



The Woodlands Word @ Rivendell

Your Community Resource

April 2020



Highlights, March 4 Board of Directors Meeting By Carol Heckert; Reviewed by John Fitzgibbon

Attending: Ray Capuano, Maureen Emmons, John Fitzgibbon, Steve Bragg, Cathy Daignault, Bill Lutes (Lighthouse)

President's Message: (Ray Capuano)

1. Meetings will be held at 4:30 PM in the future.
2. We will follow Robert's Rules of Order and homeowner comments will be limited to 3 minutes.
3. Bill Lutes is our new Property Manager.

Secretary's Message: (John Fitzgibbon)

1. Clarification of Board members' terms of office: Ray Capuano's and Steve Bragg's terms end in 2021. Maureen Emmons', John Fitzgibbon's and Cathy Daignault's terms of office end in 2022.

2. February 26 Workshop:

- a. We will meet all requirements under the 720 Regulations.
- b. Proposal will be written for increased scope of work on the part of our management company.
- c. Communications Committee will conduct a survey on homeowner satisfaction.

Treasurer's Report: (Steve Bragg)

We are \$8,000-\$9,000 in the black, despite the added cost of mailing the second Annual Meeting notice. We will monitor our water bills, which have increased.

Maintenance Report: (Ray Capuano, Scott Christie)

The magnolia trees on Rivendell Blvd. were trimmed and the brush impacting the white fence on Rivendell Blvd. pruned.

ARC Report: (Maureen Emmons)

In February, there were 18 requests; 17 approved. A new paint pallet from Benjamin Moore Paints is available at Lighthouse Mgt. It can be signed out.

Communications Committee Report: (John Fitzgibbon)

1. Mitzi Bruck is planning a Block Captain meeting on March 24.
2. The Community Directory is being proofed. It should be distributed in April.

Ponds & Preserves: (Frank Freestone)

1. Wildlife photo gallery now on website.



Rivendell Calendar of Events - April 2020

Please note: The date of the April Board meeting will be announced at a later date.

Become involved in your community! Volunteers are needed on many of the committees listed below. If you have an interest in getting to know your neighbors and getting more involved, please contact the committee chairs listed below.

April 1, 8, 15, 22, 29...Play Euchre, a fun interactive card game. Scheduled each Wednesday of the month from 3:00 – 5:00 pm. Learn to play and make some new friends! Location to be determined. For more information contact Mike and Annie Francis at 585-749-0430.

April 2 and 16...Bridge Group meets the first and third Thursday of the month at 1:00 – 4:00 pm. Contact Barbara Loe at 651-398-2256 for more information. April 8...Board of Directors Meeting is scheduled for 4:30 pm at Our Savior Lutheran Church, 2705 N. Tamiami Trail, Nokomis

April 13...Rivendell Book Group meets the second Monday of the month at 7:30 pm. This month's event will be held at 716 Anna Hope Lane. Please contact Sallie Hawkins at 941-966-6916. The book under discussion is *State of Wonder* by Ann Patchett.

April 14...Social Committee meets the second Tuesday of the month from 7:00 – 8:30 pm. Location to be determined. Contact Carolyn Kenney at kenneycsrq@gmail.com for more information.

April 16...Mix and Mingle Social is scheduled 5:30 – 7:00 pm at the Rivendell Community Pool. Bring your favorite beverage and optional snack to share. Lots of fun meeting your neighbors! All welcome.

April 18...Dine Out Group meets the third Saturday of the month. For more information contact Kristin Ellison at kristinellison1@gmail.com

April 21...Rivendell Book Group II meets the third Tuesday of the month at 7:00 pm. The book under discussion is *The Silent Patient* by Alex Michaelides. Those interested in attend-

(Continued on Pg. 2)

(Continued on Pg. 2)

(Highlights, March 4 continued from Pg.1))

2. Wildfire Hazard Mitigation Plan: Agreement was reached with the Florida Forest Service and the Sarasota County Code Enforcement Officer for preserves and conserved uplands. Mowed firebreaks will be installed by the Forest Service in selected preserve areas, probably starting in May, 2020. Additionally, to conform to regulatory requirements, vegetative litter will be mowed in selected areas starting in 2021 at HOA expense. Tree limbs posing risks to homes will also be removed at HOA expense, in close coordination with the County office. Signs will be posted at selected preserve perimeter locations.

3. The P&P committee has been reviewing the issue of instituting mandatory LMZ's around all ponds to address the erosion problem.

Social Committee Report: (Sallie Hawkins)

- 1. Garage Sale a success despite rain.
- 2. Two 9-foot tables and 8 chairs will be purchased for events.
- 3. The 2nd annual Ice Cream Social at Crescent Park will be held on May 16.
- 4. Volunteer Dinner and Octoberfest being discussed.

Fining Committee:

There is a vacancy with the departure of chairman, Joe Sefack.

New Business:

- 1. Low Maintenance Zones: Any questions about LMZs should be asked prior to the April Board Meeting, at which time a vote will be taken about mandating LMZs around all ponds. The LMZ maintenance would begin in July.
- 2. Palm trimming in Rivendell Park and Koi Pond approved. (\$2,775)
- 3. Trimming palm trees on Rivendell Blvd. approved. (West Bay, \$3,100)
- 4. Removal of philodendron fronds to save fence on Rivendell Blvd. approved. (\$1,200)
- 5. Median lighting for Rainbow Point Way approved. (Graham, \$5,500)
- 6. Pool roof cleaning and repairs to pool approved. (Gorilla, \$450)
- 7. Proposals reviewed to remove 20-25 dead pines in park areas. (Green Topps, \$8,025 approved)
- 8. Concrete repairs in Cottages approved. (\$2,505)

Homeowner Comments:

- Complaint about a dip in the alley behind the pool, which leaves a large puddle after it rains. (Lighthouse Mgt. is negotiating with the paving vendor who does not want to pay for correction. Bill not yet paid for repaving.)
- Questions about the Fining Committee, timing of the Community Directory, a legal issue, the 2019 surplus carryover, and reserve funds.

Next meeting: To Be Announced, 4:30 PM, Our Savior Lutheran Church.

(Calendar of Events continued from Pg.1))

ing can contact Deb Jones at 517-515-4994 for this month's meeting location.

April 28...Architectural Review Committee (ARC) meets the last Tuesday of the month at 4:30 pm at the Cottages Clubhouse. Contact Maureen Emmons at mauremmons@gmail.com

April 30...Communications Committee meets the last Thursday of the month at 7:00 pm. For more information contact Barbara Gahry at barbgahry@gmail.com

To make additions or corrections to the Calendar of Events, please contact Lesley Sterling at 703-919-0744 or lesley.sterling@yahoo.com

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Join 536 of your fellow Rivendell Residents on the NEXTDOOR social network

www.nextdoor.com

Are you seeking a service provider recommendation? Do you have an item to sell? Do you have any questions about Rivendell or other topics residents can help with?

Nextdoor is the world's largest social network for the neighborhood. Nextdoor enables truly local conversations that empower neighbors to build stronger and safer communities.

Practical Pointers On Reducing Infectious Risks Such As Covid-19

By Dr. Edward Lin, former Henry Woodburn Fellow at Roswell Park Cancer Institute and Yale-trained anesthesiologist. Dr. Lin is the founder and CEO of HealO Medical, LLC, a Sarasota startup with disruptive technologies in advanced wound care.

1. **Don't seek total protection.** It is futile and impractical. Does driving your car put you in a constant state of worry that you will be hurt or killed in a crash? Of course not! You put on your seatbelt and trust that your airbags will do their job if needed, then get on with your day. The approach to COVID-19 is substantially the same. Reduce your risk and then stop worrying about it. Stress is the REAL killer! It increases production of stress hormones, which in turn weakens the immune system. It is simply counterproductive to constantly worry.

2. **Don't hoard masks.** Each person needs only a few. Healthcare workers need an adequate supply so they can do their job of taking care of the sick - and in turn protect all of us by minimizing the spread. You can "recycle" non-woven masks by boiling them in hot water and hanging to dry. Avoid wringing dry as that compacts the fibers and makes breathing more difficult upon re-use. Rotate masks once or twice a day.

3. There is no mask (other than the type worn in chemical warfare) that can reasonably assure the filtration of viral particles (which are far smaller than human cells, about 3% the diameter of a human hair). Even N99 or N95 masks will not totally filter out a virus. However, the masks - IF properly worn - will be very helpful in reducing the inhaled load.

4. To be effective, a mask must completely cover the nose and mouth. **MAKE SURE** to pinch and form-fit the metal strip that conforms the mask over the bridge of the nose. If this is not done, you allow air to bypass the mask entirely through the gaps on either side of the nose, largely negating its protective function. If you wear a mask with a pop-off valve on the side, remember that it does not filter your exhaled breath - so, if you are infected, you must NOT wear this type of mask. You should wear the regular surgical mask instead.

5. COVID-19 is spread through aerosol contact (as are the many strains of flu coronaviruses). Masks have two main functions: they prevent you from inhaling a **LARGE** dose of the virus and keep your contaminated fingers from touching your nose and lips (points of entry), which we have an unconscious tendency to do. Receiving a tiny dose of the virus (if you're not health-compromised such as cancer patient, transplant recipient on immunosuppressants, or person with chronic lung disease) may actually lead to immunity (that's essentially what a vaccine does).

Adopt common sense measures to reduce the likelihood of receiving a large dose of virus. Avoid public gatherings when possible. Carry tissue paper and use as an intermediate layer when touching germ laden surfaces such as handrails, doorknobs, lavatory doors, toilet flush handle, and turning off faucet after washing hands. Use the towel you dried your hands with to open the door and then dispose of the used

towel properly. Whenever feasible, open doors with your foot and press elevator buttons with your knuckles, NEVER sneeze into your hand/fist. It's a sure way to spread whatever you may be carrying to everything you touch. Instead, sneeze into a tissue or your upper sleeves (avoid hugs for this additional reason). Avoid handshakes and use nodding of head as greeting.

6. If you come down with symptoms consistent with a viral infection (cough, fever, muscle aches - and remember that not all symptoms need be present), immediately double or triple your fluid intake. Juices, tea and even chicken soup (contains antiviral cytokines) are all good choices. Take NSAIDs such as Aleve® or Motrin®, to not only suppress fever, but for its inherent anti-inflammatory actions. Suppressing even a portion of inflammation reduces cell damage.

7. If you have respiratory allergies, take antihistamines so your respiratory tract is not further weakened by inflammation and predisposed to invasion by microbes. A good non-drowsy antihistamine is cetirizine (Zyrtec®), an even better one is Xyzal® (levocetirizine). If you're smoker, now is a perfect time to quit and preserve your lung function.

8. If you walk by someone who sneezes, immediately hold your breath and try to get a good distance away before exhaling (to expel whatever little contaminant may have entered your respiratory tract) and inhaling again. Coughing also spreads virus. A cough naturally starts with deep inhalation before a forced exhalation against a closed voice box. You can suppress a cough by forcibly exhaling all the air in your lungs and closing your voice box. Practice now, so you know how to do it right.

If you follow the tips listed above, you will significantly reduce your risk of infection by COVID-19, or any other contagious pathogens. Take care and stay healthy!



**Please remember to
YIELD to walkers at
all sidewalk crossings
and marked crosswalks.**

**This reminder is
especially important
at the Pineview path crosswalk on
Rivendell Blvd.**

Architectural Review Committee Launches New Exterior Home Color Palette By Lesley Sterling



Rivendell residents could not have asked for better help in developing the new exterior color palette for our beautiful homes than Kelly and Alex Castro. Both of their backgrounds are strongly rooted in the arts, which made them highly sensitive to what colors might work best to provide a more updated and modern look to our

community.

Alex, who is a member of the Architectural Review Committee (ARC), ran his own design company in Baltimore, Maryland, where he helped restore and renovate the downtown area. A native of Washington, D.C. with a Bachelor's degree in English and Spanish literature from Yale University, as well as a Master's degree in Architecture from the University of Pennsylvania, Alex got his first job out of school designing catalogs for the Baltimore Museum of Art. He never really left, forming Castro Arts, a studio focusing on architectural design, exhibitions, books and film. Alex has designed exhibits for the Los Angeles County Museum, the Museum of Fine Arts in Houston, Atlanta's High Museum and the Smithsonian Institution, among others. His own works are in the public collections at the National Gallery of Art, Brooklyn Museum and Newberry Library in Chicago.

Kelly, a photographer and painter with a Master of Fine Arts in drawing, grew up in Baltimore. She worked with her husband in his business, but when they relocated to the Eastern Shore of Maryland to Chestertown, she became an Art Professor at Washington College. She also started an Artist-In-Residence program in the town. Today, Kelly is a real estate professional with Michael Saunders and Company. She still is actively pursuing her painting on a variety of subjects, including pet portraiture. You can view her work at kellycastro.com.

Maureen Emmons, ARC chair and member of the Rivendell Board of Directors, approached Alex to work on revising the exterior color palette. Kelly was interested in helping and quickly took over the project. She met with David Jasik, the owner of the Benjamin Moore Paint store in Nokomis, who was very enthusiastic in helping with the project. He suggested they contact experts at the Benjamin Moore Company, who ultimately came up with 18 different color palettes, all of which are harmonious and look well together.

"We want to maintain our home property values," says Emmons. "The biggest competition for older communities like ours is new construction. The first thing a potential buyer sees as they drive through any community are the colors of the homes. Do they look dated, or do they provide a more contemporary appeal?"

Benjamin Moore put together a color palette book for Rivendell residents. The book is available at both the Nokomis and Stickney Point Benjamin Moore stores. Lighthouse Property Management also has a copy of the color palette book.

Rivendell residents will receive 20% off all paint and supplies if purchased at either of these locations. This includes those interested in redoing their interiors as well. The paint stores also can provide names of reputable and qualified painting contractors.

So thank you Kelly for your hard work on our behalf! When it comes time for each of us to paint the exteriors of our homes, we are grateful that the choice we make will improve our community overall.



Coyotes?

Coyote Sounds: Not sure what you heard was a dog, coyote, or fox? Was it a howl, bark, yelp, or whine? Go to Average Outdoorsman Coyote Sounds and Uses: www.averageoutdoorsman.com/wild-game-downloads/coyote-sounds





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Rivendell Neighborhood Bird Survey Walk

By Norma Lee Rhines, Ponds and Preserves Committee

On a beautiful Tuesday (February 18), nine birders were guided by our awesome Audubon leader, Alena Capek, on a quest to observe and identify our many bird friends. We began on the nature trail next to Pine View School, then traveled down Rivendell Blvd., observing numerous species along the way. In total, we spotted 31 different species and a total of 74 individual birds. A very successful bird-watching day!

Listed below are the results of our bird survey. We are so fortunate to have such prolific wildlife here in Rivendell.

<u>BIRD SPECIES</u>	<u># Observed</u>	<u>BIRD SPECIES</u>	<u># Observed</u>
Common Ground Dove	1	Fish Crow	4
Mourning Dove	2	Tufted Titmouse	3
Common Gallinule	2	Blue-gray Gnatcatcher	1
Anhinga	1	Carolina Wren	1
Double-crested Cormorant	1	Gray Catbird	2
Little Blue Heron	1	Brown Thrasher	3
Black Vulture	4	Northern Mockingbird	4
Turkey Vulture	8	Common Grackle	3
Bald Eagle	2	Boat-tailed Grackle	1
Yellow-bellied Sapsucker	1	Black-and-white Warbler	1
Red-bellied Woodpecker	2	Northern Parula	4
Downy Woodpecker	2	Palm Warbler	5
Eastern Phoebe	1	Pine Warbler	2
White-eyed Vireo	1	Yellow-rumped Warbler	3
Blue Jay	3	Yellow-throated Warbler (dominica/stoddardi)	1
Northern Cardinal	4		

Special thanks to Bob Frank and Melle Lee Warren for their outstanding photos. Check out the Ponds & Preserves [Photo Gallery](#) on the Rivendell website to see their work. Keep watch in the *Woodlands Word* for the date of our next Rivendell Bird Survey walk. We hope you can join us!



Brown Thrasher (Melle Lee Warren)



Northern Parula (Bob Frank)



**Let's Enjoy Our
Preserves...
Please Leave Them Alone
Your Actions Make
a Difference.**

Homeowners living next to a preserve play an important role in protecting it. As part of Rivendell's HOA permit with the county, designed wetland and preserve areas adjacent to homes, and community common-ground areas, are inspected regularly. Any activity beyond residents' property line is considered an incursion - violations are enforced. We ask homeowners and renters to follow the conditions of the Rivendell Covenant on all preserves and common-ground areas:

- Please do not plant, disturb, build, pave, store or remove anything outside of your property.
- No grass, gardening, or vegetation can be planted, allowed to encroach, or be mowed beyond your property line.
- Let's not cut or remove any vegetation, or deposit yard debris or any waste from protected areas.

Online? Click below for more information, including Rivendell land use restrictions:

- [Rivendell HOA articles](#)
- *The Woodlands Word* article – July 2019: [Live Near a Preserve – Please Read This!](#)



**Rivendell Book Group
Schedule
By Judy Sokal**

The Book Group will meet April 13 at the home of Sallie Hawkins, 716 Anna Hope Lane. Please call Sallie at 941-966-6916 or email aa5pilot@verizon.net if you plan to attend. The

book selection is *State of Wonder* by Ann Patchett. It traces the steps of 42-year-old Marina Singh, pharmacologist at the Vogel Pharmaceutical Company in Eden Prairie, Minnesota. She makes her way to a place deep in the bowels of the jungle in Brazil, and then must fight her way back home to the bright, frozen landscape of Eden Prairie. Discussion will be led by Pat Sobczak.

The book group meets on the second Monday of the month at 7:30. Books are selected based on recommendations from the group members who have read the book. Members take turns volunteering to either lead a book discussion or host the group in their homes.

Following is the future schedule:

April 13, 2020, *State of Wonder* by Ann Patchett
May 11, 2020, *Our Souls at Night* by Kent Haruf
June 8, 2020, *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson

**The Cottages' Annual Meeting and
BOD Election**

By Marilee Casale

Over thirty-five residents attended the Cottages' 2020 Annual Homeowners Meeting and Board of Directors Election on Thursday, February 20th in the Clubhouse. The meeting was led by Bob Volk.

Election Results: John Martin, Bob Met Elko and Marilee Casals were elected for two-year terms.

Resolutions Passed: Reserve Fund Transfers & Excess Funds Rollover

Homeowners Comments: A few homeowners asked about the status of a TV for the Clubhouse that was offered as a gift last year by one homeowner. The Board declined the offer last fall due to the long-term costs including internet and cable. They agreed to revisit the topic at their next meeting since several homeowners requested further discussion. Another homeowner asked about a handicap accessible railing for the pool. The Board agreed to research the options that could address this need.

After adjournment of the Annual meeting, the new Board met and agreed to the following positions:

John Martin - President
Bill Vanik - 1st Vice President
Bob Metelko - 2nd Vice President
Bev Piraino - Treasurer
Marilee Casale – Secretary

It was noted that Bev Piraino will be leaving the Cottages sometime this year. She has agreed to stay on the Board for the next few months. A suitable candidate needs to be found to backfill the Treasurer position for the remainder of her 2020 term. Anyone interested should contact John Martin.

**Are You a Tinker, a Tailor,
a Candlestick Maker?
A Biker, a Hiker, Do You Sew,
Do you Row?**

Your Rivendell Social Committee is hopeful that residents with a talent, a hobby, an activity they're passionate about will get in touch!! Whatever floats your boat might float lots of others', too! And you won't know unless you try. Recently neighbors who love to play Euchre inquired ... well, long story short, very soon there was a thriving, casual Euchre group here, making friends and having fun. If you, or anyone you know, have a passion and want to share that, do reach out to me, and I'll have someone on the Social Committee contact you and provide encouragement and a simple way to get started doing your thing with others!

P.S. I already know of someone seeking people interested in Astronomy - sound like you? Or Scrabble, anyone? Trivia perhaps? Or any of about a hundred hobbies, interests and would-be talents I can think of! Email me, kenneycsrq@gmail.com.

Carolyn Kenney, Social Committee Chair



RCA Board to Implement New Policy of Mandatory LMZs on all Ponds By the Rivendell Ponds & Preserves Committee

At the April Board meeting, a vote will be taken on a motion for a new policy of mandatory Low Maintenance Zones (LMZs) at homes bordering ponds. LMZs are now in place at all community-mowed shorelines. This new policy will extend erosion protection to all pond shorelines. The motion has been well received by the Board.

As presented in detail by the P&P Committee at the February Homeowner’s meeting, and briefly discussed at the March Board meeting, erosion is clearly visible at all Rivendell ponds. That erosion is negatively affecting our stormwater management system and is causing loss of community property. The recommendation of the P&P Committee to the Board, based on clear evidence, is to implement a policy of mandatory LMZs at homes bordering ponds and to have those LMZs maintained by our community landscape contractor. This is the low-cost option compared to allowing the erosion to proceed and then be faced with expensive engineered remediation in the future. This proposed policy is intended to be in the best interests of the community and will be enforceable. It is sincerely hoped that this approach will result in the most control of erosion with the best, most consistent, shoreline appearance and with the least need for enforcement actions. If you have questions about the intended approach, please contact Frank Freestone, Chair of the P&P Committee at paddlemania@verizon.net, any Board member, or Bill Lutes of Lighthouse Property Management at blutes@mgmt.tv before the April Board meeting. If this motion is approved:

- Homeowners bordering ponds who do not yet have voluntary LMZs in place will be **required** to allow the grass to grow on a three-foot wide strip of turf bordering the pond. As previously noted, this area is all on community common ground.
- Ponds & Preserves Committee members will work with homeowners as needed to install flags and small “Do Not Mow” signs to clearly identify the LMZs with landscape contractors.
- Trimming of the LMZs will be accomplished by the community landscape contractor, West Bay, to a specific standard and on a defined schedule. A sincere effort will be made to achieve a “neat, uniform and manicured” appearance. This trimming will likely start in July. Appearance will be similar to the “community standard” LMZ at Egret Pond (located across Rivendell Blvd. from the pool).

• Trimming of the LMZ will be done manually. West Bay will not be mowing any grass near the LMZs. Homeowners continue to be responsible for maintaining the turf grass on the community common ground from their property line to the LMZ.

• If the LMZ grows to a height above 12” before July, homeowners are asked to have their landscaper trim the LMZ to 8” using a string trimmer, taking care to avoid sending trimmings into the pond.

• Once the LMZs are in place and being trimmed by West Bay, homeowners are asked to make no changes to the LMZs.

Your actions make a difference! For further information, including to review the slide presentation about erosion at Rivendell presented at the February 5 Homeowner’s meeting, visit rivendellcommunity.com/ponds. Also on the P&P website, please see the brief article in Highlights, “Maintaining a Rivendell Low Maintenance Zone.”



Shoreline erosion at Rivendell Ponds is real and visible. LMZs & plantings will help control pond shoreline damage.

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Make Your Own Homemade Hand Sanitizer

Excerpted from article by Anne Marie Helmenstine,
PhD, The Spruce, 03/05/20



Make your own hand sanitizer from ingredients you select. This is a good project for kids as well as adults since the project can include a discussion about hygiene and disinfection. You'll save money, protect yourself from germs, and you can customize the scent of the hand

sanitizer.

Hand Sanitizer Ingredients and Directions:

2/3 cup 99% rubbing alcohol (isopropyl alcohol) or ethanol

1/3 cup aloe vera gel

8-10 drops essential oil, optional (such as lavender, vanilla, peppermint, grapefruit)

Bowl, spoon, and funnel

Liquid soap or hand sanitizer bottle

Simply mix the ingredients together and use the funnel to pour mixture into the bottle. Screw the pump back onto the bottle and you're finished.

How It Works: The active ingredient in this hand sanitizer recipe is the alcohol, which needs to comprise at least 60% of the mixture to be a useful disinfectant.

Essential Oils in Hand Sanitizer: In addition to adding fragrance to your hand sanitizer, the essential oil you choose may also help protect you against germs. For example, thyme and clove oil have antimicrobial properties. If you are using antimicrobial oils, only use a drop or two, since these oils tend to be very powerful and might irritate your skin. Other oils, such as lavender or chamomile, may help soothe your skin.

Winter Social Calendar is Busy at the Cottages

By Marilee Casale

This season has been filled with new and entertaining events for residents in the Cottages, along with our monthly Sunday Coffees and Cocktails by the Pool.

January was our first "White Elephant Bingo" night, hosted by Pat Brown and Jackie Axiom, which was a hit with everyone. Participants brought wrapped, some slightly used, items for the prizes. There were lots of laughs and prizes for all.

Valentine's Day was celebrated on a Sunday afternoon with a special "Valentine's Ice Cream Social". Everyone made their own sundaes from a selection of tasty toppings and delicious ice creams. Our thanks to co-hosts Jan Martin, Carole Myles, Claire Holten, Joe Casale and Deb Craddock.

Our annual St. Patrick's Day Party was held March 14th at the Clubhouse. This year featured Irish bagpipes and singing for entertainment. A traditional catered Irish dinner of corned beef, drinks and desserts was enjoyed by everyone. Many thanks and appreciation to this year's hosts and leprechauns: Dorie Bourke, Deb Craddock, Bob and Linda Dombrowski, Carole Myles, Jim and Julie Bradley, and Chris Smith.

Home Values Report for Rivendell

SUMMARY OF REAL ESTATE SALES IN RIVENDELL						
Period	Homes Sold	Current Listings	Monthly Supply	Average Sold Price	Average SP/SqFt	Average days on market
3/16/19—3/15/20	33	8	2.9 months	\$440,730	\$184	81
3/16/18—3/15/19	36	8	2.7 months	\$446,472	\$182	92
Change	-8%	0%	7%	-1.3%	1%	-12%

Rivendell Home values - Short term trend

During the past 12 months, 33 homes have sold. The average price was \$440,730 (\$184/ft²). The current situation with the spread of the Corona virus will decrease both the demand and the supply of homes on the market. The inventory of homes for sale in Rivendell is very low.

Long term trend

More than 70 million Americans will retire over the coming 15 years. 14 million are forecasted to move to Florida. This promise a healthy demand for real estate in our area in the foreseeable future.

We are Rivendell residents since 2003 and have helped many sellers and buyers in Rivendell over the years. Trust your team with proven results.

The new Tax act works in favor of Florida Real Estate Values.

The new tax treaty, introduced in 2018, has a new cap of the right to deduct local, state and property taxes. This hits residents in high tax states hard, resulting in many successful businesses and residents from for example the north-east are leaving to move to Florida where we have no personal income tax and comparably low property taxes.



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Memory and Age

Excerpted from "Everyone Knows Memory Fails as You Age. But Everyone Is Wrong".

By Daniel J. Levitin, New York Times, 01/10/2020

www.nytimes.com/2020/01/10/opinion/sunday/age-memory.html



Many of my friends and I forget names that we used to be able to recall effortlessly. Or simple things like when packing a suitcase, I walk to the hall closet and by the time I get there, I don't remember what I wanted.

However, my long-term memories are intact.

I can remember the names of third-grade classmates, the first record album I bought, and my wedding day.

This memory lapse is widely thought to be a problem of aging. But as a neuroscientist, I know that the problem is not necessarily age-related.

Short-term memory contains the contents of your thoughts right now, including what you intend to do in the next few seconds. It's doing some mental arithmetic, thinking about what you'll say next in a conversation or walking to the hall closet with the intention of getting a pair of gloves.

Short-term memory is easily disturbed or disrupted. It depends on your actively paying attention to the items that are in the "next thing to do" file in your mind. You do this by thinking about them, perhaps repeating them over and over again ("I'm going to the closet to get gloves"). But any distraction — a new thought, someone asking you a question, the telephone ringing — can disrupt short-term memory. Our ability to automatically restore the contents of the short-term memory declines *slightly* with every decade after age 30.

But age is not the major factor so commonly assumed. I've been teaching undergraduates for my career and I can confirm that even 20-year-olds make short-term memory errors. They walk into the wrong classroom; they show up to exams without a pencil; they forget something I just said. These are similar to the kinds of things 70-year-olds do.

The relevant difference is not age but rather how we describe these events, the stories we tell ourselves about them. A 20-year old doesn't think, "Oh dear, this must be early-onset Alzheimer's." They think, "I've got a lot on my plate right now" or "I need to get more than four hours of sleep." The 70-year-old observes these same events and worries about her brain health. This is not to say that Alzheimer's - and dementia-related memory impairments are fiction — they are very real — but every lapse of short-term memory doesn't necessarily indicate a biological disorder.

In the absence of brain disease, even the oldest older adults show little or no cognitive or memory decline beyond age 85 and 90, as shown in a 2018 study. Memory impairment is not inevitable.

Some aspects of memory get better as we age. For instance, our ability to extract patterns and to make accurate predictions improves over time because we've had more experience. This is why computers need to be shown tens of thousands of pictures of traffic lights or cats in order to be able to recognize them. If you're going to get an X-ray, you want a 70-year-old radiologist reading it, not a 30-year-old one.

So how do we account for our subjective experience that older adults seem to fumble with words and names? First, there is a generalized cognitive slowing with age — but given

a little more time, older adults perform just fine.

Second, older adults have to search through more memories than do younger adults to find the piece of information they're looking for. Your brain becomes crowded with memories and information. It's not that you can't remember — it's just that there is so much more information to sort through.

Recently, I found myself in an office elevator in which all the buttons had been pushed — even though there were only three of us in the elevator. As the elevator dutifully stopped on every floor, one of the people standing next to me said, "Looks like some kid pressed all the buttons." We all laughed. I thought for a moment and offered, "I was that kid about 50 years ago," and we all laughed again. And then I thought: My memories of being 10 years old are clearer than my memories of 10 days ago. Shouldn't that seem odd?

But in the familiar privacy of my own mind, it didn't seem odd at all: I am that same person. I don't feel 50 years older. I can see the world through the eyes of that 10-year-old. I can remember when the taste of a Butterfinger candy bar was the most delectable thing in the world. I can remember the first time I encountered the grassy smell of a spring meadow. Such things were novel and exciting back then, and my sensory receptors were tuned to make new events seem both important and vivid.

I can still eat a Butterfinger and smell spring meadows, but the sensory experience has dulled through repetition, familiarity and aging. And so I try to keep things novel and exciting. My favorite chocolatier introduces new chocolates a few times a year and I make a point to try them — and to savor them. I go to new parks and forests where I'm more likely to encounter the smells of new grasses, flowers, and trees.

When I find them, these things I remember for months and years, because they are new. And experiencing new things is the best way to keep the mind young, pliable and growing — into our 80s, 90s and beyond.

Credits: Daniel J. Levitin is a neuroscientist and the author of "Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives."



Gong Show III Coming to the Cottages April 4th

By Marilee Casale

The Cottages "Gong Show III" is scheduled for Saturday, April 4th at 6pm in the Clubhouse. Got talent? Tell a joke, sing a song, dance, recite a poem, perform a magic trick, etc. Good is good! Silly is great! Everyone's got talent to showcase and your "agents" and co-hosts, Hugh Barth and Pat Brown, are ready to sign you up. Send your name, your "act" and contact details to Hugh at hughbarth1@gmail.com or call 262-613-2363 to join this very funny show.

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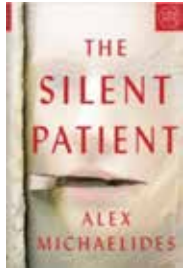
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Rivendell Book Group II

By Maria Ilioff



This novel, a psychological thriller, rates 4.5 stars with GoodReads. "Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word.

Alicia's refusal to talk, or give any kind of explanation, turns a domestic tragedy into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she, the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London.

Theo Faber is a criminal psychotherapist who has waited a long time for the opportunity to work with Alicia. His determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations—a search for the truth that threatens to consume him..."

Those interested in attending can contact Deb Jones at 517-515-4994 for this month's meeting location.

Summary from GoodReads <https://www.goodreads.com/book/show/40097951-the-silent-patient>

Dali Exhibit at Selby Botanical Gardens

Excerpted: selby.org/events

Selby Gardens is pleased to announce the fourth annual exhibition in the Jean & Alfred Goldstein Exhibition Series; Salvador Dali: Gardens of the Mind, in collaboration with The Dalí Museum in St. Petersburg, Florida. The exhibit opened February 9, 2020 and will conclude on June 28, 2020. **Salvador Dalí: Gardens of the Mind** highlights the artist's repeated use of botanical imagery alongside a surreal display of tropical plants in Selby Gardens' Tropical Conservatory and gardens. The lithographic series Flordalí (on loan from The Dalí Museum), will be the centerpiece of the Museum of Botany & the Arts, along with photos that put the artist's life, work, and relationship with nature into context. Additional photographs by renowned nature photographer Clyde Butcher (of Dalí's beloved Catalonia, Spain) will round out the display.



Rosa, Flordalí (Flor Dalinae), Salvador Dalí, 1968
Photo Lithography with dry point etching. Collection of The Dalí Museum, St Petersburg, FL 2019;
© Salvador Dalí, Fundació Gala-Salvador Dalí, (ARS), 2019

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CERTIFIED HEALTH COACHES: Dr. Maggi Verhagen & Deb Holton-Smith RN BSN offer "solutions to optimal health" with their simple 5 + 1 program. Join the BeSLIM Club plan with our portion-controlled meals and lose an average of 10 lbs per month. Our coaching is FREE. Call to see if this is a good fit for you! Better Together, Neighbors!!! For consult call **Deb** at **845-661-9883** or email for information GetSLIM@Holton-Smith.com

COMPUTER REPAIR AND INSTRUCTION PLUS OTHER HOME ELECTRONICS (TABLETS, SMART PHONES, TV, Etc): I have been providing computer services to Rivendell and the surrounding neighborhoods for 6+ years! For Rivendell and Willowbend residents I offer a special \$20 an hour rate. I also offer a flat charge for any computer virus repair taking over two hours. I am a Rivendell resident with 35+ years computer & home automation experience. Call **Gary Mruz 941-786- 6019** or email gary.mruz@gmail.com

COMPUTER REPAIR, TECH SUPPORT, AND TECHNOLOGY TUTOR: Setup-Build-Troubleshoot-Repair all your technology needs including virus removal, home technology installations and computer equipment. Learn more about all your devices. I have been a Rivendell resident for 12 years, attended Pine View School, and graduated UCF with a degree in Information Technology. For Rivendell residents only, my fee is \$25 per hour. Contact: **Ben McClannahan** Cell: **727-410-2413** Email: Bmclann04@gmail.com

DOG WALKER, HOUSE SITTER SERVICE: Lena Ho, a Rivendell resident who has lived here for 15 years, has had experience walking and caring for dogs. I can visit and take care of your dogs and assist in maintenance of your home such as watering plants and sending updates while you are away. References provided. **Lena Ho,** cell: **407-575-0565** email: lho@bu.edu

HOUSE PAINTING, HANDYMAN WORK, & HOME WATCH SERVICES: Rivendell resident with 30 years of experience enjoys assisting neighbors with economical, meticulous, professional quality house painting - interior & exterior. Also help with general home upkeep - light electrical, plumbing & carpentry jobs, etc. Are you a snowbird or landlord? I can watch your home or help with rental upkeep (home detailing & deep cleaning for move-ins or move-outs). References provided upon request. Call **Charles Tanguy: 941-539-5647** or email ctanguy@verizon.net

IS YOUR LAMPPOST LIGHT STAYING ON or NOT LIGHTING AT ALL? Rivendell resident **Bill Bloom** will repair your problem. Replacing a sensor is \$45 and includes all parts, labor, and cleaning. Replacing a burned-out bulb is \$18 and includes a new bulb and cleaning. Call **941-587-8439**.

LUNA RESTORE: For pool/lanai deck restoration and staining, interior/exterior painting, and "fix-it" projects to update and improve the appearance of your home, contact **Vic** at **LUNA RESTORE 941-735-2324**.

MATHEMATICS TUTORING: Calculus & Statistics, specializing in AP. Retired math teacher with 30+ years in public & private schools. Rivendell resident. Your home or ours! Multiple student discount available. Ref: Who's Who in American Education, NJ Governor's Teacher Award. Call **Carol: 941-866-0270** or email gdontheroad@yahoo.com

PERSONAL WELLNESS COACH, PERSONAL TRAINER, PILATES AND YOGA INSTRUCTOR: Kelly McClannahan is a Rivendell resident since 2004. I am a certified Health Coach with the Dr. Sears Wellness Institute and a Certified Personal Trainer through NASM. I offer several tiers of coaching including nutritional coaching in which I will teach you simple changes you can make nutritionally for better health and weight loss. In addition, if you'd like to add fitness, we can group or personal train. I also offer cabinet makeovers and healthy cooking lessons in your home. Call for information and details: **727-423-8208** or email kellymclannahan@yahoo.com

PET SITTER, HOUSE SITTER: An adult resident of Rivendell for 15 years, I love cats, dogs, birds, & bunnies. Also very qualified to take care of your home while you are away. A dependable daily (for pets), bi-weekly, weekly, or monthly visit can be scheduled. Or I can stay at your home. My experience & references provide peace of mind that your pets and/or house are being well-cared for. Call **Carolanne Haddock** at **941-539-6176**.

PET SITTER SERVICE, HOUSE SITTER SERVICE: Rivendell resident and Pine View high school student who loves pets and has previous experience walking neighbors' dogs, will walk your dogs and care for any of your pets. As well, she can visit and care for your home daily or weekly to carry out chores such as water plants, check and send home updates while you are away etc. Have references. Please call **Erica** at **(941) 786-8478**.

POOL MAINTENANCE: Leslie Casanova, Rivendell resident, is the owner of a Pool Maintenance and Service company, **Kraken Pool Service Inc.**, which services over 200 customers in the area. We offer full service weekly pool maintenance. For Rivendell residents only, we offer a special price of \$49 for the first month of service to new customers. Please call **941-993-5548** or email info@krakenpools.com

RESIDENTS HELPING RESIDENTS

TRAVEL SERVICES: Tired of fighting the internet and wasting hours researching your own trip components? After over 30 years in the travel industry, I have purchased a Cruise Planners - American Express franchise and am now a full service "no fee" travel agency, operating out of my home in Rivendell. Please check out my website www.angelltoursandcruises.com where you can search various cruises and tours to your heart's content. For Rivendell residents only: I will waive my "New Client Upfront Deposit" requirement of \$100.00 to plan your trip. Just send an email to mary.angell@cruiseplanners.com, and in the subject line show "add me to your database", to start receiving Cruise Planners' specials as they're released. **Mary Angell 941-918-1990.**

TUTORING: Pre-med student with experience being a peer tutor at Boston University's Educational Resource Center and working at Varsity Tutors. Graduated from Boston University in 2018 as a double major in human physiology and nutritional sciences with a minor in dance. Subjects I tutor are ACT prep, biology, nutrition, and high school math. **Lena Ho, cell: 407-575-0565 email: lho@bu.edu**

Rivendell Residents

Please send your name, phone number, and a description of the service you can provide to other Rivendell residents. Email your information to Marilyn at marilynprobert@gmail.com



RIVENDELL

HOME OUR COMMUNITY CONTACTS DOCUMENTS RESIDENTS COMMITTEES BOARD



WELCOME TO RIVENDELL

The many recreational offerings and country feel of The Woodlands at Rivendell make it a highly desirable community. Located in Osprey Florida, just minutes from downtown Sarasota, this suburban style neighborhood features many parks, lakes, nature trail and more to fulfill the Florida lifestyle. The Woodlands at Rivendell offers residential choices from villas, estate and executive homes to maintenance-free patio homes. Nestled among 400 acres of lakes, preserves and open spaces, the community was carefully planned to highlight and blend with its natural surroundings. The Woodlands at Rivendell is also directly adjacent to the popular Pine View School, a highly acclaimed educational facility for intellectually gifted students grades 2 through 12. Nature lovers will appreciate the proximity to Osceola State Park, located just south of the community and viewable from many homes.

The Rivendell Community Web Site is available at

WWW.RIVENDELLCOMMUNITY.COM

Please contact Lighthouse Property Management for the password to the RESIDENTS / INFORMATION section.

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Lazy Brain

A client came in the other day and mentioned how she struggles to hear her girlfriend when they go out together with their husbands.

I checked her program and even called in Karen to talk with our client to ensure the program enhanced women's voices.

Then I heard the actual problem when our client mentioned sitting across from her at the table.

Imagine two couples sitting across from each other in a booth at a restaurant. Now you have the image.

The person sitting next to you is within a foot of your ear and the person across the table is about two feet from your ears.

Unfortunately, your brain is lazy. Well, not just you, everyone's brain is lazy. Our brain is going to do the least work possible.

The sound that is easier to hear and closest to her, in this case a man's voice sitting less than a foot away, is the voice she can hear clearly. Her girlfriend is two-feet away, which our brain thinks is "farther away," so it gets less attention.

In this situation, they simply need to swap seats. A simple, no technology needed solution. Now that her lazy brain isn't prioritizing her husband, she can easily hear her girlfriend sitting right next to her.

If you struggle to hear comfortable in certain situations, call me 941-244-9300, it might just be a simple solution.

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Architectural Review Committee Report February 25, 2020

Meeting called to order 4:42 pm

Quorum present: Alex Castro, Richard Jurick, Neil Agruss, Susan Lanza, Joe Zwerling

Board Member: Maureen Emmons, Acting Chair

	Request	Address	Assigned To	Second	Status
1	Shingle Roof	542 Meadow Sweet	Alex Castro	Susan Lanza	Approved
2	Metal Roof	568 Meadow Sweet	Alex Castro	Neil Agruss	Approved
3	House Paint	862 Placid Lake	Susan Lanza	Rich Jurick	Approved
4	Tile Roof	701 Fordingbridge	Susan Lanza	Neil Agruss	Approved
5	Landscaping	701 Fordingbridge	Susan Lanza	Neil Agruss	Approved
6	Landscape	1004 Oak Meadow	Joe Zwerling	Susan Lanza	Approved
7	Landscape	1133 Scherer	Rich Jurick	Neil Agruss	Approved
8	House Paint	555 Meadow Sweet	Alex Castro	Susan Lanza	Approved
9	Hurricane Windows	1020 Scherer	Neil Agruss	Susan Lanza	Approved
10	Exterior Flood Lights	572 Meadow Sweet	Alex Castro	Rich Jurick	Approved
11	Landscape	581 Meadow Sweet	Alex Castro	Neil Agruss	Approved
12	Shingle Roof	518 Meadow Sweet	Alex Castro	Neil Agruss	Approved
13	Paint Shutters	1011 Oak Meadow	Maureen Emmons	Susan Lanza	Approved
14	Remove Tree	922 Eagle Isle	Joe Zwerling	Rich Jurick	Approved
15	Landscape Lighting	758 Shadow Bay	Susan Lanza	Alex Castro	Approved
16	Garage Door	779 Fordingbridge	Neil Agruss	Susan Lanza	Approved
17	Touch-up Paint	542 Meadow Sweet	Alex Castro	Susan Lanza	Approved
18	Plant Tree	583 Meadow Sweet	Alex Castro		Rejected

#3 A call was made to homeowner but no contact was made. Approval based on color submitted only.

#4 Ordering materials before the final closing on the home is not recommended. Rivendell is not responsible should closing not occur as scheduled.

#6 Homeowner attended meeting to answer questions regarding landscape request.

#18 The Cottages Landscape Committee has denied the landscape request due to excessive plantings that already have been added to the yard, some without prior approval. Landscape personnel cannot manage any further plantings.

Meeting adjourned 5:10 pm

Next meeting **Tuesday April 28** at 4:30 PM at the Cottages Clubhouse. Request cutoff **April 21**.

Rivendell Community Contacts

Committees

Communication Committee

Chair: Barb Gahry (barbgahry@gmail.com)
 Board Liaison: John Fitzgibbon
 Block Captains Lead: Mitzi Bruck
 Newsletter: Linda Pearlstein, Marilyn Probert, Kay Mruz,
 Carol Heckert, Norma Lee Rhines, Lesley Sterling,
 Frank Diteljan, Kristine Nickel
 Directory: Kay Mruz
 Webmaster: Gary Mruz

Architectural Review Committee (ARC)

Chair: Maureen Emmons (mauremmons@ymail.com)
 Board Liaison: Maureen Emmons
 (mauremmons@ymail.com)
 Members: Neil Agruss, Alex Castro, Richard Jurik,
 Susan Lanza, Joseph Zwerling

Maintenance Committee (MC)

Chair: OPEN
 Board Liaison: OPEN
 Members: Dave Gill, Carole Myles, Ken Heckert,
 Sallie Hawkins, Kevin Humbert, Greg Volack

Ponds & Preserves Committee

Chair: Frank Freestone (paddlemania@verizon.net)
 Board Liaison: Ray Capuano
 Members: Robert Frank, Dave Gill, Ken Heckert,
 Tom Hurban, Carolyn Kenney, Edith Norby, Sue Remy,
 Norma Lee Rhines, Allie Sandow, Nancy Sinclair,
 Melle Lee Warren

Social Committee

Chair: Carolyn Kenney (kenneycsrq@gmail.com)
 Board Liaison: John Fitzgibbon
 Members: Darragh Briffet, Kristen Ellison, Kathy Halaiko,
 Sallie Hawkins, Maria Ilioff, Deb Jones, Adele Kellman,
 Kathy Lysak, Lenora McComas, Karen Price,
 Melle Lee Warren

Rivendell Board of Directors

Ray Capuano, President
 raycapuano1@gmail.com

Maureen Emmons, Vice President
 mauremmons@ymail.com

John Fitzgibbon, Secretary
 john.fitz48@gmail.com

Stephen Bragg, Treasurer
 smbagg@ilstu.edu

Catherine Daignault, Director
 catdaignault@yahoo.com

Sub-Association Boards of Directors

The Cottages: **John Martin**, President; **Bill Vanik**, 1st Vice President; **Bob Metelko**, 2nd Vice President; **Bev Piraino**, Treasurer; **Marilee Casale**, Secretary.

Patio Homes: **Bob Thierfelder**, President; **Dan Tavares**, Secretary; **Dave Rollinson**, Treasurer.

The Villas: **Dianne Enger**, President; **Sherry Sholtis**, Vice President, Secretary; **Barbara Loe**, Treasurer.

Lighthouse Property Management:

941-460-5560 Ext. 507

Property Manager: Bill Lutes
 (blutes@mgmt.tv)

Assistant Property Manager: Natalie Munno
 (Natalie@mgmt.tv)

Rivendell Website

www.rivendellcommunity.com

Contact Lighthouse Management for password to RESIDENTS section.

Woodlands Word Deadline:

Submit articles and information to Marilyn Probert
 (marilynprobert@gmail.com)
 by the tenth of the month.

Updates to the Contacts Page:

Kay Mruz (siestakeysunset6@gmail.com)

Nuisance Alligator

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