



*Your
Community Resource*

The Woodlands Word

February 2024

MEET WITH RIVENDELL BOARD CANDIDATES

Larry Dobias



My name is Larry Dobias and I am running for the Board of Directors. My wife Nancy and I have lived in the Rivendell Community for 12 years. I have served on Rivendell Boards in the past for 5 years, first as the Treasurer and later as the President. In addition I have

been an active member of both the Maintenance and Pond and Preserve committees.

Before I retired, I served as the President of AM Stabilizers, a chemical company which is part of the Functional Chemicals Div of Mitsubishi Corp. The company has multiple manufacturing sites producing vinyl additives sold globally. I was on the Board of Directors reporting to management in Tokyo with P&L responsibility for the business.

If elected to the Rivendell Board of Directors, I would work immediately to re-establishing a solid working relationship with all committees to allow them to use their available expertise on behalf of the community. I would encourage committee members to seek owner involvement and active participation in Rivendell activities.

To be effective, it's my belief that the Board must improve transparency among all members of the community. I would manage Rivendell using the documents as the guide, coupled with current law from the County, State and Federal governments. I would also work to manage the budget with the goal to continuously improve the appearance of Rivendell within its constraints.

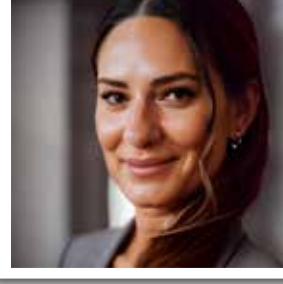


My name is Chuck Pertile. My wife Sheree and I have lived in Rivendell for 6 years. I have been involved with the Maintenance Committee the past few years and this experience has given me a broader insight into the community function and needs. I feel that this experience will be beneficial to the entire community, so I have decided to run for the Board of Directors.

Prior to retirement, I lived in the Chicagoland area and worked for several companies as an engineer. With this engineering experience, I was able to own and operate a small business. These responsibilities included finance, engineering, quality control, human relations and maintenance.

I believe my business experience, in conjunction with my knowledge of Rivendell will enable me to be an effective board member.

F. Michelle Meyer



Since moving to Rivendell in 2015 with my husband and our son, a proud Pine View high school graduate of 2023, I've been an active and engaged member of our community. My mornings often start with a rejuvenating walk around our picturesque neighborhood, where I relish in the local wild-

life. Outside of Rivendell, I'm an avid tennis player and enjoy the beach and boating with family and friends.

Professionally, I bring over a decade of experience in international project management and logistics, most recently serving as a Logistics Manager at RTI International based in Washington D.C. My expertise includes event planning, team leadership and a deep understanding of logistics management, making me adept at handling complex situations and ensuring effective communications and organization.

My goal as a board member is to blend my professional skills with my passion for our neighborhood, ensuring Rivendell continues to be a wonderful place to live for all residents. I'm eager to listen and talk with residents, promote community involvement and be engaged in how the community moves forward. I'm committed to collaborative decision-making and ready to address the evolving needs of our community. I will approach financial matters with diligence and responsibility, ensuring that our resources are managed efficiently to maintain the health of the HOA.

Chuck Pertile

Rivendell Men's Group??

Readers of the Woodlands Word may have noticed that there are many women's events sponsored by the Social Committee (Ladies' Nite Out, Ladies' Luncheon, etc.), but nothing organized for the men of our community (except for the Cottages who have a men's breakfast group). Why is that? It's because we have no men volunteering for the Social Committee or to organize male-only events. If you have ideas for something that the guys in our community would like to do, and are willing to try it out as an organizer, please contact Maria Ilioff at milioff@gmail.com.



Happy Valentine's Day!

Dining Out Resumes for 2024

Rivendell residents are welcome to join the Dining Out group dinner at Phillippi Creek Oyster Bar on Thursday, February 22nd at 7 pm. The restaurant is located at 5353 S. Tamiami Trail, Sarasota. The group will gather before dinner on the pool deck at 5:30 pm to socialize (please bring anything you would like to eat or drink there). This is the first time that we have picked a weekday for Dining Out, but our next meal will be on Saturday, April 25nd, for those who prefer weekend dining. If you would like to join the group for the February dinner, please contact Adele Kellman at adele.kellman@gmail.com or on (908) 464-7003 to reserve a place. Please make sure that you contact Adele by February 15th as reservations may be limited.



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RIVENDELL MIXES IT UP A Potluck Success

When the weather on January 14th turned out worse than expected, Lisa and Kevin Boggess kindly invited the Potluck attendees to their Mallard Marsh home to eat a delicious meal. There were around 35 Rivendell residents (including children) who gathered happily to enjoy an array of main dishes, salads and desserts. It was clear that we have some excellent cooks among us, and many people got to meet their neighbors, some recently arrived in the community. Thanks to everyone who attended, and to Maria Ilioff and Lisa who organized this event for the Social Committee. In March, we will have another community meal around the pool – an Ethnic Potluck meal.



Join 665 of your fellow
Rivendell Residents on the NEXTDOOR
social network www.nextdoor.com

Are you seeking a service provider recommendation?

Do you have an item to sell?

Do you have any questions about Rivendell or
other topics residents can help with?

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

FEBRUARY SUDOKU PUZZLE

Sudoku Puzzle #K383RI
Presented by Puzzle Baron

Rated: Medium

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7				4			1	
	3		8					
		4					8	3
	7		9			4	2	
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6				2		1		
			3	7		8		

(solution on page 10)

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Getting yelled at?

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Do you think that your spouse is yelling at you more often than usual? If you said yes, you are not alone in this. We recently had George come in and asked for adjustments to his hearing aids. I ask why and he said, "my wife is yelling at me morning and night."

I must have looked confused so he explained. He said, "When I last saw you I remember getting coffee in the morning and my wife came in with a booming voice asking me something. I told her I heard her and she didn't need to yell. She laughed and said something like well there's a first time for everything. This morning she said something to me and I missed it. Then she looked me right in the eyes and said so slowly and loudly, "Go ask Blair to help you.. and me."

I didn't need to adjust his hearing aids in the way he was thinking. I didn't need to make them louder. I just needed to do a cleaning. The skin debris and wax particles will clog both the speaker and the mic screen. If the mic isn't taking in sounds then he can't catch what his wife said. Or if the speaker is clogged then no sound can be transmitted at a volume you can hear, then she will need to yell.

If you feel like everyone is yelling at you, or you are the one yelling. Please know that we can help make talking to each other easier. Call for an appointment to determine if the hearing aids need a cleaning, repair or service.



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Note from the Editor



As I write this, I am still reflecting on a celebration I attended the night prior to Martin Luther King's 95th birthday. While I was only in high school when he was assassinated, it significantly impacted me. And even today I'd wager that Dr. King was a seminal figure in most of our lives. The final song in this evening of music and oratory presented by the always excellent Westcoast Black Theater Troupe was "Reach Out and Touch Somebody's Hand ... Make This World a Better Place If You Can." As everyone in the Opera House sang along, swaying to the music and -- yes -- holding hands with their neighbor, I couldn't help but wish more of that all-embracing spirit could spill over into many corners of my life.

A pleasant spill-over for all of us is the addition of a monthly column by Deb Holton-Smith. Deb, a certified health coach, has agreed to share some of her spot-on health knowledge each month with the WW. Deb is also a registered nurse, photographer, and a resident of The Cottages. Welcome Deb.

Our volunteers deserve our support. Not only do they save the community monies in donated time and talents, but they also help build an esprit de corps. As we go into a new turn in our Board of Directors, please give them all a margin of good will. No one grows up thinking the pinnacle of their life will be a position on their HOA. They enter this hoping their life skills will help to move their community forward. And for that, I say, "Thank you." I hope you will join me.

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Keeping Rivendell Wild!

By Ponds & Preserves Committee
Photo by Bob Franks

The original developers of Rivendell described it as a community in harmony with nature. Our preserves, wetlands and stormwater ponds are good examples of our nature-friendly features. These design elements not only protect us from flooding, but also provide important habitats for an enormous variety of plants and animals that make our part of Florida so special.

Unfortunately, recent development and population growth has taken a toll on the natural environment here in Southwestern Florida. Wildlife has been negatively affected by habitat loss, fragmented wildlife corridors, declines in water quality, loss of native plant species and light pollution. Long time Rivendell residents have seen a steady decline in wildlife over the past few decades because of these impacts. These changes are discouraging.

Is there anything we can do to blunt the negative effects of development and make Rivendell more wild Florida friendly? Yes! We have “naturalized” the shorelines of our ponds with low maintenance zones (LMZs) and shoreline aquatic plants that control erosion, filter water runoff into the ponds, and create habitat for fish, birds and other critters. We have mowed preserve areas to simulate natural cycles of wildfire and prevent habitats from being overgrown with aggressive plants. Our pond and preserve managers regularly treat the ponds and preserves to

control invasive plant species. In addition to these efforts of our homeowners association, Rivendell residents can support our “harmony with nature” in several ways. Here are a few suggestions.

1. Residents with preserves adjacent to their homes should leave them alone. No planting, dumping, pruning or removing of plants. Landscaping lights should not shine into preserves. (Know your property line and do not encroach beyond your yard.)
2. Do your best to keep fertilizer, yard waste, pet waste and other debris out of our ponds. (Reduce overall use of fertilizer. Irrigate only when necessary.)

Nothing should go down the storm drains on roadways except water. Remember that the storm drains empty directly into our ponds.

3. Use native plants in your landscaping. Consider planting a pollinator garden. (Follow HOA rules for any landscape plans.)

Turn off or turn down your lights at night. Excessive artificial light disrupts the natural balance of ecosystems, affecting wildlife behavior and migration patterns. Many species, especially nocturnal ones, rely on darkness for navigation and feeding, and excessive lighting can disorient and harm them.

Thank you so much for helping us keep Rivendell as place that is in harmony with nature!



DEAD ANIMALS FOUND IN THE VILLAS

Dead rats and rabbits have been found in the Villas neighborhood, most likely killed by toxic bait.

Both of those animals are very much part of our landscape in Rivendell. And rats, especially, are rarely welcome. People often choose toxic baits as the poisoned rodent will rarely be seen as it wanders off to die. These baits use anticoagulants, which cause the rodent or rabbit to die slowly and painfully from internal bleeding. **These poisons are not considered to be humane.** The toxic effects include difficulty breathing, weakness, vomiting, bleeding gums, seizures, abdominal swelling and horrible pain.

In addition, the body of the poisoned animals present significant risks when eaten by other animals, including native wildlife. A recent study showed that over 70% of dead and dying owls sampled had been exposed to anticoagulants and that over 50% had dangerously high levels. Bald eagles are scavenger feeders and will eat dead or dying animals. And snakes, which feed on small animals like rats, are at risk as well.

There are more humane ways to control rat populations without poisoning them and causing a terrible death as well as risking the lives of the wildlife we find more desirable. Stay tuned for the March edition when we present a round-up of how to control these pesky neighbors.

Interested in Golf?

Keitha Lackey is working with the Social Committee to see if there is sufficient interest in forming a Rivendell Golf Group in 2024, and what kind of events people might like to have us help organize. If you are a golfer, please let us know what interests you most: a golf tournament, finding golf partners, trying new courses, participating in an outing, etc. All ideas are welcome. If you are just a beginner or would like to learn, are you interested in lessons with your Rivendell neighbors? Please send any ideas and advice via email by February 15th to Keitha Lackey at klackey123@gmail.com. Any suggestions you may have will be appreciated!

Calling All Dog Lovers!

In March, the Social Committee and Ellen Sagalov will be organizing a parade for our community dogs, their owners, and interested observers. Many people have said that they are known by their dog's name because that's who their neighbors know. This is an opportunity to learn who our dog owners are, and to see the variety of pooches who live in Rivendell. Friends of dog walkers, and people who want to watch the parade, are welcome to participate as well. The event will be held at 10 am on Saturday, March 23rd with the parade starting at Crescent Park and moving along Mallard Marsh to Butterfly Park. Save the date! If you would like to help Ellen organize this event, please reach out to her at ellensagalov@hotmail.com.



Book Nook

Book Group I Fills its 2024 Calendar

Book Group I has selected the balance of its books for 2024. As always, the group meets on the second Monday of each month at 7:30 pm at a member's home for a discussion led by a volunteer. We gathered at Barb Gahry's home in January. Judy Sokal led an excellent discussion of Hazel Gaynor's fictional work about WWII: [When We Were Young](#). On February 12th, Beryl Nord will be leading a discussion of [Honor](#) by Thrity Umnigar. Upcoming titles include [The Dutch House](#) by Ann Patchett and [Remarkably Bright Creatures](#) by Shelby Van Pelt.

Book Group II Invites New Members

Would you like to join a book group with your Rivendell neighbors? Book Group II has reorganized with a regular monthly schedule, meeting the 4th Wednesday evening of each month at 7:30 pm. Each month, a different member will facilitate the discussion and meeting. In February, the group will be reading a historical novel, *Lady Tan's Circle of Women* by Lisa See, and Barb Gahry will facilitate the meeting. In March, the group will read *Remarkably Bright Creatures* by Shelby Van Pelt. Future selections are open for discussion. If you would like to join this group, contact Alexis

Spaulding at alexis.spaulding46@gmail.com.

Ladies' Luncheon

On the fourth Wednesday of each month, a group of Rivendell ladies gather in a local restaurant for lunch, an event organized by Mirinda Roy. On Wednesday, February 28th at 12:30 pm, they will be eating at Le Petit Jardin Café at E.1500 Venice Ave. If you would like to join the group, please reserve with Mirinda Roy by February 14th. She can be reached at miriroy@aol.com. The March luncheon will be held at Burgundy Square Café on Miami Avenue in Venice.

Rivendell Walk and Talk Group

Many of our surrounding communities have morning walking groups. They provide an opportunity for both exercise and social interaction. Would you like to join others in Rivendell for a regular morning walk, meet new people, keep motivated, and stay active? Lesley Glick is having an organizational meeting of interested women walkers at her home at 1101 Mallard Marsh on February 15th at 10:00 am. Please contact Lesley at lesleymg8@gmail.com or on (973) 219-5839 if you would like to come.

Rivendell Bridge Players

The Rivendell Bridge Group, led by Barb Loe, continues to welcome new members who are interested in joining them. To join, you don't need to be an expert player, but you should at least have played bridge, whether in college or later, and be available to play on the 1st and 3rd Thursdays of the month, beginning at 1:00 pm. If you would like to know more about the Bridge Group, contact Barb at bjloe@earthlink.net.

Ladies' Night Out Continues

After a successful gathering in December with 16 Rivendell women attending, the Ladies Night Out group will continue at Captain Eddie's Tiki Bar in February. The date and time are Tuesday, February 6th at 5:00 pm. Contact Kathy Lysak at klysak@comcast.net to join the mailing list for these events and for more information.

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DON'T MISS OUT ON THE FUN - ACTIVITIES FOR FEBRUARY

Social Committee Events for February 2024

- Tuesday, February 6th, 5:00 pm **Ladies' Night Out** meets at the Captain Eddie's Tiki Bar. Contact Kathy Lysak at klysak@comcast.net for more information.
- Wednesday, February 7th, 9:00 am. **Kayaking** at Pinecraft Park at 1420 Gilbert Ave. in Sarasota. Contact Jane Stevens at janie0441@gmail.com for details.
- Thursday, February 8th, 1:00 pm. **Bridge Group** meets. For more information contact Barb Loe at bjloe@earthlink.net.
- Sunday, February 11th, 9:00 am. **Kayaking** at Bayfront Park at 4052 Gulf of Mexico Dr, Longboat Key. Contact Jane Stevens at janie0441@gmail.com for details.
- Monday, February 12th, 7:30 pm. **Book Group I** meets. Contact Adele Kellman at adele.kellman@gmail.com
- Wednesday, February 15th, 10 am. Organizational meeting of **Walk and Talk Group**. Please contact Lesley Glick at lesleymg8@gmail.com or on (973) 219-5839 to join this meeting at 1101 Mallard Marsh.
- Thursday, February 22, 5:30 pm **Dining Out**. Dinner will be at 7:00 pm at Phillippi Creek Oyster Bar, after meeting up at the pool deck at 5:30 pm. Contact Adele Kellman at adele.kellman@gmail.com for details and to reserve a place.
- Thursday, February 22, 1:00 pm. **Bridge Group** meets. For more information, contact Barb Loe at bjloe@earthlink.net.
- Wednesday, February 28, 12:30 pm. **Ladies Luncheon Group** at Le Petit Jardin Café, 1500 E. Venice Ave, Venice. Contact Mirinda Roy at miriroy@aol.com to reserve a place.
- Wednesday, February 28, 7:30 pm. **Book Group II** meets. Contact Alexis Spaulding at alexis.spaulding46@gmail.com for details.



Knee Pain?

Arthritis?

- Are your knees stiff in the morning?
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- Do the activities you enjoy cause pain around your knees?



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Kayaking



February paddling events are scheduled for Wednesday, February 7th and Sunday, February 11th. We will meet up at 9:00 am with paddles in the water by 9:30 am for each event.

The February 7th event starts from Pinecraft Park at 1420 Gilbert Ave. in Sarasota. The group will paddle downstream to Phillippi Estate and then return to Pinecraft Park. This is a nice, easy, paddle and if the group is interested, we can walk around the farmers market at Phillippi Park where there is a good stopping point. Contact Economy Tackle at 941-922-9671 for rentals – they will deliver to Pinecraft Park.

The paddle on Sunday, February 11th is from Bayfront Park at 4052 Gulf of Mexico Dr, Longboat Key, We will meet up at 9:00 am with paddles in the water by 9:30 am. This is a good spot to explore Sarasota Bay. Rentals are onsite, but renters should contact Happy Paddlers in advance at www.happypaddlers.com or 941-964-0375. If you have any questions, please contact Jane at janie0441@gmail.com.

The group uses an app called TeamReach to announce paddles, communicate and post pictures. We can be found under Rivendell Kayak (contact Jane for the group code). Please let Jane know if you intend to join one of these activities.

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6	8	9	4	2	5	1	3	7
5	4	1	3	7	6	8	9	2

The Cottages Coffee Klatch

The Cottages started the New Year with caffeine and plenty of good cheer during the first of monthly Coffee Hours. It's a great way to catch up with neighbors over a good cup of Joe.



February Is Heart Healthy Month

By Deb Holton-Smith

Happy Heart Month!!! Is having a healthier 2024 one of your goals?

Here are some fun facts to strive for:



A few tips for a Happy Healthy Heart...

1) **EXERCISE MORE!** Get moving! Whether you enjoy going for walks, doing yoga or going for a light jog, cardio (cardiovascular) helps strengthen your heart muscles.

2) **MANAGE STRESS!** Some people with high stress levels may have higher blood pressure. What relaxes you? Take time out each day to do something you enjoy: read, go for a walk, or get a massage.

3) **QUIT SMOKING!** Smoking increases the risk of developing cardiovascular diseases and damages the lining of your arteries, leading to a build up of fatty material which narrows the artery. This can cause a heart attack or stroke.

4) **EAT HEART SMART!** Avoid a diet high in saturated and trans-fats, as they lead to higher cholesterol levels. Instead, focus on Omega-3 fats like in salmon, whole grains and berries. If you want more information on healthy eating, please fill out this quick assessment. It should only take a few minutes! <http://bit.ly/DebHoltonSmithsHealthProfile>

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