Master, and President of the Mountainside Little League. I was treasurer for the Old Bridge Rotary and a director for the Woodbridge Township Jaycees. I am qualified to serve on the Board because I am familiar with our association Covenants, having previously served on the Board and presently serving as Chair of the ARC Committee.

My goals will be to maintain and improve the aesthetics of our community, form a committee to review and update our covenants, and hold 8 to 10 Board meetings a year. I believe Lighthouse Property Management should inspect, report, and follow up on deed restriction violations in a timelier manner to preserve our community's appearance and property values. I will work with other Board members and residents to solve problems and to get things done in a timely and effective manner.



Gwenda Stepien

My career started in 1980 with a position in leadership for a large association in Washington DC and Alexandria, Virginia. I set up meetings, coordinated conventions all over the country, worked on budgets and contracts from different companies, and ran the office of 12 employees and 24 Board members. I retired in 2003 and moved to Rivendell in November 2003. I liked the look of Rivendell with the lakes, trees and housing, so decided I would like to be involved at keeping everything looking good. My involvement began seven years ago with other homeowners meeting to discuss improvements for our neighborhood. I then joined the Architectural Review Committee (ARC) in 2007, and in 2012 became the ARC Chair Person. I enjoyed meeting many homeowners during my time on the ARC and helping them understand our community's Covenants, Standing Rules and Guidelines. In 2013, I volunteered and was appointed to fill a vacancy on the Board.

Our community is unique with its many lakes, ponds, wetlands, and upland preserves, which provide a natural setting for our homes. I aim to keep it that way while maintaining and beautifying our common areas. I also

(Continued on pg.17)

Helpful Household Hints - Leaks

1. Pinhole Leaks in Copper Plumbing (through the concrete slab)

You can check if there is a leak by looking at your water meter. The back of the water bill (Sarasota County Environmental Utilities) describes how to read the water meter to see if it is moving **without** any water turned on in the house (no washing machine, no one taking a shower, no major toilet leak present, etc.). Sarasota website: Pages - How to Read Your Water Meter.

Water meters have a flow indicator. Often it is a small triangle that turns when water is being used. If the dial turns or numbers advance when NO water is being used, it may indicate that a leak exists in the plumbing system. To detect if it's a **toilet or pipe leak**, turn the valves off on the toilets. If the indicator or dial doesn't move, you just saved lots of money and can replace the valve assembly in the toilet tank. <https://www.scgov.net/WaterServices/Pages/PinholeLeaks.aspx>

However, if the dial, or numbers continue to move after turning the toilet valves off, it is time to check for a pipe leak: <http://www.city-data.com/forum/sarasota-bradenton-venice-area/1370953>

Copper Corrosion Information

- The pinhole problem is the result of unforeseen problems with copper pipes inside of concrete slab foundations. It may also depend on the chemistry of the water. Homebuilders had no idea this would be a problem. [Pages - Pinhole Leaks in Copper Plumbing](#)
- In Rivendell, most of the *Lennar* homes built after 2001 used PVC in the concrete slab and transitioned to copper above the slab, (information received years ago by the Lennar Sarasota office after consulting the plumbing company Lennar used in Rivendell). Unfortunately, many residents whose homes were built by *U.S. Homes* were not as lucky.
- Corrosion or pitting is a major cause of household drinking water copper pipe failure.
- The cost of repairs from pinhole leaks can be very high for property owners.
- Pinhole leaks may go undetected behind

walls causing mold and mildew growth.

- If you have a single leak (usually requiring detection using a sensitive listening device), you can get a temporary repair (a rubber plug compressed against the leak) costing \$100 to \$300 depending on location. This plug can last a few months. However, a new leak elsewhere is likely, so plan ahead and obtain re-piping estimates from experienced re-piping specialists. Homeowners typically replace their entire plumbing system to avoid damage caused by leaks. Re-piping (channeling new PVC pipes behind walls up to the ceiling) requires special skills and experience since needless structural damage can result from an inexperienced plumbing company; for example the kitchen and/or bathroom tile could be needlessly torn up to feed a pipe from one plumbing fixture to another. Are replacement tiles for kitchen or bathroom still available? Hire an experienced re-piping specialist!
- Copper corrosion is the result of the loss of solid copper metal to solution.
- Pitting corrosion on the surface is a very complex phenomenon that involves many initiating factors, including microbial activity, copper material imperfections, excess carbonaceous manufacturing residues on the pipe surface, water chemistry, stray currents, soldering flux and other variables within a distribution system.
- Fully understanding the problem is still a challenge despite numerous studies conducted.
- Studies have reviewed the influence of water quality on copper release into drinking water.
- Despite past research, pitting corrosion of copper plumbing in water is still poorly understood, unpredictable and difficult to remediate.

Source: U.S. Environmental Protection Agency report, 2013

2. Test for water leaks:

A cause of high water consumption resulting in a high water bill is due to a plumbing leak, toilet leak, or irrigation system leak or malfunction. A leak

can be determined by reading your water meter. The majority of our water meters contain a leak indicator, such as a small triangle that turns when water is being used. Should this dial turn or the numbers advance when no water has been used, it may indicate that a leak exists in your plumbing system

To Determine if a Leak Exists:

- Read all the numbers on the water meter and make a note or drawing of the meter face and where all meter dials are located.
- Then do not use any water on the premises for at least two hours.
- Now re-read the meter to see if the dials or numbers have moved.
- If movement has occurred, you may have a leak.

To check toilet for a leak, perform a dye test:

Place several drops of food coloring in the tank of the toilet but do not flush. Let stand for 30 minutes. Now check the toilet bowl. If the coloring has appeared in the bowl, your toilet “flapper” valve needs replacement. If no color appears, you most likely do not have a leak. Also check the water level in the tank. It should be at least one inch below the top of the overflow pipe. If less than one inch, adjust the float ball and recheck water level.

(Message from the President continued from pg.1)
Clippings, mulching and plantings sometimes seem to happen slowly, almost imperceptibly.

Of course, everyone had to notice the large branches that were brought down very early in December if they drove through Rivendell out to Old Venice Road. Those who never or rarely use the community pool would not be aware of all the effort and money spent there.

Speaking of money, you may have noticed a small lowering of the association fees. Too often, utilities and government want you to accept increases as if that is the way it has to be. I only wish that the lowering of the fees had been something much more substantial. You could not be blamed if you hadn't taken notice of it.

Not all is perfect here in Rivendell. We still have trucks with a strong commercial aspect parked in driveways and each of us can name our pet peeves. However, the essence of this message is not to complain, but rather to have all of us look forward to a year ahead that hopefully will be even much better than 2013.

In retrospect, 2013 wasn't so bad, was it! To the future

(Solution to puzzle on pg. 14)

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Canada/New England Cruise

By Catherine Middleton

Early in 2013, I was searching for a vacation spot for my “big” trip for the year. After a good deal of research, I happened upon a cruise being offered by Holland America calling on six ports – four in Canada and two in New England. I decided I liked the itinerary and booked the trip for mid-September, when the weather would still be nice and maybe I would see a few red leaves.

I had traveled in Western Canada, but not in the Eastern Provinces, and had never been to these four ports – Quebec, Charlottetown on Prince Edward Island, Sydney/Cape Breton Island and Halifax in Nova Scotia. The cruise would go along the St. Lawrence River and then among the breathtaking Canadian Maritimes.



Le Chateau Frontenac

I arrived in Quebec City two days before the cruise so I would be able to take in some of the sights there. My hotel was very nice and they were celebrating a grand opening the night I arrived! Wine, Champagne, and... a martini bar, along with some of the best hors d'oeuvres I have ever enjoyed at no cost to us. What a fortuitous beginning to my adventures!

The weather for the ten days was great – we had rain only one day – and it was much warmer than I had anticipated. I almost threw in a pair of shorts as I was packing but decided not to. I could have worn them in both Bar Harbor and in Boston. The weather in Canada was delightful – only needed a light jacket when we were out on our excursions.

Quebec City – the “Old Town” – was just beautiful and I was especially amazed by the

multitude of flowers growing all over that city, and in all of the towns I visited in the country. As you all probably know, Quebec is the only French-speaking Province in Canada, but most of the people in the stores, restaurants and on the tours did speak English. I cannot begin to list the many monuments, museums and historic sites that are in the City, including the world-famous Le Chateau Frontenac Hotel built in the late 19th century, which is spectacular.

My ship, the MS Veendam, was quite elegant; I personally prefer small to medium-sized ships rather than the monstrous mega-ships that are popular with many nowadays. I chose the open seating option and sat at a different table for eight each evening for dinner which allowed me to meet many delightful people from all over the world including the UK, Australia, New Zealand and, of course, all parts of Canada and the US.



Sugar Shack

Our tour guide in Quebec had lived in Hallandale, FL for 18 years, but finally returned to her home in Canada. That was a very enjoyable tour including the Ile d'Orleans, Montmorency Falls and a Cabane a' Sucre' (Sugar Shack) where they make maple sugar products of all kinds. We were treated to a small sample – delicious. And it was here that I got to see the ONLY tree boasting autumn colors on the entire trip! (You must go later in the fall if you want to be a true “Leaf Looker.”)

On Tuesday, we arrived in Charlottetown on Prince Edward Island. On that excursion, we drove around the island and then to visit the famous Anne of Green Gables house, which was quite lovely.



Sculpture of Alexander Graham Bell



Peggy's cove, Halifax

The next day we arrived in Sydney – a very small port in Nova Scotia which boasts a huge “fiddle” statue – several stories tall - right on the dock! After a long bus ride, we stopped in a small fishing village called Baddeck on Cape Breton Island. Its fame is partly due to the fact that Alexander Graham Bell and his wife Mabel had a home there for many years.

On Thursday, we docked at Halifax, Nova Scotia, a very large city and one of the largest ice-free ports in the world. It is also the location of the cemetery where the majority of the passengers who perished on the Titanic are buried. A visit to the cemetery was included in my tour, but the main highlight was Peggy’s Cove that was just spectacular. It is a small fishing village, including the obligatory lighthouse, but charming and picturesque.

Two years ago, I spent four days in Bar Harbor, Maine – which I highly recommend, including the magnificent Acadia National Park and an afternoon sail through Frenchman’s Bay on the stately Four Masted Windjammer “Margaret Todd.” This time, I took a short walking tour to view many of the Victorian homes and resorts close to the pier and also ate lunch at Cherrystones where I had been back in 2011.

The final stop was Boston and I returned to Tampa the next morning. This was certainly one of the most delightful vacations I’ve taken in a long time. If anyone has any questions about a particular town or area, please do not hesitate to email me. Happy Travels!



Montmorency Fall



Book Group Schedule

By Marilyn Probert

The Book Group will meet on Monday, January 13, to discuss *A Widow For One Year* by John Irving. Divided into 3 sections, the first describes Ruth Cole as a four-year-old living with parents who love her, but not each other. The second section takes place in 1992 and Ruth, now a successful novelist, is in Amsterdam researching its world of prostitution. She witnesses a murder, and, consequently, the book that she writes helps an astute detective solve the murder. Section 3 finds her back in Amsterdam 10 years later when she meets that detective, and a romance develops. Barbara Gahry will host the group at 699 Rivendell Blvd. Please call her at 966-5828 if you plan to attend.



The topic in February will be *The Lemon Tree* by Sandy Tolan. The friendship between a young Jewish girl living in the former home of a Palestinian young man, and their families, begins in 1947 and endures to this day. The lemon tree growing in the backyard can be seen as a symbol of Palestinian dispossession or of hope for people devastated by the Holocaust.

Mudbound by Hillary Jordan will be discussed at the March meeting. This novel is set on a farm in the Mississippi delta in 1946 when 2 young men, one black and one white, return from the war to help out their families. The friendship that develops between the returning soldiers meets with strong disapproval in the Jim Crow South; prejudice and racism are delineated as tragedy ensues.

Book Group meetings are open to all Rivendell residents. We meet on the second Monday of the month at 7:30 p.m. Please call the hostess if you'd like to participate.



RECIPE ROUNDUP

Hello Dollies

4 tablespoons butter
1 cup graham cracker crumbs
1 cup chocolate chips
1 cup butterscotch chips
1 cup coconut
1 cupped chopped walnuts
1 can (14 oz.) Eagle Brand sweetened condensed milk

Melt butter and pour in 13x9 baking dish; cover bottom with crackers crumbs; layer chocolate chips, butterscotch chips, coconut, and nuts on top; pour milk evenly over top. Bake for 25 minutes at 325 degrees.

Chocolate Caramel Bars

Mix **1 German Chocolate cake mix** with **½ cup butter** and **½ cup evaporated milk**. Spread ½ cake mixture in greased 9x13 pan. Bake 6 minutes at 350 degrees. Add **1 cup semisweet chips** to top of cake. Melt **1 bag caramels** and **1/3 cup evaporated milk**. Spread over chips.

Pat remaining cake mixture over top and bake for 20 minutes at 350 degrees.

Monster Cookies

½ cup butter
1 ½ cups peanut butter
1 ½ cups brown sugar
1 cup white sugar
2 tbsp. corn syrup
2 tsp. vanilla
2 tsp. soda
3 eggs
4 ½ cups oatmeal
½ cup chopped M&M's
1 cup chocolate chips

Mix as you would any cookie batter starting with the butter and peanut butter; then following with the other ingredients. Roll into balls, smash slightly, and bake at 350 degrees 8-10 min.

Residents Helping Residents

CAT SITTER: Kay Adams, a longtime resident of Rivendell and a stay-at-home mom, offers cat-sitting service to Rivendell residents. Kay is very responsible and loves cats. Reasonable rate. Call **941-966-2939** or email kayadamsart@gmail.com.

BABYSITTER: 13 year-old Rivendell Pine View student has certified American Red Cross Babysitter's Training with Pediatric First Aid and CPR. I absolutely love kids! Call **Zoe Gavette** at **941-918-8200**.

BABYSITTER: **Natasha Nielsen**, Pine View School sophomore, can watch your children while you go out. I can also help with homework. I am polite and responsible and am CPR certified through the American Red Cross. Call **941-966-1419**.

COMPUTER REPAIR AND INSTRUCTION: Very reasonable flat charge and hourly rates, Rivendell Resident **Gary Mruz** has thirty years computer experience. Call **941-786-6019** or email gary.mruz@gmail.com

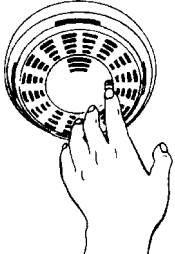
GUITAR LESSONS: **Daniel Yohann**, a Pine View senior, is offering private guitar lessons. Daniel is an accomplished guitarist and experienced teacher. One-half hour or one hour lessons are available. Reasonable rates. Call **941-375-1242**.

LAMPPOST REPAIR: Rivendell Resident **Bill Bloom** is offering lamppost repair services. Is your lamppost light staying on? Charge is \$40 for parts, labor and cleaning. Replacing a burned out bulb is \$12, and this includes new bulb and cleaning. Call **941-918-8386**.

MOTHER'S HELPER/BABYSITTER: **Sivan Yohann**, **941-966-7766**, a Pine View sophomore, would love to play with your toddlers after school while you're trying to get dinner ready, or babysit your kids so you can have a well-deserved evening out! I am extremely friendly and responsible!

BIKE REPAIRS, KAYAK AND BIKE RENTALS: **Mike** and **Sheila Lewis** offer free delivery and pick-up to Rivendell residents for bike and kayak rentals, bike repairs and maintenance. Call **941-346-1797**-or email ssrentals@aol.com or visit their web site at www.siestasportsrentals.com

Rivendell Residents:
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Marilyn at tpro38@yahoo.com



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MEDICAL NEWS YOU CAN USE

Why Women in China do not get Breast Cancer

Submitted by Ed Lin, Edited by Judy Sokal, Excerpted from "Why Women in China do not get Breast Cancer" by Prof. Jane Plant, PhD, CBE; Extracted from *Your Life in Your Hands*, by Professor Jane Plant

Jane A. Plant, Ph.D., C.B.E., is one of Britain's most distinguished scientists. She is chief scientist of the British Geological Survey and continues to sit on many influential government and international committees. In 1999, she was awarded Britain's most prestigious honor, the Lord Lloyd of Kilgerran Prize. Professor Plant lives in Nottingham with her husband and children.

I am a scientist - surely there was a rational explanation for this cruel illness that affects one in 12 women in the UK, including me. The first clue to understanding what was promoting my breast cancer came when my husband Peter, who was also a scientist, arrived back from working in China while I was being plugged in for a chemotherapy session. He had brought with him cards and letters, as well as some amazing herbal suppositories, sent by my friends and science colleagues in China. The suppositories were sent to me as a cure for breast cancer. Despite the awfulness of the situation, we both had a good laugh, and I remember saying if this was the treatment for breast cancer in China, then it was little wonder that Chinese women avoided getting the disease.

Why didn't Chinese women in China get breast cancer? The disease was virtually non-existent throughout the whole country. Only one in 10,000 women in China will die from it, compared to that terrible figure of one in 12 in Britain and the even grimmer average of one in 10 across most Western countries. It is not just a matter of China being a more rural country, with less urban pollution. In highly urbanized Hong Kong, the rate rises to 34 women in every 10,000 but still puts the West to shame.

I then discovered that whatever causes the huge differences in breast cancer rates between oriental and Western countries, it isn't genetic. Scientific research showed that when Chinese or Japanese people move to the West, within one or two generations their rates of breast cancer approach those of their host community.

The Chinese describe all Western food, including everything from ice cream and chocolate bars to spaghetti and feta cheese, as "Hong Kong food", because of its availability in the former British colony and its scarcity, in the past, in mainland China. So it made perfect sense that whatever was

causing my breast cancer and the shockingly high incidence in this country generally, it was almost certainly something to do with our better-off, middle-class, Western lifestyle. There is an important point for men here, too. I have observed in my research that much of the data about prostate cancer leads to similar conclusions. According to figures from the World Health Organization, the number of men contracting prostate cancer in rural China is negligible, only 0.5 men in every 100,000. In England, Scotland and Wales, however, this figure is 70 times higher. Like breast cancer, it is a middle-class disease that primarily attacks the wealthier and higher socio-economic groups, those that can afford to eat rich foods.

We decided to utilize our joint scientific backgrounds and approach it logically. We examined scientific data that pointed us in the general direction of fats in diets. But the diet I had been living on for years before I contracted breast cancer was very low in fat and high in fiber. Besides, I knew as a scientist that fat intake in adults has not been shown to increase risk for breast cancer. Then one day something rather special happened. Peter and I worked so closely that I am not sure which one of us first said: "The Chinese don't eat dairy products!" Suddenly I recalled how many Chinese people were physically unable to tolerate milk. I knew of no Chinese people who lived a traditional Chinese life who ever used cow or other dairy food to feed their babies. Culturally, the Chinese find our Western preoccupation with milk and milk products very strange.

Milk, I discovered, is one of the most common causes of food allergies. Over 70% of the world's populations are unable to digest the milk sugar, lactose, which has led nutritionists to believe that this is the normal condition for adults, not some sort of deficiency. Perhaps nature is trying to tell us that we are eating the wrong food. Before I had breast cancer for the first time, I had eaten a lot of dairy produce, such as skimmed milk, low-fat cheese and yogurt. I had used it as my main source of protein. Following Peter's and my insight into the Chinese diet, I decided to give up not just

yogurt but all dairy produce immediately.

Up to this point, I had been steadfastly measuring the progress of my fifth cancerous lump with calipers and plotting the results. Despite all the encouraging comments and positive feedback from my doctors and nurses, my own precise observations told me the bitter truth. My first chemotherapy sessions had produced no effect - the lump was still the same size.

Then I eliminated dairy products. Within days, the lump started to shrink. About two weeks after my second chemotherapy session and one week after giving up dairy produce, the lump in my neck started to itch, then soften and reduce in size. The line on the graph, which had shown no change, was now pointing downwards as the tumor got smaller. And I noted that instead of declining exponentially, the tumor's decrease in size was plotted on a straight line heading off the bottom of the graph, indicating a cure, not suppression (or remission) of the tumor.

One Saturday afternoon after about six weeks of excluding all dairy produce from my diet, I felt for what was left of the lump. I couldn't find it. I went downstairs and asked my husband to feel my neck. He could not find any trace of the lump either. On the following Thursday I was seen by my cancer specialist at Charing Cross Hospital in London. He examined me thoroughly, especially my neck where the tumor had been. He was delighted as he said, "I cannot find it." None of my doctors had expected someone with my type and stage of cancer to survive, let alone be so hale and hearty. My specialist was as overjoyed as I was.

When I first discussed my ideas with him he was understandably skeptical. But I understand that he now uses maps showing cancer mortality in China in his lectures, and recommends a non-dairy diet to his cancer patients. I now believe that the link between dairy produce and breast cancer is similar to the link between smoking and lung cancer. I believe that identifying the link between breast cancer and dairy produce, and then developing a diet specifically targeted at maintaining the health of my breast and hormone system cured me. It was difficult for me, as it may be for you, to accept that a substance as 'natural' as milk might have such ominous health implications.

Our Thanks to resident Jeffrey Zych for hanging the community's holiday decorations this year! Once again your efforts are greatly appreciated. The decorations really brighten up the neighborhood!



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Across

- 1. Thrift shop condition
- 5. Like chalets
- 10. 100-meter race
- 14. What one little pig had
- 15. Less wet
- 16. Ready to be eaten
- 17. ___Circus
- 19. Miseries
- 20. Paparazzi subject
- 21. Has a close look at
- 23. Rembrandt van ___
- 26. Spiff up the floors of
- 27. Anna Mary Robertson's husband
- 32. Element ending
- 33. Like Halloween sounds
- 34. Mike and Ann of films
- 38. Banking regulatory agcy.
- 40. Make twisty
- 42. Chemical formula for sodium hydroxide
- 43. ___ seven: 6:50
- 45. Child's retort
- 47. La-la preceder
- 48. Flaubert classic
- 51. FOX host
- 54. ___ Pahlavi (former shah of Iran)
- 55. College world
- 58. To be, in Tijuana
- 62. Noon, in France
- 63. Pitiful situation
- 66. Ballet movement in which the knees are bent
- 67. "This way in" sign
- 68. Ukrainian city
- 69. Sylvia ___, British leading lady
- 70. Exams for would-be attys.
- 71. Small dogs' cries

1	2	3	4		5	6	7	8	9		10	11	12	13
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17				18							19			
20							21			22				
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62					63			64	65					
66					67						68			
69					70						71			

Down

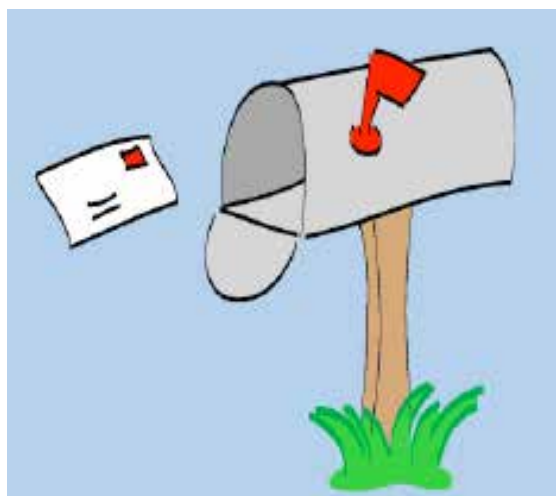
- 1. Ignoring modern sensibilities, for short
- 2. Silk: Fr.
- 3. A check, one might hope: Abbr.
- 4. Distinguish clearly.
- 5. "Kookie" Byrnes's first name
- 6. Exodus hero
- 7. Odious
- 8. Hard to hold on to
- 9. Moisture removers
- 10. Baker St. assistant
- 11. Garlic mayonnaise
- 12. Arrange letters
- 13. "Magister Ludi" author
- 18. Reside (in)
- 22. Ingredient in borsch.
- 24. Photo file format
- 25. C.S. Lewis land
- 27. O. Henry's 'The ___ of the Magi'
- 28. Unfinished
- 29. Ugandan tyrant Idi ___
- 30. Bad atmosphere: var.
- 31. Discus great Al
- 35. Information
- 36. R.I. rebel in the 1840's
- 37. Light carriage
- 39. Happy-enders
- 41. Pendulous flesh
- 44. Cost of a cab
- 46. Gives forth moisture
- 49. Woman hoping for a knight in shining armor
- 50. To a huge degree
- 51. Highway entrances
- 52. In a hostile way
- 53. Fonda ex
- 56. Molecular bits
- 57. Gulf of Greece
- 59. Kipling's Rikki-tikki-___
- 60. Upon.
- 61. Gives the gun
- 64. Abbr. after some military names
- 65. Vintage nos.

(Solution on pg. 7)



PHOTOS FOR THE 2014 RIVENDELL RESIDENT DIRECTORY MUST BE RECEIVED BY FEB. 15th 2014

We need your high-resolution photos of Rivendell wildlife!
Please include name of photographer and type of animal.
Email all photos and information to Barb Gahry at
bgahry@comcast.net



In The Mail

Lighthouse Property Management will mail the agenda for the February 4th Annual Meeting, as well as candidate information, ballots, and proxies.

If you do not receive a ballot and information, please contact Lighthouse Management, 941-966-6844



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Gwen Stepien continued from pg. 5)

like competitive bidding for our maintenance and support contracts. I believe that Board meetings should be regular, meeting no less frequently than every two months. It is nice to see homeowners at the meetings and get a chance to ask questions; it is the best place to find out what is going on in the community. I will use all my knowledge regarding the Covenants and Standing rules as a guide to help solve any problems that may arise. I will do my utmost to encourage more homeowners to get involved with our committees to help make our community a beautiful and enjoyable place to live. I would very much like to remain a Board Member. My many years of volunteering my time on the ARC and the Board will benefit our community. I love working with people and getting to know as many neighbors as possible. I hope you will reelect me to the Board of Directors so that I can continue to serve our community.

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The Architectural Review Committee (ARC)

Meets the **last Tuesday** of each month at 6:00pm

Location: Cottages Clubhouse

Applications are due to Lighthouse Management by the **third Tuesday** of each month.

NOTE: The ARC recommends that applications be received one week before the next meeting. Applications received after the monthly date will have to wait until following month.

REMINDER: If you are submitting an ARC Application Form for landscape changes, you must attach a copy of your Site Plan (also called a Survey of Lot or Plot Plan or Plat). Your application will NOT be reviewed without a copy and this would delay your work. The Site Plan should show names of specific plants and locations for proposed landscaping or fencing.

Dates, times, and locations of meetings are based on the information available at the time of publication.

Minutes Architectural Review Committee 11/25/2013

Attendees: Joe Sefack – Committee Chair, Mickie Konner, Cindy Caria
Gwenda Stepien Board Liaison

The ARC meeting was called to order at 6:05 PM with a quorum of Committee members present. Committee voted to approve Bruce Lorie as new member pending Board conformation at the next Board meeting January 13, 2014

The following applications were reviewed and decided for action.

ITEM	ADDRESS	WORKPLAN	RESOLUTION
1.	734 Fordingbridge Way	Remove 4 trees, front of house	Resolved: Approved Motion: Cindy Caria 2 nd : Mickie Konner
2.	1005 Scherer Way	Plant 3 fruit trees, rear of house	Resolved: Approved Motion: Mickie Konner 2 nd : Cindy Caria
3.	1197 Mallard Marsh Dr.	Plant 3 fruit trees, rear of property. Plant hedge side of house. Hedge height limited to 6 feet high	Resolved: Approved Motion: Joe Sefack 2 nd : Mickie Konner
4.	925 Eagle Isle Court	Landscape front and side of house	Resolved: Approved Motion: Joe Sefack 2 nd : Cindy Caria
5.	806 Placid Lake Dr.	Replace windows with hurricane windows. Same style as present windows.	Resolved: Approved Motion: Joe Sefack 2 nd : Mickie Konner
6.	688 Shadow Bay Way	Front landscape. Owner will resubmit revised application with plat plan	Resolved: Denied Motion: Joe Sefack 2 nd : Mickie Konner
7.	753 Placid Lake Dr.	Remove Oak tree, rear of property	Resolved: Approved Motion: Cindy Caria 2 nd : Joe Sefack
8.	925 Scherer Way	Repaint house Body SW 2046 Trim Porter 417-2	Resolved: Approved Motion: Joe Sefack 2 nd : Cindy Caria
	ARC meeting adjourned at 6:40 PM	Next ARC meeting to be held January 28, 2014	

RCA Committees 2014

Communications

(carolheckert@verizon.net)

Board Liaison, Bobby Merrill

Chair, Carol Heckert

Directory, Barb Gahry

Block Captains, Cindy Schmidl

Newsletter: Linda Pearlstein, Judy Sokal, Kay Mruz, Marilyn Probert, Norma Lee Rhines, and Mike Bergman - Reporter Representative

Reporters: Mary Kennedy, Ed Lin, Pam Babbitt, Catherine Middleton

Architectural Review (ARC)

(jdsefack@comcast.net)

Board Liaison, Gwen Stepien

Chair, Joe Sefack

Mickie Konner, Mary Marryott, Cindy Caria

Maintenance Committee (combining Landscape/Environmental & Pool)

(jimstepien@gmail.com)

Board Liaison, Walter Perkowski

Chair, Jim Stepien

Bill Bloom, Nigel Day, Dave Gill, Sallie Hawkins, Carol Heckert, Carole Myles, Carl Schubert, Nancy Schubert

Access the Rivendell website at:

<http://www.rivendellcommunity.com>

Your input and feedback are always encouraged and welcomed.

Deadline: Submit articles and information to Judy Sokal (judysokal@gmail.com) by the tenth of the month.

Rivendell Board of Directors

Curt Kennedy, president

(curtkennedy@hotmail.com)

Vinny Barone, vice-president

(vabarone5@gmail.com)

Walter Perkowski, secretary

(walter@SRQmoves.com)

Liaison to Maintenance

Bobby Merrill, treasurer

(bobbymerrill3@aol.com)

Liaison to Communications

Gwen Stepien, director

(gwendaarc@gmail.com)

Liaison to Architectural Review (ARC)

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The Cottages Board of Directors

RU1NA = Rivendell Unit 1 Neighborhood Association

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