

Heron

East Lake Woodlands

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WWW.EASTLAKEWOODLANDS.COM



PRESIDENT'S REPORT

by Susan Whitehead

The ELWCA Board of Directors was recently honored at a meeting in St. Petersburg of the Suncoast Chapter of the Community Associations Institute. I am proud to announce that we received the high honor of Community Association of the Year. Each year the Suncoast Chapter of CAI gives an award to a community association that has displayed outstanding cooperation between the Board and

Management, and has set an example for other associations to follow. The ELWCA was recognized for improving the quality of life within our association by improving the infrastructure of the community, such as drainage, roads, guard buildings, as well as other areas. This board works very hard to ensure that East Lake Woodlands continues to be a wonderful place to live and invest. I feel very lucky to work with this exemplary board. Well done!

In a second surprise moment at the breakfast meeting, our very own Jaime Soderland-Ballard was honored with the chapter's highest honor, the 2018 President and CED Award. This award was created to recognize a member whom the Executive Director

and Chapter President feel has given their time and dedication to benefit the Chapter. Last year Jaime received the 2017 Volunteer of the Year Award. Our ELWCA has had the privilege of working with Jaime for many years. We are thrilled that members within her industry have recognized her dedication and hard work. Kudos to Jaime!

CAI is an international membership organization dedicated to building better communities. With nearly 40,000 members, CAI has 64 chapters worldwide, including Canada, the Middle East and South Africa, and relationships with housing leaders in a number of other countries, including Australia and the United Kingdom. CAI provides information, education and resources to the homeowner volunteers who govern communities and the professionals who support them. CAI members include association board members and other homeowner leaders, community managers, association management firms and other professionals who provide products and services to associations.



Steve Nickoloff of CAI & Jaime Soderland-Ballard

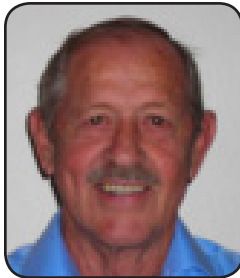


Keith Crank, Paul Burmeister, Steve Nickoloff, Susan Whitehead & Jack Picker

BARCODES

by Keith Crank, Vice President

As a reminder to all residents who have either traded or sold your vehicle you must get a new barcode for your new vehicle which goes without saying. But also you must ensure that you inform Management and Associates to deactivate your old barcode. If you have not done so, please call Mary Hunt at 813-433-2000 and she will deactivate the old barcode.



This is extremely important to deactivate your old barcode because if someone buys your previous vehicle they can enter our community. Also should someone with your old vehicle cause any damage to East Lake Woodlands Community Association property you could be liable for any costs associated with the damage. If you have not deactivated your old barcode, please take a few minutes and call Mary as soon as possible.

Should you be involved in an accident involving East Lake Community Association property including the gates where the damage is \$50.00 or more and you leave the scene of the accident you can be charged with a misdemeanor which could result in a \$500.00 fine and six points on your license. Just report it to a controlled access officer and remain at

the scene. The phone number to contact the controlled access officer is 727-785-7385

In all emergencies always call 911 first as time is of the essence. Controlled access officers can be reached at 727-785-7385. To contact the Pinellas County Sheriff's office non-emergency number please call 727-582-6200.

Let's all be safe and take care.

GATE STATUS REPORT

Nov 2, 2018	NORTH GATE. Gate arm struck by resident. Awaiting payment.
Nov 20, 2018	SUNTRUST outbound hit by a non-resident. Claim filed; awaiting invoices.
Dec 3, 2018	SUNTRUST outbound struck by commercial vehicle. Company disputing responsibility; awaiting response.
Dec 18, 2018	SUNTRUST outbound struck by resident. Claim submitted; awaiting payment.
Dec 28 2018	SUNFLOWER outbound struck by resident. Claim submitted.

The Walmart entrance gate was removed to replace the Sun Trust gate damaged on Dec. 18. The higher vehicular volume at SunTrust vs. Walmart necessitated this move. Due to the unusual amount of gate damages, the ELWCA reserve gate was not available. A new Walmart gate and reserve gate have been ordered.

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www.EastLakeWoodlands.com**ELWCA BOARD OF DIRECTORS**

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Jaime L. Soderland-Ballard, Manager
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813-433-2000

Communications: Board@eastlakewoodlands.com

The Heron assumes no responsibility for the advertising contents of its publication. No endorsement of any product or service is made by the Heron and none should be inferred. We reserve the right to reject any advertisement that we believe would not benefit the residents of East Lake Woodlands. We do not knowingly accept objectionable or fraudulent advertising.

**EAST LAKE WOODLANDS
COMMUNITY PATROL REPORT**

Tampa Road Gate 727-785-7384 or North Gate 727-785-1465

DECEMBER 2018

Alarm Calls/911 Hang Up	0
Emergency Calls	0
Complaint Calls (Noise, speeders, solicitors, domestic disputes, trespass, fireworks, suspicious persons)	30
Parking Violations	21
Irrigation Calls	0
Motor Vehicle/ Pedestrian Accidents	0
Crimes Reported (Vandalism to mailboxes, gates, grass damage, stolen bikes, dumping, all other criminal activity)	0
Miscellaneous/Other (Welfare checks, pets, wildlife, all others)	29

The Sheriff monitored 36 hours during December 2018

Performed 36 Hours of Presence/Visibility.

Citations 5, Warnings 28, Vehicles Stopped 28

Top speed: 47/30 MPH.



Registered Nurse available M-F in East Lake Woodlands home. Recently retired from Baycare Hospital Mother/Baby Unit, specializing in newborn/infant care. NRP certified. Reasonable rates.

CALL PAT AT 727-455-8192.

**THE IMPORTANCE OF NEWSPAPERS TO
SUCCESSFUL ANCESTRY RESEARCH**

by Bonnie Bratby-Carey

**GENEALOGY LECTURE TO BE HELD
FEBRUARY 20, 2019**

The West Pasco County Genealogical Society (WPCGS) will host a genealogy research lecture on Wednesday, February 20, 2019 from 12:30 to 2:30 pm at the CARES Rao Musunuru, M.D. Enrichment Center, 12417 Clock Tower Parkway, Hudson FL 34667.

Attendees will learn the importance of utilizing newspapers in performing genealogical research. Newspapers offer a fascinating look into the lives of ancestors and often provide information that a census or vital records do not offer. The lecture will address where and how to look for newspaper collections, and what may be available through microfilm or digital access in libraries, organizations and archives.

The event is open to the public. Cost of the seminar is \$7.00 for non-members; \$5.00 for members. Following the lecture and presentation, the Society member meeting will be held. Non-members are invited to also attend the meeting.

To ensure seating and material availability, please register for the seminar via text to: 727-271-0770 or email: debbehagner@yahoo.com.

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LIGHT UP YOUR LIFE -- AT HOME!

by Sally Giar

With a little thought and planning, the lighting in the activity areas of your home can be made more efficient and attractive. But the right choice of fixture, the proper lamp (and bulb), placement, and height all have major effect on the results. When it all comes together, beauty, comfort and convenience can be added to every area of your home.

Four basic types of lighting are often used together to provide desired functionality and flexibility. Ambient lighting illuminates the entire room and should create a warm and inviting look. It should be relatively low level to avoid glare and dreariness. The amount needed is also affected by natural light sources, wall/floor/ceiling colors, and ceiling light. Task or focal lighting is for reading, cooking, desk work, etc. and should be cooler in tone. It should be carefully placed to avoid shadows or glare to minimize eye strain. Accent lighting illuminates and highlights architectural features or objects in a room. Decorative lighting attracts attention to itself as an object. Examples are chandeliers or sconces. Decorative shades can make any lamp a decorative piece, as well.

Just as with furniture or window treatments, I always start with the function or purpose of a particular lighting need when working with clients. From there, the type of lighting is usually obvious, although there may be choices or a combination required. With the exception of chandeliers, most residential lighting requirements are met best with lamps rather than recessed or ceiling-mounted fixtures. Wonderful lamps are available today for any location or purpose: wall sconces, table lamps, accent lamps, floor lamps, desk lamps, and torchieres of every size and material add variety and interest to any décor.

Size counts, and so does placement. Chandeliers, for example, should not be much wider than half the width of a dining table, and hung so that the bottom is about 30-32" above the table top. Chandeliers for a foyer or staircase are a bit trickier, as they must be three-dimensionally proportional to 'look right' when hung.

There are many choices for task lighting, and your selection should depend upon some basic ergonomic considerations, i.e.

where will the task at hand be held? From where will the task be seen? Is glare a consideration? Lighting for a dresser or make-up table needs to light the face or head, without causing shadows or glaring into the eyes, color and intensity being particularly important for make-up application. Lighting for reading and many hand tasks should usually come from above and behind the user.

Finally, use accent lighting to highlight the wonderful, special features of any room, and to create the mood for entertaining and enjoyment in both daytime and night. Small halogen lamps can spark up any art, houseplant, or accessory, and can often add significantly to the overall ambient light, as well as the décor of your home. The choices available today are truly awesome and sometimes a bit mind-boggling. Give it some thought, and you'll reap the rewards of a successful lighting scheme in every room!



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EASY WAYS TO CONSERVE ENERGY

by www.myhoa.com

Start with these easy steps that may reduce your energy costs, improve your comfort, and allow you to do your part when the state is experiencing energy shortages.

- Use nonessential appliances such as clothes washers and dryers during off-peak hours (between noon or after 6:00 p.m.)
- Close drapes and blinds to keep out direct sunlight during hot periods.
- Avoid using evaporative coolers or humidifiers at the same time an air conditioning is running.
- Run swimming pool equipment for the minimum amount of time, and during off-peak hours (before noon or after 6:00 p.m.).
- Limit the opening of a refrigerator.
- Stop hot, outdoor air from entering your home and eliminate the loss of cooled air with weather stripping and caulking around windows and doors.
- Clean or replace your air conditioner's filter regularly to help it run more effectively.
- Keep your air conditioning thermostat no lower than 78 degrees on hot days.
- During cold days and nights, set your heating thermostat no higher than 60 degrees.



- Dirty coils on the back or bottom front of your refrigerator can make it work harder than necessary. Check and clean the coils regularly, especially during the summer. See your appliance owner's manual for maintenance instructions.
- Replace incandescent bulbs with compact fluorescents. These come in various shapes and sizes that fit regular, screw-in lamps and light fixtures, can last up to 10 times as long as old-fashioned bulbs, and produce less heat while using only a quarter of the electricity.
- Insulate your hot water piping from the water heater to the wall or ceiling pipe penetration. Wrap the tank in an insulating blanket if the water heater's energy factor is less than 0.59. Remember to follow the installation instructions.

ELWCA MANAGEMENT COMPANIES

Management & Assocs.
813-433-2000

Aberdeen
Cluster 1
Cluster 3
Cluster 4
Cross Creek
ELW Community Assn.
Enclave
Greenhaven 1
Greenhaven 2
Greenhaven 3 & 4
Pinewinds
Pinnacle
Silverthorne
St. Andrews
Woodlands Estates
Woodridge Green
Worthington

Citadel Management
727-938-7730
Cypress 3
Woodlake Run 1, 2 & 3

Ameri-Tech Prop. Mgmt.
727-726-8000
Creekside
Turtle Creek 1 & 2
Woods Landing

Jim Nobles
727-447-8949
Stonebriar

First Choice Management
727-785-8887
Preserve

Innovative Community Mgmt.
727-938-3700
Muirfield

Elite Property Mgmt.
727-224-1871
The Meadows
Hunter's Crossing

Progressive Mgmt.
727-773-9542
Cypress 1
Cluster 5
Heatherwood/Laurel Oaks
Patio Homes

Property Group of Cent. Fla.
727-771-7753
Diamond Crest
Isleworth

Resource Management
727-796-5900
Deerpath
Hunter's Trail

Sentry Management
727-799-8982
Kingsmill
Turtle Creek 3 & 4

Holiday Isles Prop. Mgmt.
727-548-9402
Cross Pointe

Self-Managed
Avenel
Lake Shore Vista
Warwick Hills
The Cove at East Lake Woodlands

As of 01/28/2019



THE MCCAFFERY TEAM AT BHHS WELCOMES A NEW TEAM MEMBER

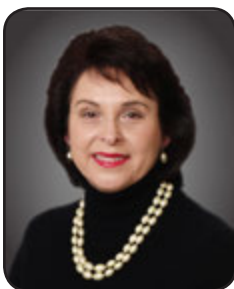
by Ernie Del Barba

The McCaffery Team at Berkshire Hathaway East Lake Office is happy to announce Grace Rudawski has joined our team. Grace is bilingual and has undergraduate studies in business, law and real estate. Along with being a realtor for

20 years she is a certified senior advisor and specializes in real estate investing. She brings a wealth of knowledge to share with our team and her clients. The other members of our team are Fonda Dillard (Sales/Leasing), Claudia Preisig (Bilingual/Sales/Leasing), Joan Daly, Sharon Greenfield, Conrad Jacob and I are excited to have her join us.

In February, many of us are starting to concentrate on our taxes and enjoying the perfect seasonal weather and visitors that Florida attracts this time of year. And although we are a few months into 2019, the December End of Year Real Estate Statistics have come out this month and are a picture of what went on for the entire 2018 in Real Estate in Pinellas County. These numbers make it more predictable for you to see where your neighborhoods stand and you as owners, in the real estate market in Pinellas County. This knowledge can help you decide to make a change or invest in property in the Tampa Bay Area.

From 2017 to 2018, the number of single-family homes sales price grew roughly by 10.5% while Condominiums and Townhomes were up by 3.8%. When combined and averaged the numbers show an overall consistency from year to year. Average days on the market was 64 days. As a realtor seeing the steady growth over the past 6 years helps to predict more reliable pricing and realized values. East Lake Woodlands remains a desirable community in Pinellas County and you can expect to get a great price for your home. If you are wondering how much you could realize in the sale of your home or the cost of purchasing a property that has everything you dream of, our team would be happy to assist you in getting the answers and understanding how to use it. Please call us, stop by our East Lake Office located in your community, or visit our website at www.McCafferyTeam.com. And remember Metropolitan Ministries when you want to help those that live in the Tampa Bay Area.



Grace Rudawski



Thanks Mr. McCaffery-

Mr. McCaffery and his real estate team helped my Mom and Dad find us a new home in Tampa Bay. Your new friend, Sara....

The McCaffery Team can help you and your family find a new home in Tampa Bay. Call Bob McCaffery today at 727-331-8257 for additional information. Please tell Bob, Sara sent them.



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EAST LAKE COMMUNITY LIBRARY FEBRUARY 2019 SPECIAL EVENTS

by Patty Ann Wiczorek, Reference & Marketing Librarian

CELEBRATE CHINESE NEW YEAR!

Wednesday, February 6, 3:15-4:15pm



Children in Kindergarten through Grade 5 can learn about the holiday and customs through stories, food, and fun. Parents must remain on library grounds.

FIBER ARTS

Mondays, February, 11, 25, 1:00-3:00pm



Join us on the second and fourth Monday of each month! Quilting, crocheting, knitting, needlepoint, etc. - all projects are welcome!! Please bring a project you are creating and share it with the group.

LIBRARY FOUNDATION CHARITY GOLF TOURNAMENT

Sunday, February 17, 12:00-6:00pm



ELCL Foundation is holding its 2nd Annual Charity Golf Tournament at Crescent Oaks Country Club in Tarpon Springs. Golfers and non-golfers - support your library and have fun! To register, go to www.elclfoundation.org. Registration ends February 10th so don't miss out.

ELCL AUTHOR SHOWCASE

Tuesday, February 19, 6:30-7:45pm



BonSue Brandvik, author of the series, Spirits of the Bellevue Biltmore, will be here! The Author Showcase series of in-person author talks is scheduled for 6:30 p.m. on the 3rd Tuesday of each month from February through October. Please continue to check the events calendar for more info on the specific author visits!

CHERRY PIE DAY!

Wednesday, February 20, 12:00-3:00pm



Since George Washington's birthday is this month, it is only fitting that Cherry Pie Day falls in February. Celebrate today with a free piece of pie at the library from 12:00 - 3:00 PM (or until we run out!).

STRAWBERRY DAY CELEBRATION!

Wednesday, February 27, 11:00am-3:00pm



February's heart-shaped and red theme is observed today with the celebration of National Strawberry Day. Stop by the library from 11am-3pm for some sweet treats!

50 IS THE NEW 30 ?

by Jeff Hunt, Editor



Spoiler alert. This article is not what you might think. No sage advice about aging gracefully. No fitness program that will make you feel years younger. Not even healthy food choices that will add years to your life. Nope. None of that here. What you'll find here hopefully will cause you some introspection. Maybe cause a few of you to alter your behavior. And possibly save a life.

For years now I've looked at our East Lake Woodlands Community patrol statistics every month and just had to shake my head. It has become common for drivers in ELW to be pulled over by Pinellas county officers at speeds approaching 50 miles per hour. Most of the time these drivers are pulled over in a 30mph zone. Sometimes where the limit is 20mph. I see many drivers obviously speeding daily when I walk my dog along ELW Parkway. Every day I see residents of my own neighborhood driving well beyond our posted 15mph speed limit. What gives people? My first thought is that most drivers are just in a hurry to get where they are going and are running late for work, dinner, game, school, etcetera, etcetera, etcetera. My second thought involves drivers that are distracted while driving due to conversations on cell phones and/or texting while driving. They just aren't aware of speed limits and surroundings because their minds are elsewhere. My third and more recent thought is that some residents of ELW think they are entitled to drive above the posted speed limit because the speed limits are an impediment to their progress. Recent "conversations" with some residents

complaining about the time it takes them to get out through one of the ELWCA gates or that the ELWCA should review all Community roads speed limits because they are inconvenient to them has led me to wonder...is this feeling of privilege pervasive throughout ELW? Is YOU more important than US? Said another way, is ELW a Community of ME or WE?

Before you fire off an e-mail and tell me to get off my high horse and mind my own business, think about a couple of other things that have occurred over the past few months. We've had drivers passing stopped school buses while loading/unloading children. We've had ELWCA gates damaged by drivers 9 times over the last 7 months. Stop signs being driven through like they aren't even there. We have more than a speeding problem here in ELW. We have a driving attitude problem and it needs to change before someone gets seriously injured or killed.

One of my favorite things about ELW other than the natural beauty that surrounds us is seeing residents out walking, biking, running, and enjoying that natural beauty every day. It's a relaxing feeling for me. I'd like to caution all drivers that YOU do not want to be the one that injures someone else because you are speeding, not paying attention, running a stop sign, passing a stopped school bus or driving like others are just in YOUR way. Please respect your fellow residents of ELW while driving in OUR Community.

So remember in this case that 50 is NOT the new 30. Even 40 is not 30. 30 is 30. Please drive safely.

"Have you ever noticed that anyone driving slower than you is an idiot, and anyone driving faster than you is a maniac?" ----
-- George Carlin.



BIRD OF THE MONTH SADDLE-BILLED STORK

by Jake Jacoby

In the late summer of 2017, I had the opportunity to attend a photograph workshop in South Africa and Botswana with my brother Mitch. The first lodge we stayed in was Mala Mala, which is the oldest and most historical private game reserve in South Africa, and the first to make the transition from hunting to photographic safaris. It shares an unfenced border with the world-renown Kruger National Park. Once the transition between hunting and photography occurred, Mala Mala turned out to be the blueprint upon which the South African safari industry was built. It now supports workshops like we were on, as well as photojournalists and film-makers from around the world.

Every aspect of the Mala Mala Camp is designed to appreciate and enjoy the view of the surrounding nature and wildlife. Pathways wind their way along the perimeter of the camp where individual ochre colored units are tucked into the landscape which flanks the Sand River. Massive trees and rolling green lawns are filled with birds and sightings of the occasional antelope or elephant wandering through the complex. The camp is unfenced – and is an actual oasis in the middle of the bushveld (characterized by trees, acacia and baobab, as well as thornbushes and tall grasses).

The Saddle-billed Stork is the tallest stork in the world, standing 5-feet tall with a 9-foot wingspan. While the male is larger than the female, they are identical in coloration with one exception. The female's eye is yellow while the male's eye is dark brown. This stork has a wide range covering the central part of the African continent from Ethiopia down to South Africa. These storks live in vast open spaces along the wetlands or swamps and in close proximity to bodies of water so that they have easy access to their preferred food sources.

The Saddle-billed Storks are silent birds except for the bill-clacking noise they make at their nests. These storks do not have a syrinx, which is the vocal organ of birds. The syrinx is the vibrating cavity found in the breasts of many birds which allow them to trill, warble, whistle or sing. And, because the storks do not have this organ, the chicks make a hissing sound when wanting their parents' attention – but in adulthood they are mute.

These storks are solitary nesters and a pair will stay together, forming a permanent bond and remain monogamous. They will breed in the same nest every year and that is one of the reasons that they do not have showy, extravagant courtship displays.

The breeding season starts in the dry season after the rainy season has ended. The storks will nest alone in the treetops near

water, close to their food source. The trees they choose are very tall so they are away from threats or disturbances. The nest is built by both adult storks using sticks on the exterior, so it is large with a flat bottom but deep enough for the incubating parent to sit on the eggs. The interior walls of the nest have a plaster of mud, and the lining is a composition of soft materials like reeds and grasses.

The female Saddle-billed Stork will lay two to three eggs at each breeding time and the incubation last from 30 to 35 days. Both parents sit on the nest to incubate the eggs. When the chicks hatch, they have white, downy feathers covering their entire body. As they grow older, their white downy feathers give way to a dull grey color before the feathers can become the black and white plumage of the adult birds.

Both parents feed the chicks for 70 to 100 days after they have hatched. The juveniles will live in close proximity to their parents for one or two years, or until the next breeding period begins.

These storks are carnivores and have a diet based on fish, crustaceans (crabs, shrimps), and amphibians (frogs). But they will also eat small reptiles (lizards, salamanders), mollusks, bird eggs, small mammals, and large water-beetles.

At an archaeological site in Egypt, a rock face was recently discovered to have ancient Egyptian hieroglyphs inscribed in it, which date back 6,000 years. In these hieroglyphs, the Saddle-billed Stork is significant to the early Egyptian writing system. This particular bird represents the letters "ba" and the Egyptian Pharaoh, Khaba, used this stork in the hieroglyph depicting his name.

I took the above photographs along the Sand River in the vicinity of Kruger National Park in South Africa in September 2017.

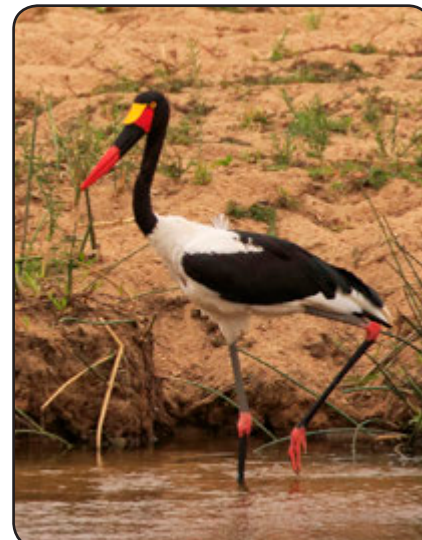
Please see my favorite photographs at: www.flickr.com/jake_jacoby



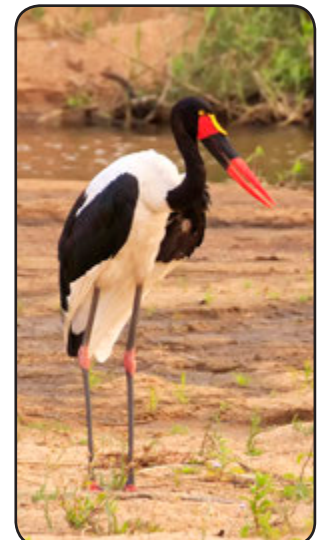
Fishing in the river



Male & Female Saddle-billed Storks



Female Saddle-billed Stork



Female relaxing on the riverbank

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PREVENTING AND REPAIRING SHORELINE EROSION

by Bruce Berger

Shorelines of stormwater ponds are prone to erosion because there are many forces working to undermine the stability of the bank. The loss of shoreline is the same as moving the easement which reduces the useable real estate for the waterfront owner. Stopping shoreline erosion is up to the homeowner but may be restricted by the HOA bylaws. This means that the HOA has to determine what shoreline management strategies will be used to prevent erosion of their property.

WHAT CAUSES SHORELINE EROSION?



The most significant erosional force at the shoreline is also the subtlest. The simple lapping of ripples and loosening of saturated soils pulls soil particles apart just below the water surface; therefore, much of the bank erosion is occurring below the water level where it goes unseen until the exposed part of the bank slumps. Stormwater ponds are also designed to fill and drain with each storm event. The repeated rise

and fall of water creates currents that pull soil away from the major shoreline. Of course, water enters stormwater ponds through pipes that convey water from the paved surfaces in the community. The inlets where these pipes discharge into the pond are subjected to concentrated flow that can erode deep gullies and holes and affect the adjacent banks. Many ponds are designed to receive surface flow from grassy swales between houses. These swales receive water from the gutter downspouts and direct it over the lawn to the pond or to the street. These shallow swales concentrate sheet flow, which can create gullies and depressions as the water flows down the pond bank slope.

WHY ARE OUR BANKS ERODING FASTER THAN THE NEIGHBORING COMMUNITY?

Bank Slope: The slope of the bank, soil type, fountain, nuisance wildlife and no vegetative protection of the shoreline are all factors which influence the rate of erosion.




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THE ROLE OF STORM WATER PONDS IN COMMUNITIES

by Bruce Berger

Stormwater ponds are extremely important components of your community's drainage system. They are designed to provide two critical services:

- Prevent flooding by suppressing surges of stormwater runoff that wash from lawns, buildings, and paved surfaces.
- Protect water quality by holding water long enough for natural processes to remove sediment and some pollutants from the water before it is discharged to nearby water bodies.

The primary purpose of all stormwater ponds is to manage stormwater runoff generated by impervious surfaces such as rooftops and pavement. These ponds are not designed to be recreational ponds for fishing or boating, and they are not permitted solely for beautification of the landscape. They are engineered devices constructed to moderate flood surges and reduce stormwater pollution.

As with other engineered devices, stormwater ponds require maintenance to prevent them from falling into disrepair. Regular maintenance is essential to protecting the flood control and water quality services provided by the ponds, but it also is necessary to maintain the appearance of the ponds, which has a significant affect on property values throughout the community and the quality of

life of all residents in the neighborhood, not just the waterfront owners.

Stormwater ponds are one of the most recognizable stormwater management devices in residential communities, they are not the only design elements.

Other structural practices designed to reduce the volume of runoff generated by impervious surfaces may be a part of a community's drainage system. These Low Impact Design principles are designed to encourage water to infiltrate the soil rather than become runoff. Used in concert with stormwater ponds, devices such as pervious pavers and concrete, bioswales and raingardens, FL Freindly Landscaping concepts including fain harvesting can improve water quality and the longevity of stormwater ponds.



PHOTO 8
Outlet Structure Looking West

FOUR INVESTMENT STRATEGIES FOR 2019

by John Petika Jr., Portfolio Manager

1. Stay invested.

Global trailing price-earnings ratios fell by 21% last year, leaving them at a post-2013 low. US valuations would need to rise 20% to be more historically consistent with current unemployment and inflation figures. We think markets are overlooking such recent positive developments as the US-China agreement to negotiate on tariffs, the more dovish rate path forecast by the US Federal Reserve, and further steps taken by China to reflate its economy. With a recession unlikely this year, staying invested is the right course of action.

2. Be selective.

Earnings per share in the US and the Eurozone energy sectors rose at a double-digit rate last year, but the index dropped. The valuations of financial firms are near a 10-year low relative to the wider market, and aren't reflecting solid economic growth, rising rates, and deregulation. And firms exposed to secular trends like population growth, aging, and urbanization should experience robust growth..

3. Diversify.

Investors often presume to understand their home market better than foreign ones, which can result in home bias and cause them to miss out on the opportunities that lie abroad. EM equities are valued 25% below their long-term average, and their earnings momentum



has picked up. Diversifying across different market drivers reduces the exposure to individual country risks.

4. Plan ahead.

With volatile markets becoming the norm, investors could become more prone to making costly mistakes. Laying out a financial plan helps reduce uncertainty as the cycle matures. Our Liquidity. Longevity. Legacy. (3L)* approach helps investors maintain a liquidity buffer to protect spending amid volatility, while ensuring portfolios remain on track to meet their goals.

You can find more detail on these strategies by visiting our website UBS.com/team/petika

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The Petika Wealth Management Group



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EAST LAKE WOODLAND 2019 DRIVE FOR A CURE...

We're almost ready for the 2019 ELW Drive for a Cure golf outing and we hope you are too. The Four Person Team Scramble will take place on Friday, February 22, 2019, at the East Lake Woodland Country Club. Arrival and registration begin at 10:00 a.m. with an 11:30 a.m. shotgun start. There will be flights for women, men and mixed foursomes. Dinner, along with auctions will follow at 4:00 p.m. The cost is \$100.00 if paid before February 15, 2019; \$115.00 if paid after February 15, 2019. Registration cost covers golf, cart, range, snacks, dinner and a contribution to our charities. The cost for dinner-only is \$45.00, which includes a contribution to our charities.

Last year, in the U.S., there were an estimated 266,120 new cases of invasive breast cancer, with an expected mortality of 40,920 women. Although breast cancer in men is rare, it does happen. In 2018 there were an estimated 2550 new cases among men.

We support the Morton Plant Mease Mammography Program and

the Love Thy Neighbor (LYN) Fund. These organizations directly use the proceeds in the Tampa Bay area. These funds focus on screening, diagnostic, and treatment services and financial stability for the uninsured and underinsured. Both recipients are designated as 501(c) 3 organizations.

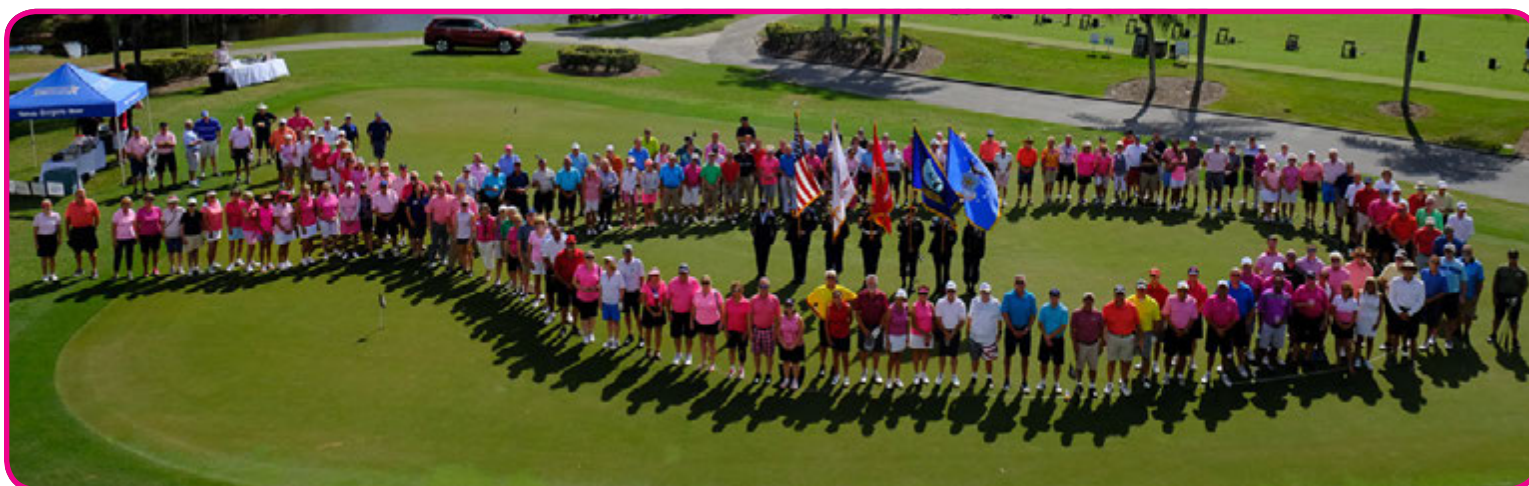
Since 2007 the Drive has raised over \$280,000 for the organizations we support. This year our goal is to reach a cumulative total of over \$350,000, to support those dealing with breast cancer. Participation and sponsorship is very important to this effort, and there are many opportunities available to help us meet this goal. Come play with us on our beautiful, top-quality golf courses; you'll have a wonderful time and you will be instrumental in supporting this very worthwhile goal.

For more complete information about the event, registration, sponsorship and donations, please visit our web site at:

<http://www.elwdriveforcure.com>

www.facebook.com/elwdriveforcure.com

We'll see you on February 22nd!!



2019 EASTLAKE WOODLANDS COMMUNITY ASSOCIATION BOARD MEETING SCHEDULE

February 19th	8:00am	Management & Associates
March 26th*	7:00pm	East Lake Woodlands Country Club
April 16th	8:00am	Management & Associates
May 21st	6:30pm	East Lake Woodlands Country Club
June 18th	8:00am	Management & Associates
July 16th	6:30pm	East Lake Woodlands Country Club
August 20th	8:00am	Management & Associates
September 17th	6:30pm	East Lake Woodlands Country Club
October 15th	8:00am	Management & Associates
November 19th	6:30pm	East Lake Woodlands Country Club
December 17th	8:00am	Management & Associates

*Annual meeting and election. Monthly ELWCA Meeting would be held immediately before at 5:30pm.

Management & Associates office is located at:
720 Brooker Creek Blvd Suite 206 Oldsmar, FL 34677

SUBSTANCE ABUSE EPIDEMIC IMPACTS EVERY COMMUNITY

by Melissa Doff



On Wednesday, February 27: The Trinity Democratic Club welcomes guest speakers Monica Rousseau and Chrissie Parris from the Pasco County Alliance for Substance Abuse Prevention. Ranked by the CDC as having the highest overdose death rate in the state and ranked first in Florida for babies born with prescription pills in their system, Pasco faces a staggering substance abuse epidemic impacting our entire community and affecting every neighborhood. Founded in 2006 and affiliated with BayCare Behavioral Health, ASAP has become the coordinating body for prevention services within Pasco and views community engagement as part of the solution.

The group's monthly meeting is held the fourth Wednesday of each month at Fox Hollow Golf Club (10050 Robert Trent Jones Parkway in Trinity). Doors open at 5:00 pm for dinner & happy hour (self-pay) with food and beverages available for purchase throughout the meeting. The meeting begins at 6:30 pm.

For questions, call (415) 298-9155 or email us at trinitydems@earthlink.net. Be sure to follow us on Facebook or at pascodems.com.



Pasco County Alliance for
Substance Abuse Prevention

ARTIST RETROSPECTIVE EXHIBIT AT GATEWAY GALLERY, FEB. 1-23, 2019

by Trish McMahon Farmlett

The Gateway Gallery and Emporium will host an Artist Retrospective Reception and Exhibit, honoring the works of local artist Harry Farmlett, during the month of February. The exhibit will open with an evening reception, on Friday, February 1, 6 to 9 pm, at the Gallery, 6216 Grand Blvd., New Port Richey.

Featured will be acrylic paintings and sculptures by artist Harry Farmlett (1932–2016). Farmlett was well known throughout the Tampa Bay area for his innovative work created in an abstract impressionist style. He had a prominent career in industrial and commercial design in New York City, and turned to fine art after his retirement.

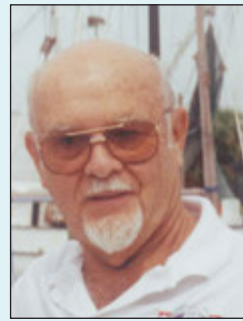
Farmlett's art will be featured at the Gallery throughout the month of February. The exhibit will remain on display Feb. 1 through 23. The works are for sale and both the reception and exhibit are open to the public at no charge. Gallery hours are Wednesday–Saturday, 11 am–5 pm; Sunday, Noon–4 pm.

More information may be obtained by visiting the Gallery website at www.gatewaygalleryemporium.com or by calling 727-815-1222.



BACK TO COLLECTING IT'S ONLY TIN

by Paul J.H Leaser



True, but authentic pieces are artistic and very collectible yet today.

I became interested concomitantly because of a small tin box with painted, symmetrical leaves in upstate Pennsylvania in a "second hand" store. When I opened the box, nestled in linen-covered compartments was a pearl-

handled Remington Derringer; which was of my immediate collecting interests.

The shop owner was uneducated and uninterested in the "little gun" in those days, and he quoted a price for the "pretty box". Of course, I now became a TOLE collector.

Tin ware, or Tole (from the French tole peinte) for "painted sheet metal" is most valuable and collectible today.

The 18th and 19th centuries examples are the most desirable for collectors today because they are hand-painted, as of about 1900, photography replaced hand-painting.



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HUG MORE, STRESS LESS

(Family Features) Whether circumstances are good or bad, exciting or stressful, there are several simple ways to improve emotional and mental fitness.

As one example, sharing a hug with a loved one has been found to boost immune system responses, help fight disease and increase overall health, according to an article published by "The Guardian." Hugs increase serotonin, which is the body's natural antidepressant, can be a natural sleep aid and help reduce stress and anxiety.

However, according to the article, hugs are on the decline. Among the reasons for this decline in hugging are busy schedules and the prevalence of technology extending the workday into time spent at home. It can be hard to focus on personal connections when work follows you home in your pocket. At times, it seems there are stronger connections to mobile devices than family members sitting in the same room.

There is a simple solution, though. In honor of National Hug Day, you can get back to showing love through the simple act of hugging.

With the help of its mascot, Seymore Good, Tree Top encourages everyone to "squeeze the day" and acknowledge goodness in others by sharing a meaningful, honest hug. The grower-owned fruit



cooperative that uses simple ingredients and real fruit also introduced innovative clear apple sauce pouches that let parents "See the Good" in what their kids are eating before they eat it.

In the spirit of reducing stress and giving meaningful, memorable hugs, consider these tips:

KEEP IT REAL. Avoid superficial hugs or giving a hug just out of habit. Instead, try focusing on the hug and giving it with purpose, as an expression of friendship. Squeeze hard, but not too hard.

TAKE A BREATH. Once you are in the hug, pause for a moment and breathe. Just one breath. This is where you have the chance to squeeze a little longer. Go ahead and be a little vulnerable. In the moment, remember who you are hugging and why you are hugging him or her. This is a moment when the healing power of the hug can shine through, and a hug or squeeze is a sign of affection and trust.

LET IT GO. Be sensitive to the movements of the person you are hugging and be willing to be the first to let go. Leave the embrace with a smile on your face, even in the hardest moments of life. Always let the person you are letting go of know you are happy.

Visit treetop.com for more information.

(Photo courtesy of Getty Images #14625 • Source: Tree Top)

HELP PETS WARD OFF WINTER RISKS

(Family Features) When temperatures drop, humans know to bundle up and avoid excess time outdoors. The same approach should be taken when it comes to pets. They may be covered by cozy fur coats, but not all of those coats are created equally.

"Hypothermia is a real danger for pets in the wintertime, and despite pets' natural fur coats, it doesn't take long for hypothermia to set in and cause serious problems," said Jennifer Freeman, DVM, PetSmart's resident veterinarian and pet care expert.

Freeman recommends keeping an eye out for the initial signs of hypothermia, such as skin that's cold to the touch, pale skin and gums, intense shivering and lethargy. In addition, she offers these tips to help protect your pet from a blustery winter:

OUTDOOR ACCESS: Limit walks in extreme cold weather and monitor your pet's behavior for signs of stress or discomfort. Never leave a pet outside during a winter storm. Do not let your dog off its leash after snowfall. Snow masks familiar scents and your pet may become lost and disoriented.

CHEMICAL HAZARDS: Snow-melting products like deicers, antifreeze and salt can cause skin irritations and, if ingested, can be fatal. If you live in an area where these products are used, it's important to thoroughly rinse your pet's paws and belly after a walk.

ADDING EXTRA LAYERS: If your pet is small and short-haired, he or she is likely sensitive to the cold. The same goes for older pets and those that may be frail or ill. You can't take your pet's temperature by touching its nose, but a shivering body means he or she needs a sweater. Larger and long-haired pets can usually tolerate cold weather for longer periods of time, and even though you might bundle up, your pet has a long, thick coat prepared for long winter walks. Just remember paws get cold and sharp objects may be hiding under the powder - consider putting booties on your pet's paws for added comfort.

SKIN-SAVING SOLUTIONS: Many pets get dry skin during the winter season. When they do need a bath, try using a pet-friendly moisturizing shampoo to help keep their skin healthy and pH-balanced.

In addition, a pet emergency preparedness kit should be packed and contain the supplies needed to help keep your pet fed, warm and secure in the event of emergency conditions such as blizzards and extreme cold weather. Items like a sweater, insulated vest, paw booties or wax, pet-safe ice melt and a heated bed or pad can all help head off risks associated with cold weather.

Emergencies can also create circumstances for pets to become separated from their families. In addition to ensuring your pet is wearing a tag with your cell phone number along with microchipping and registering him or her with current contact information, also tuck a copy of your pet's vaccination and medical records, veterinary contact information and a current photo of your pet in your emergency kit.

Keeping your pet well-fed through an emergency also requires advanced planning. Store a one-week supply of food in a waterproof container, along with bottled water, portable bowls, a manual can opener (if your pet eats canned food) and a list of feeding routines and behavioral considerations in case someone else must take over care.

Also be sure to gather any other care items your pet may require, such as puppy pads, waste bags, litter box supplies and calming spray.

Find more advice for keeping your pet safe this winter at PetSmart.com.



(Photo courtesy of Getty Images #14593 • Source: PetSmart)

COMFORTING DISHES FOR COOLER DAYS

(Family Features) There's almost nothing like a warm dish to help melt away the chills of winter.

Combining classic flavors and a blend of comforting spices, this Roasted Turkey and Cranberry Soup is a warm-up waiting to happen on a cold day. For a hearty breakfast option, Sweet Orange and Cranberry Muffins can feed the whole family - simply bake the flavorful pastries a day ahead then warm the morning of for a quick, hot breakfast.

If the craving for comfort food strikes when you don't have time for a home-cooked dish, consider scratch-made options available at restaurants like Sweet Tomatoes or Souplantation, where guests can find 50-foot salad bars, soups, hot pastas, freshly baked breads, muffins and desserts. It's a one-of-a-kind dining experience that allows guests the freedom to create their own wholesome meals in a family-friendly atmosphere.

Find more information at souplantation.com or sweettomatoes.com.



ROASTED TURKEY AND CRANBERRY SOUP

Yield: 1 gallon

- 1 pound turkey breast meat
- 16 cups water, divided
- 8 ounces carrot, diced into ¼-inch pieces, divided
- 8 ounces celery, diced into ¼-inch pieces, divided
- ½ pound butter or margarine
- 2 tablespoons minced garlic
- 2 cups yellow onion, diced into ¼-inch pieces
- 1½ cups white flour
- ½ cup turkey base
- 1½ teaspoons kosher salt
- 1¼ teaspoons ground black pepper
- ½ teaspoon dried sage
- ½ teaspoon dried marjoram
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried thyme
- 1¾ cups heavy cream
- ¼ cup chopped Italian parsley
- ¾ cup dried cranberries, diced

DIRECTIONS

1. Cook turkey in oven. Slice into bite size pieces. Reserve to add to finished soup.
2. Heat 5 cups water to boil. Cook 4 ounces carrots and 4 ounces celery 8 minutes until soft. Strain and cool in cold water.

Reserve to add to finished soup.

3. Melt butter. Add garlic, onion, remaining carrots and remaining celery. Saute 5 minutes. Stir in flour and continue cooking 5 minutes on low-medium heat.
4. Add remaining water and turkey base. Blend until smooth.
5. Add salt, pepper, sage, marjoram, rosemary and thyme. Heat to 190 F or low simmer. Cook 10 minutes until thickened.
6. Add cream, parsley, turkey meat, cranberries and cooked carrots and celery. Stir to combine. Cook on medium heat 2 minutes.



SWEET ORANGE AND CRANBERRY MUFFINS

Yield: Approximately two dozen muffins

- 11 ounces white flour
- 3 ounces wheat flour
- 1½ tablespoons baking powder
- 1 teaspoon table salt
- 7 ounces white sugar
- ¼ cups buttermilk
- ⅔ cup canola oil
- 2 eggs
- ¼ cup orange juice concentrate
- 2 tablespoons fresh orange zest
- ½ cup whole cranberries in sauce

Sugar topping:

- ½ cup brown sugar
- 1 tablespoon powdered sugar

DIRECTIONS

1. Mix flours, baking powder and salt until thoroughly combined.
2. Combine white sugar, buttermilk, canola oil, eggs, orange juice concentrate and orange zest. Beat to dissolve sugar.
3. Mix cranberry sauce, wet mix and dry mix until thoroughly combined.
4. To make sugar topping: Mix brown sugar and powdered sugar thoroughly to combine.
5. Heat oven to 350 F. Spray muffin pan with quick release spray. Scoop muffins into pan.
6. Top each muffin with 1 teaspoon sugar topping.
7. Bake approximately 15 minutes.

*(Photo courtesy of Getty Images
Source: Garden Fresh Restaurants)*