



*Your
Community Resource*

The Woodlands Word @ Rivendell

NOVEMBER 2013

Maintenance Committee Report September 4 and October 2, 2013

By Jim Stepien, Chair

The good news is we have again had no significant maintenance issues during the past two months and our community continues to receive needed summer rains that have helped to maintain the level of our lakes/ponds while also helping to assure the success of our new plantings. The bad news is a number of new initiatives have been delayed as a result of no Board meetings.

Landscape Status: We are in a somewhat catch up mode with some of the trimming. The rains have been good for the plants and lakes but have slowed down some work. Also, some damaged turf is noticeable along Rivendell Blvd. just before the bridge. It is the result of a fungus that is being treated; we will replace the turf as necessary.

Pool Status: The committee will also be making some necessary repairs to replace the deteriorating condition of the mirrors in the restrooms, replace inappropriate lights in the seating area of the pool, and remove the non-functioning motion detector lights. The replacement of the defective water fountain and the repair of the shower control unit are in process at the time of this report and may be finished by the time you read this.

(Continued on pg. 5)

Rivendell Budget and Board Meeting

November 4th, 2013

at 5:30 pm

at Historic Spanish Point

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

Attention

Candidates Sought for Board of Directors by Carol Heckert

The Rivendell Homeowners Association is seeking candidates for the Board of Directors. Three people will be elected to fill Board vacancies at the Annual Meeting in February. We have a great many talented people in our community, and we need at least three of you to step up now.

Are you interested in helping to maintain the beauty and functioning of our community while keeping costs within our annual budget? If so, you may want to become a candidate for the Board of Directors. Board members have a variety of functions, which include approving expenditures, maintaining the budget, enforcing covenants, overseeing contracts, passing standing rules and serving as liaison to Rivendell committees.

If you are interested in becoming a member of the Board of Directors, please write a Letter of Intent. It should consist of 2 paragraphs, with a word count of 250-350 words. The first paragraph should briefly describe your background plus any experience that qualifies you as a candidate. The second paragraph should describe what you want to accomplish for the community as a member of the Board.

The Letter of Intent should be sent to our property manager (kyannemerrill@mgmt.tv) and her assistant (shannonbanks@mgmt.tv) at Lighthouse Management Company. It should be sent before December 13. If you have any questions, their phone number is 966-6844.

We will publish the letters from all candidates in the *Woodlands Word*, and will hold a Candidates Night if there are more candidates than open positions. Please consider running for the Board!



Helpful Household Hints

Editor's Note: Our homes are no longer new and are starting to require more maintenance. If you have discovered a hint, tip, or idea, please share it with your neighbors through this new column.

1. Lamppost Light not working:

Items to check first:

- Check the Circuit Breaker Box in your garage – the lamp breaker is probably labeled “garage”.
- Is the Ground Fault Interrupter (GFI) turned on? GFI is the red button on electrical outlet usually in garage.
- Some Rivendell homes have 3 switches inside the home by the front door. Check to see if one of those switches also controls your lamppost light.
- Clean the photo cell/sensor (small “eye” on back of lamp).
- Clean the bugs out as they could be interfering with the electrical connections.
- Replace the light bulb; replace a fuse (Woodlands Word, March 2005 page 14).
- If these steps don't work, then proceed to the more challenging step of replacing the light photocell. For assistance, refer to an article by Dave Gill (June 2011 Woodlands Word). Previous newsletters can be accessed at: http://www.lighthousepropertymanagement.net/portal_login.html

2. Home Service Provider List: Since the Woodlands Word no longer has a Service Provider Recommendation column, a source of recommended *Home Service Providers for Sarasota County* can be found on-line. Use your Internet Browser to search for “Five Star Rated by Home Services Review for Sarasota County”. This website provides an updated list.

3. Clean Roofs to avoid damage: If the roof tiles aren't cleaned periodically then dirt, mold, mildew, and fungus can cause permanent damage. Green on the tiles or black film along the edges indicates that mold, mildew, or fungi are present.

A clean tile roof will make your home look better, increase the value of your home for resale, and prevent the fungus from destroying your tiles thus

prolonging the life of your roof. In addition, the Rivendell Amended Deed Restrictions* require that our roofs be kept clean. Vic McMurry wrote an article titled “Keeping Your Roof Clean” (October 2006 issue of the *Woodlands Word*).

*Amended Deed Restrictions, Article 4.02, Maintenance Provisions, Part (b) Structures (page 6 of the 2013 Rivendell Community Directory).



HAVE A HELPFUL HOUSEHOLD MAINTENANCE HINT?

SHARE IT!

Please send your helpful “Household Hints” to Marilyn at tpro38@yahoo.com

Candidates Sought for Board.....	1
Maintenance Committee Report.....	1
Helpful Household Hints.....	2
Through the Lens	3
Osprey-Nokomis Chamber of Commerce ..	3
Transformer Box Information	4
In Memoriam	4
Snapshots of the Danube Part II	6
Email Etiquette.....	8
Protecting Your Digital Assets	9
Reminiscences: Moving On.....	10
Book Group Schedule.....	11
Arts and Events in Sarasota.....	12
Residents Helping Residents	13
Medical News You Can Use	14
Crossword Puzzle.....	15
ARC Report	17
Who We Are.....	19

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

Through The Lens: Florida Box Turtle

By Kay Mruz

I suspect a number of kind-hearted Rivendell residents have come to the aid of a Florida box turtle at some point. They often need a little encouragement to move along instead of stopping in the middle of the road or our help in getting over the curb.

Four subspecies of box turtles live in the United States. Two live in Florida. They are the Gulf Coast box turtle (found in the Panhandle) and the Florida box turtle (found throughout Florida). All box turtles have a tall, domed shell (carapace). The bottom of the shell (plastron) is hinged allowing the turtle to close its shell hiding its head and legs. This characteristic is the source of the name "box turtle." The Florida box turtle has a black carapace with a distinct pattern of bright yellow stripes. The plastron can vary in color from shades of yellow to solid black. Yellow stripes run along each side of the head. Average size is four to six inches. The male has a slightly concave plastron while the female has a flat plastron. Because of the warm Florida climate, they do not hibernate but do tend to slow down during the winter months. If all goes well, they can live up to thirty years in the wild.



Florida Box Turtle cruising down the road
photo by Kay Mruz

Florida box turtles are found in marshes, swamps and forests. They are semi-aquatic and spend a majority of their time on land. Adults are omnivorous feeding on snails, insects, berries, worms, flowers, roots, slugs and fungi. Young, five to six years of age, are carnivorous.

Female Florida box turtles dig shallow nests in loose, well-drained but moist soil. An average of five eggs are laid and covered up with soil. She does not protect the nest. Eggs should hatch between 70 and 90 days depending on air and soil temperature. Eggs can hatch anytime of the day or night. Hatchlings spend most of their time hiding in ground cover. Both eggs and hatchlings often fall prey to raccoons, skunks, birds, snakes and fire ants.

Rivendell provides the perfect environment for the Florida box turtle. They do, as many of you have seen, wander into our roadways. Please continue to keep an eye out for them and help them on their way whenever possible.



Osprey Nokomis Chamber of Commerce Website

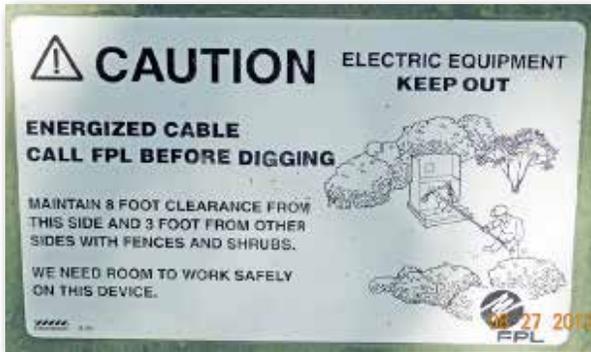
<http://ospreynokomisflorida.com>

If you would like to know more about the businesses and activities happening in the Osprey Nokomis area, just point your mouse in the direction of the new and friendly Chamber of Commerce website: <http://ospreynokomisflorida.com>

The tabs along the top of the page can direct you to area businesses, and under the separate Nokomis tab, there is information about Legacy Trail with proposed future Legacy Trail Heads and maps!

The events that are occurring in Osprey, Nokomis, Venice, Siesta Key and Sarasota are listed under the "Events" tab. Check back later under "Chamber Events" to find out more about "December Family Fun" at Blackburn Point.

The Chamber also provides up to date news on Facebook: <https://www.facebook.com/OspreyNokomisChamberOfCommerce>



Directions for maintaining transformer box located on front of box.

Transformer Box Information by FPL

If you have a “transformer box” on your property with shrubs and plants around it, FPL will need to remove the foliage. According to guidelines, the property owner will maintain access to FPL equipment located on their property (8 feet clearance from the door side and three feet of clearance from other sides from items such as fences, shrubs, and other obstructions). Directions are located on the front of the box if you have one on your property. The boxes are necessary because of our underground lines. They provide access for any needed repairs in the community. Basic message: If you can’t read the directions on the box, then it’s time to prune!



Transformer Box without any plants.



Shrubs trimmed from all sides of transformer box

IN MEMORIAM

*Dr. Donald Taggart died on September 22 at the age of 79.
Our sincere condolences go out to his wife Colleen and their family.*

(Maintenance committee continued from pg. 1)
Lakes/Pond Status: Lakes/Ponds are looking good. We are still in a holding period with our lake contractor; they will begin replanting the littoral zones as soon as the water levels drop to the necessary level to insure the success of any new plantings.

Preserve/Wetlands Status: There are no problems to report and our contractor continues our efforts to maintain our preserves and wetlands in accordance with County guidelines. We will be obtaining County approval to plant some palmettos and pine trees in a preserve area behind homes in the 1000 block of Scherer Way.

Other Status: A variety of maintenance repair issues with the street lights are scheduled for repair. These include broken glass panels, sensor problems, and touchup painting. We are still waiting for the County to begin work on the road markings throughout the community.

The following recommendations are the same as in my last 2 reports since there has not been a Board Meeting since June 2013. We are confident that these recommendations will be addressed at the next Board meeting.

MC RECOMMENDATIONS to be made at the next Board meeting:

Landscape:

1. Oak tree trimming along Rivendell Blvd. and Rainbow Point Way to comply with County height requirements.
2. Mulching throughout the community.
3. Lake bank mowing/restoration at the following lake/ponds - Eagle, Scherer, Millpond, Mallard, Bobcat, Turtle and Otter.
4. Extend irrigation to all common areas not currently irrigated (we will attempt to use pumps, piping and heads already installed under the discontinued solar effort).
5. Landscape lighting at our previously installed sabal palm plantings on various lakes to increase safety and enhance our community's appearance.

Pool:

1. Restrooms - install electric hand dryers for sanitary and economical reasons, auto hand

soap dispensers, auto on/off toilet/urinal controls, a baby changing station, and motion sensors light/fan controls:

2. Pool entry - install electronic lock for after closing security.

Please report any problems you notice to Lighthouse Property Management.

Next MC meeting will be November 6, 2013 at 7pm in the Cottages Clubhouse.

Breaking News! New Board Members

We now have a full Board!

Due to future heavy future travel commitments, Nancy Schubert has resigned, and has been replaced as vice-president by Vincent Barone. Gwen Stepien has agreed to fill a long-standing vacancy and will be liaison to ARC. Joe Sefack is the new ARC chair.

Thank you and good luck to all!

(Solution to puzzle on P.15)

1	2	3	4	5	6	7	8	9	10	11	12	13						
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				23	O	A	S	T			26	L	E	A	S	E	S	
27	S	H	O	R	T	C	I	R	C	U	I	T						
32	O	O		33	S	U	R	E	R		34	S	A	L	T	S		
38	O	R	Z	O		39	D	I	D	O	S		42	S	O	A	P	
43	N	S	Y	N	C		44	N	O	N	O	S		47	G	T	O	
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51	F	R	E	E	T	O			54	N	A	G	Y					
55	R	E	S	C	I	N	D	S		56			58	O	N	D	I	T
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66	M	E	E	R		67	E	I	S	E	N		68	H	U	G	S	
69	P	L	E	D		70	E	V	I	A	N		71	S	P	A	T	

Snapshots of The Danube

Part II: Cesky Krumlov, The Czech Republic

By Judy Sokal & Jon Lewis



The view from the castle above Cesky, Krumlov

In my last article, I described the charming city of Bratislava, Slovakia. This article highlights our favorite town on the entire cruise, Cesky Krumlov. Neither of us had even heard of this World Heritage Site prior to our visit, only to discover it is wildly popular with Europeans who descend on its magnificent castle and refurbished ancient town en masse, making it the second most popular holiday destination in Europe.

Cesky Krumlov was established beginning in the 13th century, but most of the castle and town were built between the 14th and 17th centuries on a bend in the Vitava River. The castle was in private hands for hundreds of years, one wealthy

family after another owning it, adding to its rooms, gardens, and banquet halls until it became the 2nd largest castle in all of The Czech Republic.

During WWII and the Communist era, Cesky Krumlov suffered greatly, and most of the ancient town fell into disrepair. Following the Velvet Revolution in the 1990's, when The Czech Republic separated from Slovakia, the town was brought back to life, and now, with few exceptions, the old cobblestone streets are filled with shops, apartments and restaurants all gaily painted in every imaginable pastel color.

Jon and I were lucky to be able to walk first through the gardens that were brought back to their original form through private donations, and beautiful to view. We then visited many areas of the castle and saw the ancient wall frescoes still intact. The castle sits on the top of a rocky hill, looking down over the town. We viewed the rooftops and streets below us as tourists rafted down the river. It was breathtaking.

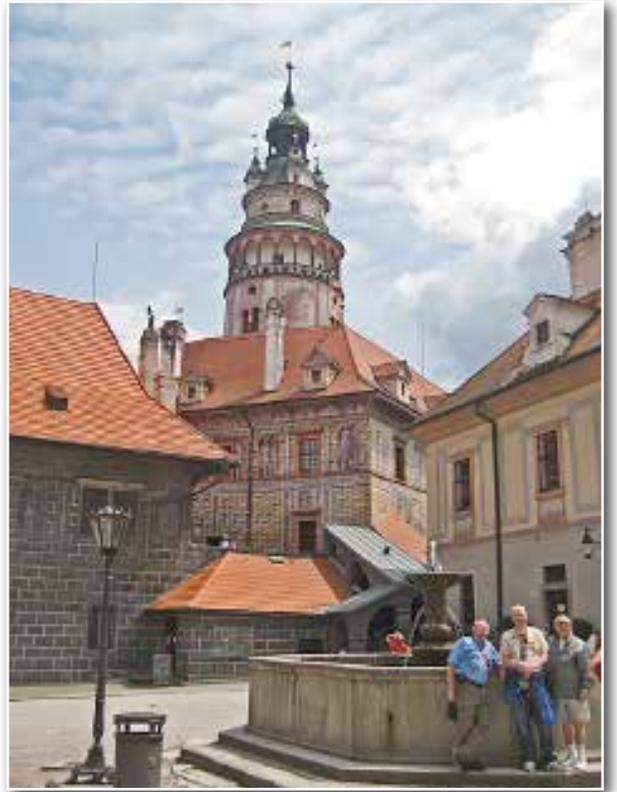
We then walked down into the town, the sights and smells drawing us in every direction. After shopping and sight seeing, we sat by the lovely Vitava River enjoying an ice cream (of course, what else?) looking up at the castle high up on the other side. As with many other sites during our cruise, we wished that we had more time to spend in this lovely town, but we feel lucky to have been there at all.



Cesky and the Vitava River



Walking the cobblestone streets



*Charming cafes
and storefronts
photos by Judy Sokal*



Email Etiquette



Excerpted from http://email.about.com/od/emailnetiquette/tp/core_netiquette.htm

By Heinz Tschabitscher, About.com Guide, edited by Judy Sokal

Email Etiquette: Helpful Rules to Follow

These are guidelines that help avoid mistakes (like offending someone when you don't mean to) and misunderstandings. These "rules" of email etiquette help us communicate better via email.

1. Take another look before you send a message.
2. Do not default to "Reply All."

If it's good to reply, it should be better to reply to all; right? Yes, but only if the reply is really important to all the recipients. Use "Reply All" cautiously.

3. Keep emails short.

Do not intimidate recipients with too much text.

4. Properly format your email replies.

To format an email reply properly, start your message at the top of the reply. Include the original message to which you are replying below.

5. Be clear in your subject line.

The key to getting your messages read is to be specific.

6. Clean up emails before forwarding them.

First, make sure you're sharing the content of the email, not the addresses in it, by deleting all addresses from the forwarded message.

Then, clean up the message if it contains unnecessary '>' characters or uneven line breaks.

Finally, place any comments you have before the forwarded message.

7. Say why you think what you forward will interest the recipient.

More and better communication makes better relationships. Share relevant information.

8. Do let people know their mail has been received.
9. Ask before you send huge attachments.

Don't clog email systems without permission.

10. Limit one or two subjects per email message.

Talk about one subject per message. For another subject, start a new email.

11. Punctuation matters in emails, too.

Comma, colon, hyphen and semicolon — all exist for a reason: they make it easier to understand the intended meaning.

12. Use acronyms sparingly.

DYK? Not everybody knows every acronym, and they don't save that much time anyway.

13. Resize photos to realistic proportions for emails.

14. WRITING IN ALL CAPS IS LIKE SHOUTING.

Don't shout in your emails (and all caps are so difficult to read).

15. Catch typos by printing your emails.

Find typos or misplaced commas the spell checker or you miss when proofreading on the screen.

16. Set your system clock to the correct time.

Make sure you don't send messages from 1981.

17. When In doubt, end emails with "Thanks"

"Bye", "regards," "best wishes", or "sincerely" will also work.

18. Make certain your message is clear.

Tell it like it is. Simply write it down the way you were thinking it.

Now explain what you're trying to say. If you write down your explanation word for word, chances are that will be all the help you need.

19. Compress files before sending them via email. Smaller is better, at least when it comes to email attachments.

20. Avoid "me too" messages.

"Me too" is not enough content. Only support another message when you also have something new to contribute to the discussion.

21. If you forward an email and do not want the recipient to include your address should they decide to forward it to some one else, include the following statement before your signature:

If you forward this email please delete the forwarding history, which includes my email address. It is a courtesy to me and others who may not wish to have their email addresses sent all over the world! Erasing the history helps prevent spreading viruses and stops spammers from mining addresses.

22. Take another look before you send a message. One strategy to avoid misinterpretations is to allow every message "to rest" after you have finished it, but before you press the "Send" button.

Reread and reconsider the whole message when you return to it, possibly from the recipient's perspective. It is amazing how many ambiguities can be in short and simple emails.

Protecting your Digital Assets Excerpted from AARP Bulletin June 2013 by Christina Ianzito



After you die, what happens to the information you have stored online? If it is data stored on YouTube or in accounts such as Gmail or Picasa, you can use Google's Inactive Account Manager to be sure it all goes where you want it to go.

This feature allows you to give your consent to transfer data such as stored emails and family photos to your executor or other designee. For your loved ones to retrieve your data from Facebook, Yahoo and other online services, you

should authorize your executor to work with those services to transfer your stored information.

Other services such as Legacy Locker and Planned Departure will encrypt and hold your various account passwords. But you'll still need an authorized executor to ensure your assets go to the right place.



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Reminiscences: Moving On

By Richard "Digger" Vogt



My wife, Marlene, is a registered nurse and worked for a travel company that arranged part-time assignments for medical professionals. She accepted a position at a Florida hospital. We packed our bags, closed our home for the winter, and left upstate New York for our new adventure. It was a cold, rainy December day and we monitored the temperature from the cockpit of our Buick as we motored toward the state that many good-naturedly refer to as "God's waiting room."

We were overwhelmed by the climate change. It was Paradise; we had found our Shangri-la! The housing boom was in full swing and there were all kinds of models on display. No snow, picking oranges from the backyard trees, summer clothes in December. Why not? We'll sell our house up north and relocate to the land of geckos, gators and early bird specials. One of the first places we looked at was Rivendell with six model homes, a Dixieland band, and a trolley to ride between models while munching on Rivendell popcorn.

We looked at a dozen subdivision models and just couldn't decide. My wife's three-month assignment was ending, and we knew it was now or never. We decided to take a second look at Rivendell. We talked to an agent, looked at a lot, and signed on the dotted line. The die was cast!

Our new home would be complete in November. That, coupled with the fact that my wife had accepted an assignment in Connecticut, meant an accelerated schedule to dispose of our house in New York. I had lived there for forty years and accumulated a lot of "stuff." Of course, we would have to get rid of most of it - no easy task. The house was appraised and the county contacted for approval to sell it. The county inspection uncovered a few non-conforming conditions as a result of remodeling over the past forty years. (The house was twice its original size.) After correcting the violations, we posted a "for sale" sign on the fence and sat back to await the horde of buyers beating a path to the front door.

We had the usual curious neighbors wanting to see how we lived, a couple with a banged up jalopy

and no credit who wanted us to hold the mortgage, and a few others just "kicking the tires." In the meantime, we were holding garage sales, tag sales, and estate sales to get rid of our "treasures." At one sale, a young couple from NYC toured the house and offered to buy it. They wanted to occupy the house in two months, which meant finding a place to live while my wife completed her new assignment in Sharon, CT.

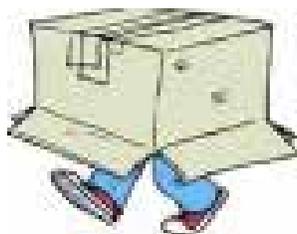
Discovering a short-term rental wasn't easy. We went to a motel that advertised short-term leases, and it was a disaster. The woman who showed us the unit kept slapping her palm against the wall. She said mosquitoes, but they were really las cucarachas! Peeling wallpaper, mice running races overhead - 'nuff said? Bye-bye. We looked at a house deep in the woods and occupied by a family of four. Entry to the apartment was a steep narrow staircase that would be a daunting experience when carrying groceries. The electric stove had wires protruding from all angles like an electronic octopus. We also passed on this one. Marlene got a tip that the in-laws of Michael J. Fox had an empty cottage near the hospital where she was working. She knocked on their door and was told that Michael and his family were moving in shortly. (Really?)

Closing day for our NY home arrived and we were still looking. We put our furniture in storage and moved into a motel. We would live in that cramped room for six weeks - me, my true love, and our beloved mini poodle Suzette. My wife made her morning toast and coffee in the bathroom so as not to wake me and I watched TV at night with a cardboard box around it so I wouldn't wake her. We endured and at the end of her assignment we happily checked out, and drove to the Promised Land.

We arrived in Osprey and learned that our new home wouldn't be completed until February. Marlene already had a new Florida assignment, so we needed a place to live - again. We obtained an apartment through my wife's employer and waited, and waited, and waited. The builders poured the

concrete slab and then stopped. We joked about stopping by to see our “slab.” Finally the building backlog eased and the house became reality as each board and window was added and the landscapers arrived to create a garden-like environment.

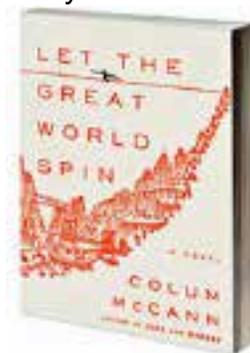
We have been living here for twelve years and are perfectly content. We made the right choice. Do I miss New York? Sure I do. I miss the mountains, the beautiful Hudson River, the shine of the moon reflecting off the frozen snow after a daytime thaw, and the smell of wood burning in our fireplace. But the bone-chilling cold and the sky-high taxes are not missed at all!



Book Group Schedule

By Marilyn Probert

The Book Group will meet on Monday, November 11 to discuss *Let the Great World Spin: A Novel* by Colum McCann which details the lives of a dozen or so characters in the New York City of the 1970s. A funambulist somehow has strung a tightrope between the Twin Towers and stuns the world by walking, running, dancing, sitting, and even lying down on the wire. Below him many people’s lives become interconnected as they walk their own tightropes.



Carol Heckert will lead the discussion at Trish Woodrow’s home 1720 Maple Street Nokomis. Trish is a former resident who has maintained her ties to the Book Group. If you plan to attend, please call her at 231-360-8629 or email her at slwzzz@yahoo.com. Anyone who needs directions may call me at 966-3512 or email tpro38@yahoo.com.

The December 9 selection will be *The Dovekeepers* by Alice Hoffman. Four women following different paths came to Masada, a fortress in the Judean desert. The Jewish inhabitants resisted attempts by Roman armies to capture and occupy the fortress, but after months of fighting, Masada finally fell. According to Josephus, a Roman historian, only 2 women and 5 children survived. Hoffman has based her novel on the events preceding and following this tragic outcome.

Barbara Gahry will lead the discussion at Carol Heckert’s home.

On January 13, 2014, John Irving’s *A Widow for One Year* will be the topic. This is the story of the life of Ruth Cole, a “difficult” but memorable woman. Divided into 3 parts, the novel describes important events in Ruth’s life beginning when she was 4 years old. Part 3 describes events that occurred when she had become “a widow for one year.”

Book Group gatherings are open to all Rivendell residents. We meet at 7:30 pm on the second Monday of the month; please call the month’s hostess if you’d like to attend.

Attention Home Buyers and Sellers...



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Janet.Lorie@floridamoves.com



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ARTS and EVENTS IN SARASOTA



Downtown Venice Art Festival

November 2nd & 3rd, 2013, 10:00 AM - 5:00 PM

West Venice Avenue: More than 150 artists will exhibit their work, from photography, jewelry, paintings, sculpture, ceramics, glass, mixed media and more. Free Admission

Key Chorale in Concert: Tomorrow's Voices Today

November 2, 2:30 PM

Collaboration with the choirs from Booker, Sarasota & Riverview High Schools.
For info go to www.keychorale.org

Belle Canto in Concert: Belles Sing The Blues

November 3, 5:30 PM,

First United Methodist Church, Call 941-955-0935 for tickets and info
With First Church Jazz Trio-only \$10

St. Armand's Art Festival

November 9th & 10th, 2013 10:00 AM - 5:00 PM

The event offers art from a broad spectrum of mediums including sculpture, photography, glass, paintings, ceramics, jewelry, and mixed media. Free Admission

Venice Area Audubon Society Wine, Beer, and Cheese Tasting Benefit

November 16, 6 PM to 8 PM

Sample up to 25 fine wines, 15 craft beers, gourmet cheeses and appetizers
Brindley Gourmet Liquor Wine and Gourmet Store, 421 South Tamiami Trail
Tickets \$15

Book Store 1 Sarasota

Barry's Book Club, Wednesday, November 13, 7 PM

"Life and Death In Shanghai," Memoir of Nien Cheng who spent 6 years in solitary confinement during China's Cultural Revolution.

Contemporary Poetry Book Club, Sunday, November 17, 5 PM

with Book Store 1 owner, Georgia Court, Mark Doty's "Fire to Fire."

Residents Helping Residents

“Residents Helping Residents” replaces the previous “Service Provider Recommendation” and “Classified Ads” columns. The “Residents Helping Residents” features services and special prices that are provided to and by Rivendell Residents. It also includes our teen businesses. The Classified Ads Column will be printed when there is a one-time item for sale or something of a similar nature (Garage Sale).

USED OVEN NEEDED: We are looking to replace our Microwave on top/Oven on the bottom with a used one. Approx. 26.5” X 42”. If you are remodeling, yours fits, and it is gently used, please call **Diane Jankowski** at **966-0103**.

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

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

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

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

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

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

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

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

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Marilyn at tpro38@yahoo.com

Medical News You Can Use:

Scientists find clue to reasons for age-related memory loss

Submitted by Ed Lin, Edited by Judy Sokal, Excerpted from "Molecular Mechanism for Age-related Memory Loss", by E. Pavlopoulos, et al. in *Science Translational Medicine*, August 2013. Reprinted on CBSNews.com 8/28/2013.

http://www.cbsnews.com/8301-204_162-57600507/scientists-find-clue-to-reasons-for-age-related-memory-loss/

Scientists have found a compelling clue to what causes age-related memory problems, and to a way of one day differentiating whether those misplaced car keys are just a senior moment or an early warning of something worse. The report offers evidence that age-related memory loss really is a distinct condition from pre-Alzheimer's -- and offers a hint that what we now consider the normal forgetfulness of old age might eventually be treatable.

Dr. Scott Small and other researchers at Columbia University Medical Center examined brains of young and old, donated from people who died without signs of neurologic disease. They discovered that a certain gene in a specific part of the hippocampus, the brain's memory center, quits working properly in older people. It produces less of a key protein called RbAp48. Called the dentate gyrus, it has long been suspected of being especially vulnerable to aging. Importantly, it is a different neural neighborhood than where Alzheimer's begins to form.

But evidence that having less RbAp48 affects memory loss in older adults is circumstantial. So the researchers took a closer look at mice, which become forgetful as they age just like people. Sure enough, cutting levels of the protein made healthy young rodents lose their way in mazes and perform worse on other memory tasks just like old mice naturally do. More intriguing, the memory loss was reversible: adding the protein made old mice as sharp as the youngsters again. The result was unexpected and was best evidence so far that age-related memory loss isn't the same as early Alzheimer's. So is that normal aging, or is it a deterioration that we're allowing to occur? It opens up a whole avenue of investigation to now try to identify interventions.



This is early-stage research that will require years of additional work to confirm, cautioned Dr. Molly Wagster of the National Institute on Aging, who wasn't involved with the report, but said the findings add to a growing body of evidence suggesting "that

we're not all on the road to Alzheimer's disease" after we pass a certain age. Other researchers have found that connections between neurons in other parts of the brain weaken with normal aging, making it harder but not impossible to retrieve memories. In contrast, Alzheimer's kills neu-

rons.

Good news: Scientists know that exercise makes the dentate gyrus, (age-targeted spot in the hippocampus), function better, and are studying if nutrition might make a difference. Scientists can assess interventions like diet, behavior, or drugs. There are treatments in mice that work well, and there's no reason why that wouldn't work in people - if we work hard enough on it.

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Across

- 1. Pacs anagram
- 5. Compact disk forerunner
- 10. Stylist's tool
- 14. ___ Romeo (Italian car)
- 15. It's human
- 16. An older brother of Seth
- 17. Crackpot's output
- 19. Dark time, in brief
- 20. From ___ distance
- 21. Shakes up
- 23. Kiln for drying hops
- 26. Tenants' contracts
- 27. Electrical problem
- 32. Tic-tac-toe victory
- 33. More positive
- 34. Some compounds
- 38. Italian soup pasta
- 40. Capers
- 42. Camay, for one
- 43. Orlando fivesome (17th)
- 45. Taboos

- 47. Title car in a 1964 pop hit
- 48. Highest-priced boxing ticket
- 51. "___ Choose": Friedman
- 54. Hungarian premier
- 55. Annuls
- 58. Rumor
- 62. ___ the task
- 63. Pebbles, for one
- 66. Double no-hit pitcher Johnny Vander ___
- 67. ESPN anchor Rich
- 68. Holds close
- 69. Beseched
- 70. Brand of water
- 71. Petty fuss

Down

- 1. Site of a biblical miracle
- 2. Addition word
- 3. Aptly named shaving lotion
- 4. Took, as an exam
- 5. Panav native

- 6. Former Israeli airport
- 7. Steaks and burgers
- 8. U.S.S.R.'s ___ Mountains
- 9. "Star Trek" helmsman
- 10. Bach choral creations
- 11. Theater awards
- 12. Yard in Perth
- 13. Give a benediction to
- 18. Irish poet-playwright
- 22. Spaniard's six
- 24. Soviet ballistic missile
- 25. Laborious
- 27. Promptly
- 28. ___ d'oeuvre
- 29. Like molasses
- 30. Makeovers
- 31. Scottish novelist-physician
- 35. High-priced ticket area
- 36. London goodbye
- 37. Help in weightlifting

- 39. Published
- 41. Ice cream drink
- 44. ___ Field (Shea's replacement)
- 46. Western lilies
- 49. Without charge
- 50. Moogs et al.
- 51. Dowdy dresser
- 52. Spurn
- 53. Makeup name
- 56. Half of MCVIII
- 57. Spanish "ayes"
- 59. Decorate
- 60. Swenson of the screen
- 61. Poor student's bane
- 64. Org. that funds exhibits
- 65. Former "Grand Ole Opry Live" network

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(Solution on P.5)

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Any regular Friday collections delayed by a holiday will be done on Saturday.

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Architectural Review Committee Report

09/24/2013

Attendees: Gwenda Stepien, Committee Chair; Mickie Konner, Joe Sefack

The ARC meeting was called to order at 6:00 PM with a quorum of 3 Committee members present. The following applications were reviewed and decided upon for action:

ITEM	ADDRESS	WORKPLAN	RESOLUTION
1.	496 Meadow Sweet Circle	Landscaping	Resolved: Approved Motion: Mickie Konner 2 nd : Joe Sefack Also approved by Cottages Bd.
2.	516 Meadow Sweet Circle	Replace cage with horizontal shutters	Resolved: Approved Motion: Mickie Konner 2 nd : Gwen Stepien Also approved by Cottages Bd.
3.	530 Meadow Sweet Circle	Paint exterior with Dromday Carmel and Echelon Ecru trim	Resolved: Approved Motion: Joe Sefack 2 nd : Mickie Konner Also approved by Cottages Bd.
4.	663 Rivendell Blvd.	Repaint house and trim the same color	Resolved: Approved Motion: Gwen Stepien 2 nd : Joe Sefack
5.	699 Rivendell Blvd.	Install motorized hurricane shutter over front door	Resolved: Approved Motion: Mickie Konner 2 nd : Joe Sefack
6.	900 Scherer Way.	Landscaping back of house Plant 3 fruit trees side of house Put patio back of house	Resolved: Approved Motion: Gwen Stepien 2 nd : Joe Sefack
7.	1016 Scherer Way	Replace dead palm tree in front of house	Resolved: Approved Motion: Gwen Stepien 2 nd : Mickie Konner
8.	693 Clear Creek Dr,	Place plants in back yard	Resolved: Approved Motion: Gwen Stepien 2 nd : Joe Sefack

ARC meeting adjourned at 6:40 pm. Next meeting: November 26, 2013

The Architectural Review Committee (ARC)

meets the **last Tuesday** of each month at 6:00pm Location: Cottages Clubhouse
Applications are due to Lighthouse Management by the **third Tuesday** of each month.

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

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

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



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Chair, Carol Heckert

Directory, Barb Gahry

Block Captains, Cindy Schmidl

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

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

Architectural Review (ARC)

(jdsefack@comcast.net)

Board Liaison, Gwen Stepien

Chair, Joe Sefack

Mickie Konner, Mary Marryott,

Maintenance Committee (combining Landscape/Environmental & Pool)

(jimstepien@gmail.com)

Board Liaison, Walter Perkowski

Chair, Jim Stepien

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

Access the Rivendell website at:

http://www.lighthousepropertymanagement.net/portal_login.html

Your input and feedback are always encouraged and welcomed.

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

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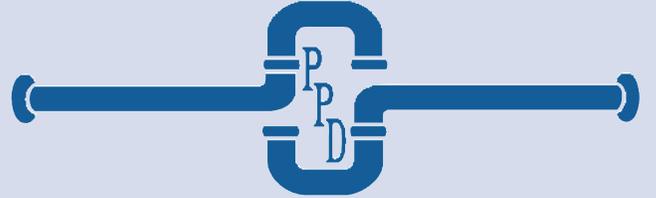
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