

# Heron

## East Lake Woodlands

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### PRESIDENT'S REPORT

by Susan Whitehead

I'm sure our East Lake children are enjoying a lovely summer break from school. Please keep them in mind as you head out through the neighborhood. They are much smaller (and more precious) than the gates that evidently some drivers don't see.

We continue to have various vehicular damage to our gates. We aren't unusual in that regard; communities with gates typically report them as one of the areas that need the most repairs for a variety of reasons. Residents love the security that they impart however, they can be aggravating as well! East Lake Woodlands is a 40-year-old community and, like most 40-year -old's I know, needs some major upkeep. We are investigating new ideas for exits, new technology, new gate designs,

lighting, and signage. As you can well imagine, it's not cheap. We have to ensure that every scenario is investigated and every legal avenue explored. We don't want to spend a significant amount of money without a clear and concise plan. Unfortunately, it's difficult to get ahead of the game when we have to spend precious dollars on repairs due to negligent drivers. We will get there and you will see changes in the years ahead but for now, please be careful at the gates and report any damage that you may see.

We continue to work with outside counsel to develop and negotiate a long-term agreement with ClubCorp for the equitable sharing of drainage expenses. This is an extremely complex matter and we have focused significant resources to the undertaking. We believe that this is vital to the long-term financial health of our association and community. After talking to water management engineers, it is evident that we will continue to see repairs and replacements to our 40-year-old drainage system as the years go by. We have to make sure that the ELWCA does not bear the entire financial burden. Once we have this negotiated, we will be able to better plan for other types of capital projects.



### BEHAVIOR

by Keith Crank, Vice President

I can honestly say that in the fourteen years that I have been a resident of East Lake Woodlands I have found the vast majority of the residents to be pleasant and courteous people. Recently there have been a couple of incidents where my findings were shaken to the core. These incidents happened when residents went to Management and

Associates to get new barcodes for the vehicles.

In both cases the residents were very rude to the young lady who was helping them. This young lady is only doing her job as prescribed by the board for those needing bar codes. A phone call to Management & Associates inquiring as to what paperwork is needed to get a barcode would have been all that was necessary to avoid these unnecessary confrontations. Please let us try to be a little more pleasant when things don't go as smoothly as we would like. In President Whitehead's article a list of the items needed to get a barcode is shown.

Another incident involved a resident who was allegedly driving a rental car and tried to tailgate through the Sun Trust gate. The patrol officer was in front of the car motioning for him to stop but he kept proceeding forward. If the patrol officer had not moved to the driver's side of the car she could have been hit. As the driver passed the officer he told the officer his address and that he was driving rental car. If you are driving a rental car that does not have a barcode you MUST enter through one of

the manned entrances. This type of behavior is not called for and the situation could have been much worse had the patrol officer not sidestepped the car.

There was a large jump in the amount of citations rendered by the sheriff's deputies during the month of May. Of the eleven (11) citations written, seven (7) were speeding violations and four (4) were seat belt violations. There was forty seven (47) warnings issued, thirty five (35) for speeding, five (5) for seat belt, four (4) for stop signs and three (3) for other violations.

Let's assume for a minute that you are pulled over by a deputy on your way to work in the morning. You have a very important meeting that you need to attend. Do you realize that by simply being stopped by the deputy you are going to be delayed in getting to your meeting. The deputy will normally check your driving record and depending on what the deputy finds on your driving record he/she may give you a written or oral warning or worse yet a very expensive citation. Then to top it off, you have lost anywhere from fifteen to thirty minutes of time and will probably miss your very important meeting or at least be late. Is it worth the time and expense to be caught speeding in the community? I will let you be the judge of that. Right now in Florida there is a big push to ensure everyone is wearing their seatbelt. Click it or ticket.

As always should you have an emergency please call 911 first.

As of June 1, 2019 there is a new phone number for the controlled access patrol officer's assistance. The new number to call for assistance of the patrol officer is 813-462-8971. Please make a note of it and should you have it programmed in your phone please change it. The old number was 727-785-7384 and should be replaced with the new one. The non-emergency number for the Pinellas county sheriff's office is 727-582-6200. Remember that school is out so there will be a lot more youngsters playing in the neighborhoods so be extra careful. Have a great summer and remember to drink lots of water.

### GATE STATUS REPORT

Dec 3, 2018	SUNTRUST outbound struck by commercial vehicle. Company disputing responsibility; awaiting response.
Dec 28, 2018	SUNFLOWER outbound struck by resident; awaiting invoices.
Jan 03, 2019	SUNFLOWER inbound struck by resident; awaiting invoices.
Mar 23, 2019	EAST LAKE ROAD struck by resident; awaiting invoices.

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## WHAT'S IN A NAME?

by Paul Burmeister, Editor

*Editor's Note: There is nothing serious about this month's column. But if you're looking for lame, sophomoric humor you've come to the right place.*

Have you ever wondered if there are actual people named Ira Call, Phil Space, Chuck Wagon, Buck Naked, Holly Wood, Bill Board, Ken Tuckey, Barbara (Barbie) Dahl, Moe

Ronic, April Showers or May Flowers? You may think differently but I'm very confident there are probably people in the real world whose parents pulled awful hoaxes and named them Holly Wood and April Showers. Out of curiosity, I'm planning to call East Lake Woodlands residents Gary & Ann Showers to see if they have any relatives named "April" or if they ever considered using it for their daughter. The other names I'll just Google and see what pops up.

Back to the point of this article which similar to the television hit "Seinfeld" being portrayed as "a show about nothing," I'd like to think that those words also epitomize this column which in reality is also about nothing and has no real value other than to amuse you and "fill space". That said I'm considering using "Phil Space" as a pen name. I may also consider using the name "Ira Call" for columns based on nostalgia, "Bill Board" for sales & marketing discussions and "Chuck Wagon" for BBQ restaurant reviews. I'm also thinking about real life where "Memory Lane" works extremely well if you're reminiscing about an old "fling" and want to dedicate a song to your ex-lover over the radio but the disc jockey asks for a name and you're afraid your current partner might be listening. "Frieda Livery" for ordering pizza, "Carrie Oakey" to reserve a spot in a Karaoke Contest, "Ginger Vitus" to schedule dentist appointments and "Alicia Sober" for wild partying. One name which could potentially be problematic that I'm definitely not going to use is "Buck Naked." Now recognizing that if I win mega-millions in the Publishers Clearing House Sweepstakes I may ask the Sheriff's Department to have someone escort me home, I don't otherwise believe it's a good idea to have the officers "visiting" with me under any circumstances and especially after I've identified myself as "Buck Naked". That said it's probably best to focus on using "Phil Space" for now and possibly use "Ira Call" at a later date.

Moving forward, it also occurs to me that the cool thing beyond using "Phil Space" as a pen name is how applicable it could also be for use in a myriad of situations when you're asked to identify yourself but may not want to use your real name. Thoughts that come to mind include:

- When other people with the same name have been imprisoned

for doing really hideous things.

- When your relatives are extremely polarizing political figures with views you either don't agree with or can't defend.
- When you're standing in line at a restaurant acting suave and sophisticated with a date you're trying really hard to impress and even though you weren't smart enough to make a table reservation in advance you're still bright enough to know the hostess will destroy any iota of remaining self-respect you have when she butchers your real name trying to pronounce it over the public address system.
- When you have to provide a luxury car salesman with a name so you can test drive a Maserati the weekend of your high school reunion.
- When a paid telephone solicitor "guilts" you into making a charitable contribution to an organization you're certain will only see pennies on the dollar but you want to avoid feeling like Ebenezer Scrooge by saying no to supporting an otherwise worthy cause to a total stranger you'll never speak to again.
- When you're trying to check out property in a gated community (other than East Lake Woodlands) and have to give the security guard a name for access.
- When a realtor doing an open house in your subdivision wants you to sign in but you don't want the home owner to know what a nosey snooper a neighbor you really are.
- When the only way you can afford a weekend resort vacation is by agreeing to sit through a 90 minute high pressure time share presentation and the property sales agent badgers you for a specific appointment time and won't accept "we'll try to stop by."
- And, when someone purporting themselves to be with Microsoft calls unsolicited to "help you fix" problems with your computer that don't exist.

Now don't ask me how I know this but it's also both amusing and interesting to experience how many people won't question you identifying yourself as "Phil Space" and will say "thank you Mr. Space" without raising an eye brow. Unfortunately though, there are probably more times than not when using a bogus name is not a good idea and would not recommend it any time you're dealing with the IRS, CIA, FBI, NSA, any law enforcement officer, first responders, government agencies, TSA agents, banks, insurance companies, legal documents and especially anything to do with East Lake Woodlands Community Association. As always, you are strongly encouraged to use good judgement. Said differently, do as I say and not as I do!

Respectfully Submitted, "Phil Space"



## OUTDOOR PATRIOTIC DÉCOR

by Sally Giar

Summer has finally arrived, which means the Fourth of July celebration is right around the corner. Now's the perfect time to spruce up your outdoor patio area to prepare for the holiday! There's no need to go overboard, however. You can liven up the space with subtle hints of patriotic decor that'll last all season long! Here are a few of our suggestions:

Throw pillows can give your outdoor living space the vibrant personality it needs for Independence Day, but can still look great in June, August and September. Decorate with pillows in a variety of red, white and blue shades.

Don't forget about chair cushions, too! Stick with one patriotic hue to avoid giving off a tacky vibe.

Consider tableside decor and accessories. Colorful vases, outdoor lamps and lounge chairs can make a subtle statement.

Help bring your outdoor space together with a bold area rug. A nice shade of navy or deep red can exude the patriotic spirit and still look great when September rolls around.

Looking for a simple way to spruce up a room with hardwood flooring? All it takes is the perfect area rug. But it's not only a stylish piece of décor – it's a floor covering your home could use for more reasons than one.

For starters, an area rug has a way of bringing a room together. Choosing one in the perfect size will connect all of your furniture and make everything feel cohesive.

And let's not forget how they protect your floors. A rug can make spills, stains and scuffs problems of the past.

Still not convinced? Let's continue!

Lastly, the best reason to invest in an area rug: they're portable. When you choose to install carpeting over your hardwood floors, you're stuck. With an area rug, you can move it around the room or replace it! They're one of the most versatile pieces you can have in your home.

The Fourth of July will be here before you know it!



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## MATINEE OPERA PLAYERS

by Ron Regan

Matinee Opera Players' next performance is June 16th, 3pm at the Pinellas Park Performing Arts Center, 4951 78th Ave N, Pinellas Park.

We will perform a show tune or two, a well known popular song or two and of course, arias from our repertoire of well known operas. We feature composers such as Wagner, Mozart, Verdi and Puccini. We do not sell tickets, it is donation only (suggested \$10). We are Family-Friendly and encourage you to bring children. We have complimentary snacks at intermission. Raffles, door prizes, an air conditioned, very accessible theater and plenty of free parking. A great way to spend a Sunday afternoon. Let us entertain you.

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## NEW PHONE NUMBER FOR ROVER AND CONTROLLED ACCESS ASSISTANCE

**813-462-8971**

EFFECTIVE JUNE 1, 2019

Effective June 1, ELW residents should no longer call 727-785-7384 for controlled access assistance. The old number will now be used only for internal communications. Continued use of this number may result in delayed response time.

## ELWCA MANAGEMENT COMPANIES

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Cluster 3  
Cluster 4  
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ELW Community Assn.  
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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  
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Woods Landing

**Jim Nobles**  
**727-447-8949**  
Stonebriar

**First Choice Management**  
**727-785-8887**  
Preserve

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As of 05/15/2019

## SUDDEN RAPID HEARTBEAT

### REVEALING A LESSER-KNOWN HEART DISORDER AND WHAT TO DO ABOUT IT

(Family Features) A feeling of dread washed over Donnette Smith after she felt her chest jolt. "Please, God. Not here, not now," she thought. In the middle of her church choir performance, her heart started racing uncontrollably. High off the ground, she fought off feeling faint while perched in the middle of the third row of bleachers. "There's no way down," she thought. "I can't ask the whole row to get off because there are thousands of people out there listening." Maintaining her wits, she signaled for a stagehand to grab a ladder so she could crawl off the back as the lights dimmed. Once on solid ground, her family rushed her to the hospital.

This was just one of many rapid heartbeat episodes Smith has experienced. She has a lesser-known, but common, heart disorder called paroxysmal supraventricular tachycardia (PSVT). Nearly two million Americans live with this alarming arrhythmia that can spike heart rate unexpectedly and suddenly from a normal 60-80 beats per minute (bpm) to more than 250. In addition to the trademark rapid pulse that can last from minutes to hours, symptoms may include dizziness, fainting, sweating, chest pain or pressure, or being out of breath.

"For a time, it truly dominated my life," Smith said. "I lived in constant fear that I would faint from having an episode while driving my grandchildren. I put off travel and stayed close to home. I didn't want to be in a strange city and go to a new hospital and

explain my condition. Some episodes would happen at 2 a.m. and my husband, my rock, would drive me to the hospital. Of course, that throws off both our next days, leaving us walking around like sleep-deprived zombies."

The suddenness of PSVT makes it difficult to diagnose. Doctors need to "catch" an episode, or see the unusual heartbeat, on an electrocardiogram (ECG or EKG) or Holter monitor before they can make a definitive diagnosis. With PSVT episodes being sporadic, occurring randomly and sometimes mere minutes in length, this can be hard. On average, diagnosis can take three years or longer and may be fraught with misdiagnoses.

For Smith, it was nearly 10 years before she had answers. PSVT's symptoms may masquerade as anxiety or panic attacks. Smith was first prescribed an anti-anxiety medication. While seeking out a diagnosis, patients like her are often left thinking it may be all in their heads and wondering if they're going crazy. They understandably struggle with how to convey this seemingly invisible illness to friends, family, coworkers and their doctors.

"The uncertainty of living with PSVT is equally challenging, if not more so, than the physical symptoms," said Dr. Kathryn Wood, associate professor at Nell Hodgson Woodruff School of Nursing

Continued on page 12

### East Lake Woodlands Frequently Called Numbers

Location	Phone Number
Rover (Resident Request Number)	813-462-8971
North Gate	813-749-0710
South Gate	727-785-7384
Country Club	727-784-8576
ELW Water	727-784-6262
Pinellas County Sheriff, Non-emergency	727-582-6200
<b>Management and Associates</b> Barcode Information, Mary Hunt	813-433-2014
<b>Management and Associates</b> Manager, Debi Hudrlik	813-433-2004
<b>Management and Associates</b> Accounting, Debbie Reith	813-433-2005





## RIGHT SIZE YOUR HOME AND LIFE

by Ernie Del Barba



This is still a good time in the FL real estate market for homeowners, and with still low inventories of homes for sale, residents of East Lake can be confident that their homes will sell. If you have thought about making a change in your living situation like Downsizing, Parallel Moves or Upsizing, it all falls into what The McCaffery Team member Grace Rudawski calls "RESIZING Your Residence and Life." Grace will be holding a One Hour Seminar in our East Lake Woodlands office of Berkshire Hathaway Home Services Florida Properties Group on Saturday, June 29, 2019 at 12 noon. This is a good opportunity to get your questions answered about making a size change or a new real estate investment. Grace is a Certified Senior Advisor, specializes in real estate investment, and enjoys building relationships with her clients to find the right fit for their homes and their lives. She is excited to offer this Seminar and looks forward to meeting you!

For Buyers, The McCaffery Team has also found a great new fit by working with NewRez mortgage lenders to find the right fit for you with their exceptional Loan Programs, even if you have experienced negative credit. SmartTrac, SmartSelf, SmartVest are a few of the programs offered, and the Dream Big approach can help you get the house or investment property you had thought was beyond your reach. Our current real estate market average sale price continues to grow steadily as it has over the last 8 years, so homes considered average or moderately priced should keep growing in value. Statistics show that larger homes are taking longer to sell in our market, but this doesn't mean they are no longer desirable to buyers. It is now possible for you to be in the larger home that you thought was beyond your reach. If your change doesn't include leaving beautiful East Lake Woodlands then the McCaffery Team Bob, myself, Joan Daly, Fonda Dillard, Sharon Greenfield, Claudia Preisig (bilingual) and Grace Rudawski (bilingual) can help you since no-one knows more about East Lake Woodlands than our team. Our combined experience in the Greater Tampa Bay Area real estate market can help you no matter where you want to own or lease.

We have also made changes to our team website, so visit us at [www.TheMcCafferyTeam.com](http://www.TheMcCafferyTeam.com) and use it for your real estate searches. And remember our office drop boxes for the local charity Metropolitan Ministries since they need our help all year long.

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## VEHICLE BARCODES

It has come to our attention that a few residents have acted rudely when requesting a barcode at the M & A office. Please remember that the staff are following rules set by the board to protect our community. We expect residents to act appropriately and refrain from vulgar language and actions.

If you need a barcode you must provide the following:

### OWNERS:

1. Proof of residency: Driver's license reflecting ELW address OR warranty deed OR closing statement
2. Vehicle registration for each vehicle requiring a barcode

### RENTERS:

1. Proof of residency: Copy of lease
2. Driver's license
3. Vehicle registration for each vehicle requiring a barcode

### PAYMENT

Payment for barcodes must be made with cash or check only.

For additional questions please contact Mary Hunt at (813) 433-2014.



## 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....

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## BIRD OF THE MONTH GREATER SAGE GROUSE

by Jake Jacoby

A Lek is a gathering of males, of certain animal species, for the purposes of competitive mating display in order to attract and mate with females. Each male occupies and defends a small territory and displays plumage and vocal challenges.

I had the opportunity to witness and photograph this mating ritual of the Greater Sage Grouse on a Lek in Walden, Colorado in April 2019. Walden is located in the North-central area of Colorado near the Wyoming border and has an elevation of 8,000 feet.

Eight of us huddled in an open van at 5am, shortly before the birds arrived. It was 19-degrees with ice and snow on the ground and it was cold. We could hear the birds moving around and communicating (the sounds they make resemble a coffee-pot perking) but we couldn't see a thing until 7am when the sun broke free with a gray, cold mist. We only had 2 hours to watch the birds and take their photographs because the birds were gone by 9am; daylight in the open on a lek is not a good place to be if you are a grouse and Eagles and other raptors are roaming the skies overhead.

Greater Sage Grouse are North America's largest grouse and often described as a chicken-sized bird that lives in sagebrush. While they are normally chicken-sized, the males change their appearance dramatically when they puff up their golden air (Gular) sacs and fan their spiky tail feathers. This is, in my opinion, one of the great wildlife displays in North America. And yes, they live their entire lives in sagebrush. They are one of the few animals that eat sagebrush; they also mate, nest and raise their young in sagebrush. They spend their entire lives in a beautifully unforgiving country in the western U.S. and parts of Canada that is prone to bitter cold, deep snow, searing heat, and even drought. In my opinion, the Greater Sage Grouse are as tough as any creature in the West!

Greater Sage Grouse need wide expanses of healthy sagebrush for survival with at least a three-mile circle around mating grounds, or leks. That's why grouse are in steep decline and that's why they were supposed to be designated as an Endangered Species in 2008; that never happened and in December 2018, our current administration announced a plan to roll back protections for sage grouse and to open up 9 million acres of land to drilling and mining. Greater Sage Grouse were already in trouble before the energy rush that came with fracking for oil and gas over a decade ago, and the industrialization of the West has been devastating for grouse and western wildlife that depend on sagebrush habitat. Right now, there appears to be enough good habitat left to conserve these special places, and federal action to preserve lands is certainly needed now, but the outlook is dim. Greater Sage Grouse are an umbrella species; meaning that by conserving grouse habitat, we are protecting land for western wildlife. When we save Greater Sage Grouse, we are saving a long list of wildlife from Pronghorns and Grizzly Bears to tiny Brewer's Sparrows and many other bird species.

The Greater Sage Grouse male plays no role in the raising of the young. Males display on their Lek's and females will visit the Lek to obtain mating's, and then go off to make their nest, lay their eggs, and then raise their brood by themselves, all in the



*Dominant male with females on a Lek*



*Female Greater Sage Grouse*

sagebrush. Although many male Greater Sage Grouse may display at a Lek, only one or two of the dominant males get picked by a majority of the females for mating.

The Greater Sage Grouse primarily eats sagebrush, but will also eat insects and other plants. They do not have a muscular crop and are not able to digest hard seeds like other grouse. They nest on the ground under sagebrush or grass patches. Clutch size ranges from 6 to 8 eggs; incubation is 25 to 27 days. Chicks fly by two weeks of age, and can then sustain flight by 5 to 6 weeks old.

Predator species include coyote, bobcat, American badger, falcons, hawks and eagles. All of the above will prey on both adult and juvenile grouse while crows, ravens and magpies will prey on juvenile birds.

Like a canary in the coal-mine, sage grouse are critically important to better understand how the condition of sagebrush habits, of which over 50% are public landscapes, are faring given current land-uses and management. Unfortunately, the outlook is not good.

Once numbering in the millions in the West and existing in 16 U.S. States, Greater Sage Grouse have significantly declined from historic numbers by as much as 90% and now they only remain in 5 states. Public lands ranching, oil & gas drilling, climate change, fire, and expanding energy development including wind farms, are among the chief threats to Greater Sage Grouse who need intact, healthy sagebrush communities to exist.



*Male Sage Grouse mating display*



*Before inflating air (Gular) sacs*



*Rear view of spiky tail feathers*



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## 7 PET SAFETY TIPS FOR FOURTH OF JULY



(Family Features) With crowds of unfamiliar people and loud, scary noises, the Fourth of July can make even the most laid-back, four-legged family members apprehensive and unpredictable.

"Research shows that more pets are lost on the Fourth of July than any other day of the year and animal shelters are most crowded after the holiday, filled with lost dogs and cats," said Aimee Gilbreath, executive director, Michelson Found Animals Foundation. "Taking steps to protect your pet can help ensure a safe and enjoyable holiday for the whole family."

These tips can help keep your pet comfortable and secure:

**1. GET IDENTIFICATION TAGS.** A collar and external ID tags are quick and easy ways to identify your pet if lost, and they make him or her instantly recognizable as someone's pet. What information you provide on the tags may vary depending on your personal security concerns, but at the very least, include a phone number. If you're concerned about noisy dangling tags, or the tags snagging

*Continued on page 12*

## 2019 EASTLAKE WOODLANDS COMMUNITY ASSOCIATION BOARD MEETING SCHEDULE

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

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



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## A MESSAGE FROM YOUR ELWCA MANAGER

by Debi Hudrik, AMS, CMCA

Good day ELW residents, I hope everyone enjoyed a very happy and memorable Mother's Day! I have been spending more time on property and am amazed at the amount of traffic in and out of our community. There is a constant stream of visitors at the north and south guard

houses, which keeps our Controlled Access Officers extremely busy performing inspections of the entire community and responding to the numerous requests that come in each day from residents seeking assistance. We would like to take this opportunity to remind everyone that calls are being responded to on a priority basis, and at times it may not be possible for a Controlled Access Officer to immediately respond to your request. If you have a true emergency and require immediate assistance, please reach out to the Pinellas County Sheriff's Office (PCSO). ELW Controlled Access Officers will prioritize all calls received. Gate malfunctions and collisions require priority attention in order to keep traffic flowing as best as possible. We have seen an increase in the amount of gate collisions over the last few months due to tailgating and impatient drivers. What is most alarming is the inexcusable behavior of some residents when a gate is closed for repairs. We had an instance this month where a resident intentionally tried to hit a Controlled Access Officer! The PCSO was called and has increased the number of citations issued for speeding and non-seat belt use. In order to keep our community as safe as possible, we ask that everyone please wear your seat belt, follow the speed limit and use caution when entering and exiting the gated entries.

At the time of this writing the Metro exit and Walmart entrance gates are closed off, the latter due to collision, the former due to extensive maintenance and repairs that are required. The ELWCA Board is working with the Shopping Plaza to identify the best resolution to this matter. The Metro gate is on a curve and drivers have a tendency to barrel through the gates putting both pedestrians and internal residential traffic in harm's way. We thank you in advance for your understanding and patience as we research the various options and costs to come up with a plan that will be of the utmost benefit.

Just a friendly reminder that when you come to the offices of Management & Associates to purchase a new or replacement barcode, you must present your driver's license and registration to obtain the new barcode. We will not complete the transaction without both of those items. It is Florida law that you have these items with you when behind the wheel of an automobile, so we ask that you please do not curse at our receptionists because you forgot your driver's license or registration. Replacement bar codes are \$5.00 each, and both cash and checks will be accepted – no credit or debit cards.

We also receive calls about deer, bobcats, coyotes and alligators within the community. We do have plentiful and beautiful wildlife in the community for all to enjoy, but it is imperative that we do not feed any of the wildlife. Doing so is in violation of Florida law, and improper feeding can cause aggressiveness. Also, please understand the Florida Wildlife Commission will not respond to the removal of an alligator unless it is either extremely large or has shown signs of aggression. A majority of the time the alligators are more afraid of us than we are of them. If you see an alligator sunning on a pond bank, there is generally nothing to be concerned about. If you do see an alligator that is showing signs of aggression, please let us know.

In an effort to better communicate and keep everyone informed about ELWCA activities that may be of interest, it is important that we be apprised of any changes in management companies or Presidents of the various sub-associations. Should there be any changes in your particular HOA, please remember to notify us so

we can change our records to ensure that you always have the most updated information.

Recently public meetings were held regarding the FAA's modernization of America's air transportation system known as NextGen. According to PIE and FAA officials, ELW should see no changes in flight paths. For more info, visit <https://www.faa.gov/nextgen/faqs/>.

Here's wishing all Dads an early Happy Father's Day and everyone an enjoyable (and not too hot) summer!

## EAST LAKE WOODLANDS COMMUNITY PATROL REPORT

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

**APRIL 2019**

<b>Alarm Calls/911 Hang Up</b>	<b>2</b>
<b>Emergency Calls</b>	<b>2</b>
<b>Complaint Calls</b> (Noise, speeders, solicitors, domestic disputes, trespass, fireworks, suspicious persons)	<b>26</b>
<b>Parking Violations</b>	<b>10</b>
<b>Irrigation Calls</b>	<b>4</b>
<b>Motor Vehicle/ Pedestrian Accidents</b>	<b>1</b>
<b>Crimes Reported</b> (Vandalism to mailboxes, gates, grass damage, stolen bikes, dumping, all other criminal activity)	<b>2</b>
<b>Miscellaneous/Other</b> (Welfare checks, pets, wildlife, all others)	<b>21</b>

**The Sheriff monitored 36 hours during April 2019**

**Performed 36 Hours of Presence/Visibility.**

**Citations 11, Warnings 47, Vehicles Stopped 54**

**Top Speed: 48/30 MPH. There were 42 warnings/citations for speed, 4 warnings for stop signs, 12 warnings/citations for other offenses, i.e. seat belts, driving while license is suspended/revoked, equipment and tailgating.**





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Hospital**



## BACK TO COLLECTING MIRROR, MIRROR IN YOUR POCKET

by Paul J.H. Leaser

Pocket mirrors were given out in shops and department stores, which explains the contrast and plentiness of their number. A prolific source include dry-goods stores, book sellers, shoe companies, and, as always, the Coca Company (which now being hundreds of dollars and are much sought after.

The mirrors varied very little in shape and make was more than a few inches in size. Mostly celluloid, they labored for humor and were not even above the macabre, as seen on the example from The International Life insurance company.



## SEVEN PET SAFETY TIPS ... continued from page 7

and pulling loose, choose a flat style that affixes to the fabric of the collar.

**2. GET YOUR PET A MICROCHIP AND REGISTER IT.** A registered microchip is one of the best ways to identify a lost pet who has slipped out of his or her collar. However, pet owners may falsely assume that just because their pet has a microchip, they've taken the necessary steps. It's critical your pet's microchip is registered with your current contact information, and Found Animals recommends updating your contact info anytime you move or change phone numbers. If you've adopted your pet from a rescue or other organization, it's important to transfer the chip registration. Register your pet's microchip for free at [found.org](http://found.org).

**3. AVOID THE CROWDS.** Avoid bringing your pooch to crowded events, parades and other gatherings with a lot of commotion or people. A combination of heat, loud noises, packed spaces and scorching blacktops can be stressful and harmful to your pet's health. It's especially wise to avoid bringing your pets to firework events, as they could panic and run.

**4. GEAR UP WITH A LEASH AND HARNESS.** Even leash-trained pets can get spooked by Fourth of July festivities. Secure pets with a well-fitting leash and collar or harness. Remember an anxious pet may slip out of a collar or repeatedly tug against a leash, so it may be necessary to take extra precautions.

**5. FIT IN A WORKOUT.** Be sure to give your pets lots of exercise during the day so they'll be a little worn out before the scary noises start at night. A long run or play session during the day may help with your pet's overall stress and anxiety levels.

**6. CREATE A SAFE SPACE INSIDE AND AWAY FROM FIREWORKS.** Confining movement in dogs and cats actually has a calming effect on them. Provide your pet with a safe space, such as a cozy bed, room or crate. Also close windows and doors to minimize sound and escape routes. Another option is an anti-anxiety wrap or coat. In a pinch, if you're away from home, you can even create one from a scarf.

**7. TRY A CALMING AID.** If you're worried about a pet that stresses easily, talk to your vet in advance about CBD and anti-anxiety treats, chews, drops or other remedies that can help your pet relax. There are plenty of prescription and homeopathic solutions out there that can help your pet get the extra dose of relaxation he or she needs.

Find more summertime tips for your pets at [foundanimals.org](http://foundanimals.org).

#14726 Source: Michelson Found Animals Foundation

## PLEASE PICK UP AFTER YOUR PET

by [www.myhoa.com](http://www.myhoa.com)

It doesn't take much to remember that we have pets in our community. In fact, if you don't watch your step, your liable to step in one such reminder!

Besides being unsightly and smelly, animal waste can be hazardous to the health of our children who play in the community and other pets. One of the most common forms of disease transmission between dogs is through fecal matter.

When walking your dog in our community, remember that it should be leashed. **Also, it is important to remember to immediately clean up after your pet.** Take along a baggie with you to pick up waste with and then dispose of it properly.

By taking a few simple steps to clean up after your pet, you can contribute not only to the beautification of our community, but also towards the elimination of one of the most irritating nuisances in our community. Thank you for your cooperation!

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## EAST LAKE COMMUNITY LIBRARY JUNE 2019 SPECIAL EVENTS

by Patty Ann Wiczorek, Reference & Marketing Librarian

### BLAST OFF INTO SUMMER READING: SIGNUP AND MORE!

Monday, June 3, 4-7pm

Stop in between 4-7pm to learn the details of our summer reading program, events at the library this summer, and pick up your Reading with the Rays card.

### MASTERFUL DECEPTIONS OF D-DAY

Saturday, June 8, 2-4pm



To celebrate the 75th Anniversary of the D-Day, Dave Dockery will do a presentation focusing on the masterful deceptions the Allied forces employed to confuse the Germans as to when and where they would stage the invasion. This presentation is free and open to the public.

### BOOK BUDDIES!

Tuesdays, June 11, 18, 25, 11:30am-12:30pm

Primary grade readers will be paired with a tween/teen mentor to practice their reading skills. Registration required.

### "MAKE" THE FORCE BE WITH YOU! ECONOMIC SUCCESS (AGES 13-18)



Wednesday, June 12,  
4-7pm | Thursday,  
June 13, 4-7pm

Become a Master Jedi regarding economic success! This program will cover topics such as

financial decision-making, budgeting, debit/credit cards, goal setting, needs and wants, work skills, values, and more! This program is presented by the Junior Achievement of Tampa Bay. Registration required.

### GENEALOGY RESEARCH MORNING

Saturday, June 15,  
10am-12:30pm

Interested in learning how to research your family tree? Already researching but stymied by a brick wall? Library staff & volunteers will be on hand to answer questions, offer suggestions, and show patrons tools & resources for genealogy success. Please register.



## ELCL AUTHOR SHOWCASE: MEET BONSUE BRANDVIK!

Tuesday, June 18, 6:30-7:45pm

Author BonSue Brandvik knows everything about the Belleview Biltmore & imbues her three romantic thrillers with spirits who reside in that iconic hotel.



### ROCKET SCIENCE

Wednesday, June 19, 5:30-7:30pm

Boy Scout Den #407 hosts a rocket building & blast off event. Design, build & launch a rocket. When it returns to Earth, it is yours to keep!

## WHAT'S WRONG WITH THIS PICTURE?

by Debi Hudrlik, AMS, CMCA

The answer is absolutely nothing! We received an inquiry regarding weeds in pond #27. What you see in this photo is not weeds but is actually Florida native plants that are extremely beneficial and improve the quality of the water.

Removal of these native plants will accelerate muck accumulation within the pond. Muck accumulation will then require a very expensive process known as dredging. Many Associations are purposely planting Florida native plants in their ponds to improve water quality and prevent erosion issues. Please note that these are not lakes to be maintained in absolute pristine condition but are retention ponds that were created by the developer to store storm water runoff.





**SUDDEN RAPID HEARTBEAT ... continued from page 4**

Emory University, who has published research on the emotional toll of PSVT, on women in particular, in the "European Journal of Cardiovascular Nursing." "It looms over you, affecting self-esteem and causing you to avoid daily activities such as driving, work and time with family and friends."

Thanks to lessons from her own journey, Smith has devoted her life to empowering those living with PSVT, and those living with other heart conditions, to live fully and unafraid. She serves as the president of Mended Hearts, a national nonprofit organization that provides peer-to-peer support for heart disease patients, their families and caregivers. Smith's advice for outsmarting PSVT hinges on three key actions.

**1. EDUCATE YOURSELF.** If you have or suspect you have PSVT, OutsmartPSVT.com is the only online educational website designed to help actively manage the condition. It debunks myths, addresses frequently asked questions and provides useful tips.

**2. SPEAK UP FOR YOURSELF.** Track your symptoms to inform talks with your doctor. The PSVTPlace.com website is an online patient registry that can help. Increasingly, wearable watches and technology are entering the market that may be able to capture an abnormal heart rhythm to show your doctor. Persist in getting an accurate diagnosis.

It may be that you need to seek out a hospital or cardiac treatment center with cardiologists on staff who have experience treating people with PSVT. Be vocal in seeking referrals or second opinions.



**3. CALL ON YOUR SUPPORT SYSTEM.** Whether it be an advocacy group, support group or friends and family, rely on those close to you. Communicate openly about your condition, including what signs to be on the lookout for and how they can best help you. On multiple occasions, Smith's coworkers were there for her when she had episodes at work. They were armed with her medication history and current treatment plan to have conversations with doctors on her behalf.

"The difference is night and day when you resolve to take control of your health," Smith said.

What Smith has learned about PSVT has also helped her family members. Her daughter, Dana, began experiencing symptoms of PSVT at age 16. Having overcome PSVT first-hand, Smith was able to offer advice to her daughter, who was accurately and quickly diagnosed - a rarity for those living with PSVT. Dana underwent an ablation at 19 years old, a surgical procedure that works by scarring or destroying tissue in your heart that triggers an abnormal heart rhythm. Dana has not had an episode since. Smith's treatment path was less direct - her first ablation was unsuccessful, but watching her daughter no longer dread the next episode after having a successful procedure gave her courage to undergo a second ablation, which worked.

There is currently no at-home treatment for PSVT, although there is a growing collection of resources, basic techniques and support groups that can help people manage the condition.

"If the resources we have now were around when I was first experiencing symptoms, I could have saved years of living in uncertainty," Smith said. "I hope to motivate others to never give up in seeking the support they need to get a swift, accurate diagnosis. Having PSVT doesn't need to define you. There's hope."

*Photos of women in doctor's offices courtesy of Getty Images  
#14755 Source: Milestone Pharmaceuticals*

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