



The Woodlands Word @ Rivendell

March 2011



Board of Directors Members, Left to right: John Critser, Judy Sokal, John Greco, Mark Adler, and Bobby Merrill

Board Meeting Highlights February 10, 2011

By Mike Bergman

Following the Annual Homeowners Meeting, the Board held a special meeting to elect officers and delegate committee assignments. Members present were newly elected Directors Bobby Merrill and Judy Sokal, as well as carryover Directors John Greco, Mark Adler and John Critser. Officers were elected as follows: President John Critser, Vice-President John Greco, Treasurer Bobby Merrill, Secretary Judy Sokal, and Director Mark Adler. The Board members were assigned as liaisons to the following committees: John Critser, Landscape/ Environmental; John Greco, ARC and Pool; Judy Sokal, Communications. Mark Adler will host the newly formed Document Modification Committee. Bobby Merrill will lend his special knowledge of irrigation to aid the Landscape/ Environmental Committee.

The State of Our Common Areas Ken Heckert, Chair, Landscape/ Environmental Committee,

as told to Mike Bergman

The Environmental and Landscape committees were combined last summer into a single committee, which now has three management responsibilities:

- landscaping of lawns, parks, medians and some other grassy common areas;
- care of ponds, up to the mean high water line; and
- oversight of preserves, wetlands, uplands, and buffers.

Landscaping: Our current vendor, **Valley Crest**, has recently taken over from Nanak and is responsible for mowing, fertilizing, weed control, tree and shrub pruning, mulching and irrigation of the common areas. Valley Crest was already doing the landscaping for the Cottages and the Villas. Account Manager, John Breitenstein, sees near-term goals as extensive pruning, including trimming the butterfly plants and Indian Hawthorns, and upgrading the irrigation system, in place when the builder turned over the

Continues on page 3



Cavities, Dry Mouth, Diabetic, overweight?

Eat More Candy!

Dr. Greenspan has been a proponent of a naturally occurring sugar substitute Xylitol and has found that using Xylitol gum and candies helps to keep the mouth moist, sugar levels down, reduces appetite and has an anti microbial effect.

Xylitol has very low glycolic index so it's diabetic friendly and tolerated very well by almost everyone.

Richard J. Greenspan, a Sarasota dentist for over 18 years, knows the importance of good nutrition and true mind body awareness. For years he has been informing and educating patients about the importance of a healthy life style and good oral hygiene practices.

We welcome you to visit us at Palmer Ranch Dental for free samples of Xylitol gum and candy.

Palmer Ranch Dental
8800 South Tamiami Trail,
Sarasota, FL 34238
941-966-5603

sarasotadental.blogspot.com
www.palmerranchdental.com
office@palmerranchdental.com



experience • service • results



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Rivendell
RESIDENT & AGENT

Continued from page 1

community to us. Long-term goals include coordinating the use of the irrigation pump shared by Rivendell and the Cottages, adding and replacing irrigation heads, replacing dead or inappropriate plants and restoring lawn areas.

Committee's Report Card: Valley Crest has been doing a good job in the short time we have been using them. They have been responsive to our needs, and are providing us with detailed monthly reports.

Ponds: These are now cared for by **Aquatic Systems**, who are responsible for identifying and treating algae and all submergent, floating, and shoreline weeds up to the high water mark, while simultaneously monitoring the health of the fish and wildlife populations. Their goal is to balance the need for attractive ponds with a healthy ecosystem. Jeff Whaley and his assistants send in detailed reports of their treatments and observations and respond quickly to our requests.

Their current challenge is to clear out the algae growth accumulating on some of the ponds due to homeowner over fertilization. Algae are routinely sprayed causing the surface layer to decay and disappear into the pond. Currently, however, an underwater plant called Naiad is trapping the unsightly algae on top of the water. Aquatic Systems will be killing the Naiad soon, which should ultimately improve the appearance of the ponds.

Their short-term goals are to make the ponds look good. Their long-term goals are to address the erosion along the banks and to keep the ponds free of undesirable plants, replacing them with more attractive species. In addition, they will maintain the water level in Rivendell Lake, which irrigates the front of the community, and keep us in compliance with SWFWMD and other regulatory agencies.

Committee's Report Card: Aquatic Systems is doing a good job and responds quickly to our concerns.

The Preserves, Wetlands, Uplands, and Buffers are in need of a vendor, and a contract is currently out for bids. These highly regulated areas need to be brought back into compliance by the removal of invasive species and homeowner debris, planting of desirable species, and removal of vines for fire mitigation. The eagle nesting areas require special consideration as does the buffer area shared with Oscar Scherer State Park. Aquatic Systems is licensed and has shown interest in maintaining these areas. The Landscape/Environmental Committee feels they are qualified and would do a good job.

New Board Members Elected at Annual Meeting

By Mary Kennedy

Two residents were elected to the Board of Directors at the Feb. 10th annual meeting: Bob Merrill and Judy Sokal. Surplus funds of some \$75,000 were rolled over to the 2011 budget, and minutes from the last Annual Community Association Meeting, held February 1st, 2010, were approved. The meeting was chaired by Kyanne Merrill, Lighthouse Property Management Agent for Rivendell.

Board Reports

John Greco, president, thanked community committee members for their work throughout the past year.

John Critser, treasurer, presented a financial summary for 2010. The surplus rollover is about \$75,000; legal fees of \$40,000 were over budget by \$10,000; landscape contracts were under budget, however, with the maturation of vegetation in the community future increased expenditures are anticipated; and bad debt allowance (homeowners in arrears for community association fees) is about \$22,000 with little chance of recovery.

Homeowner Comments

Mary Kennedy, homeowner, suggested that the Woodlands Word explain Robert's Rules of Order regarding participation in the Rivendell Community Association meetings; proposed that "Unfinished Business" should be part of every RCA meeting's agenda as specified in Robert's Rules of Order; questioned the legality of homeowners contacting police directly for violations of residents failing to pick up their pet's fecal matter; suggested uniformity of light bulbs in curbside lights throughout community; and suggested moving RCA meetings from 6:00 p.m. to 7:00 pm.

Announcement of New Directors

The two newly elected Board members are Bob Merrill and Judy Sokal. The Rivendell Election Committee consisting of Mark Adler, Barbara Gary, Mike Bergman and Dave Tomer was confirmed. The committee members and

Continued on page 4

CONTENTS

Highlights of Annual & Board Meeting.....	1
The State of Our Common Areas.....	1
Through the Lens	5
Pruning the Live Oak Tree	6
Real Estate Sales.....	6
Cottages Postings.....	7
Manatee Viewing Center.....	8
Arts and Events in Sarasota.....	9
Kids Corner.....	10 & 11
Restaurant Reflections.....	11
Service Provider Recommendations	11
Classified Ads	12
Book Group Schedule	12
Medical News You Can Use.....	12
ARC Minutes	13
Who We Are.....	14

**A Hearty Thanks to
 Board Member
 Mary Marryott
 for her Two Years of
 Service to the Board**

Continued from page 3

several staff members from Lighthouse counted the election ballots.

Curt Kennedy nominated himself from the floor for a Board position prior to voting.

Adjournment

The Annual Membership Meeting adjourned and was followed immediately by a Board of Directors Meeting.



HAPPY ST. PATRICK'S DAY

WANTED:

Updates for your listing in the April Resident Directory.

Please include any updates you wish to have listed, including cell phone numbers, e-mail addresses, and home phone numbers.

If you DO NOT want your name or other information listed, please indicate this, as well.

We publish all names and addresses of owners, including contact information provided.

**All updates should be sent to Barb Gahry
at bgahry@aol.com or 699 Rivendell Blvd.
by March 15, 2011.**

Did You Know?

**There are valuable coupons
for a variety of services and restaurants
located in the back of your
2010 Rivendell Community Directory. Enjoy!**

Through The Lens: The Cormorant

By Kay Mruz

I've often wondered what the birds that visit our ponds think about the plastic geese. After passing Golden Pond on several different occasions, I have my answer. They consider them to be very nice perches!

One bird I've seen observing the world from the back of a goose is the double-crested cormorant.

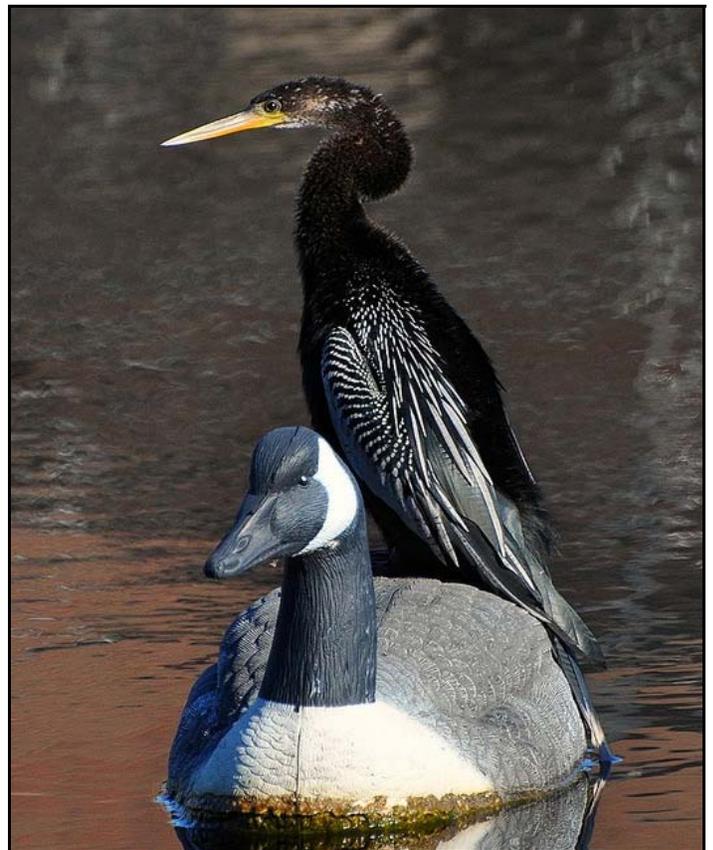
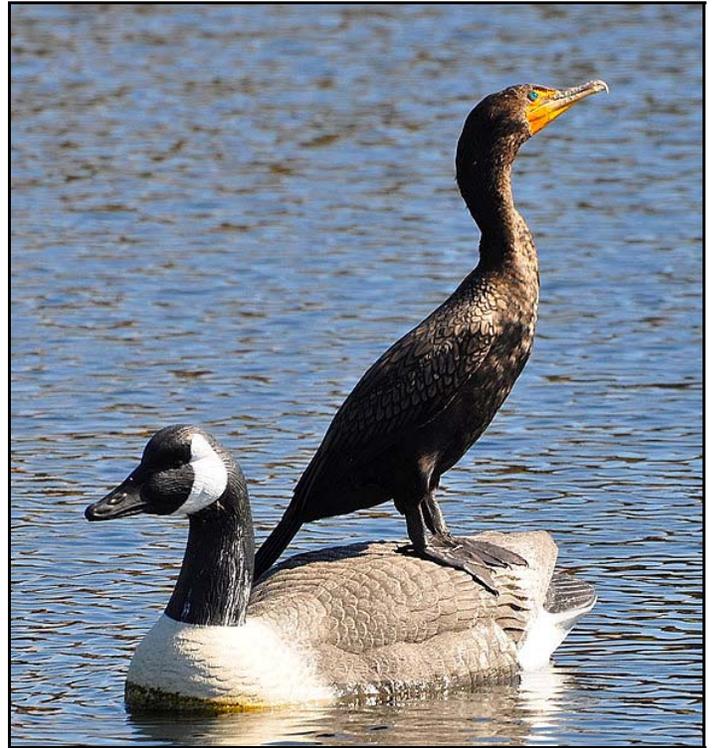
Male and female double-crested cormorants are difficult to tell apart. Both have an overall blackish appearance. They have a long, pale hooked bill and yellow-orange throat skin. During breeding season white-black tufts of feathers appear above each eye. It is these tufts that give the bird its name.

The double-crested cormorant lives in fresh and saltwater habitats. Using large webbed feet for propulsion, the double-crested cormorant can dive 25 feet looking for fish, frogs and other small invertebrates. They are able to stay submerged for up to 70 seconds. Cormorants regurgitate pellets containing undigested parts of their meals. Like anhingas, they do not have fully waterproofed feathers and must sit with wings outstretched while they dry. The anhinga was featured in the February issue of the *Woodlands Word* and it also likes to perch on the plastic geese. Below is a picture of an anhinga for comparison with the cormorant.

Breeding occurs in large colonies near rivers, lakes and coastal areas. The male does a lot of wing waving to draw the female's attention to his head tufts. Once she has chosen a worthy partner, he will present her with nesting material and she will begin to build the nest. The nests are constructed mainly of sticks and built either in trees or, if suitable, on the ground. To add a little flair to the nest, they may add pieces of fishnet or plastic. Two eggs are laid; both parents incubate the eggs for 28 to 30 days.

For over a thousand years, cormorant fishing played an important part in China's fishing industry. Fishermen would train up to a dozen birds, usually great cormorants, to search for fish, by tying a cord around the bird's neck to prevent it from swallowing the larger fish. When its neck was full, the bird would return to the boat. To motivate the birds, their owners kept them on a restrictive diet and rewarded them with food after each catch. Today this method of fishing is no longer popular.

I hope you will take a moment to enjoy our neighborhood cormorants and anhingas. Seeing them perched on the back of a goose is guaranteed to put a smile on your face.



Upper Photo - Cormorant
Lower Photo - Anhinga
Photos by Kay Mruz

How to Prune a Live Oak Tree

*Excerpted from About.com Guide By Steve Nix and
Excerpted from eHow By Sharon Sweeny*

One of the biggest problems with Live Oak trees is the lack of pruning. The Live Oak is a fast growing shade tree and when young can grow three feet each year and add one-inch in diameter at the trunk. Pruning is essential to maintain its form especially those that are planted in front yards near sidewalks and streets.

When to trim: Start when the tree is young. After planting the oak tree, prune it each year for the first three years, then every five years. Because the trunk and branches droop as the tree grows, pruning is necessary for clearance beneath the canopy. This will help ensure that the tree develops the 14 to 15 foot tall clearance needed for those planted along sidewalks and streets.

Trees should be grown with a single trunk, so be sure to eliminate multiple trunks and branches that form a narrow angle with the trunk. These tend to split from the tree as it grows older. Once the tree is mature, the canopy must be thinned every three to five years to keep it open so wind can move freely through the branches.

How much to trim: Prune lower branches near the trunk. The greatest pruning required is to thin the large, heavy tufts of growth that form on the ends of the branches. If these are left unpruned, the limbs can break during storms because of the great weight.

On-Going Maintenance: Remove any diseased or dead branches by cutting them off flush with the trunk. Prune out any that rub against other limbs

where they cross. Certainly, you want to eliminate any branches that brush up against your home or other trees. Make the cuts flush with the trunk or larger branch. Remove all smaller lower offshoots. This will help push growth to the upper branches that enhance the tree's health. Remove any limbs that are vertically growing. Live Oaks have a spreading habit and their structure is made up of horizontally orientated arms.

Be on alert: Roots will grow under curbs and sidewalks and can lift sidewalks and driveways. They can also damage irrigation systems and other pipes. **A good tree service can offer excellent advice on trimming or even removal of the tree if necessary.**

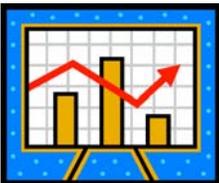
Get out the ladder and pruning saw!

For more information on the Live Oak you can visit the following Web Site: http://forestry.about.com/od/silviculture/p/live_oak.htm



Sales surge in December 2010 and prices remain stable in Sarasota

Submitted by Barb Gahry and condensed from Sarasota Realtor® Magazine FEBRUARY 2011 pg 15



The Sarasota real estate market saw a welcome improvement in year-end sales of houses and condos this year. However, the median sale price for single-family homes declined slightly, from \$170,000 \$165,000, during the same time period.

The property sales breakdown in December 2010 was 500 single-family home sales and 181 condos.

A higher number of pending sales suggests continued strength in early 2011, according to SAR President Michael Bruno. Word of mouth indicates we are seeing more showings and more closings this season than we have in quite a while even without the homebuyer tax credit.

Lower inventory of single-family homes plus the decline in distressed property sales are both encouraging signs, according to Bruno.

The market is considered to be in equilibrium between a buyers and sellers market when the figure reaches the 6-month level. Currently the month's inventory for single-family homes is 7.8 months and 11.7 months for condos.

Sales in the Sarasota market have now risen for two consecutive years and are now at their highest point since 2005.

<http://www.sarasotarealtors.com/resources/srmagazine.cfm>
www.sarasotarealtors.com
Sarasota Realtor® Magazine FEBRUARY 2011 15

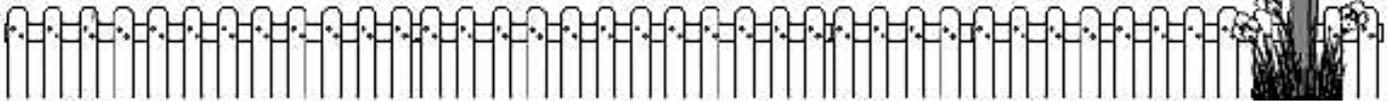
Editors Introduction

The Cottages now have their own column in *The Woodlands Word* called "Cottages Postings." We are happy for their participation and welcome them to *The Woodlands Words* family. These activities are for the residents of the Cottages. The abbreviation RU1NA stands for Rivendell Unit 1 Neighborhood Association.

At this time *The Woodlands Word* staff invites Rivendell's other subassociations to contribute; please contact Norma Lee at nlrhines@verizon.net



Cottages Postings



UPDATES

Sidewalks now ground & smoothed
 Grass plugs program scheduled for March
 County plan for handicap access
 walkway & curb-cut in March

RU1NA BOARD ACTIONS

January meeting:
 Board candidates introduced
 Skip Kessel #525
 Dave Perez #506
 Jack Terry #578
 Annual members meeting upcoming
 (held on Feb. 24th. Notes to follow)
 April meeting – Thursday 4/21/11

SOCIALS

Sunday, March 13th
 Sunday Coffee 10-11:30 Clubhouse

FLAG DAYS

Sunday, May 8th - Mothers Day
 Sunday, May 21st - Armed Forces Day
 Sunday, May 30th – Memorial Day

**Rivendell Directory Slated for
 April 2011 Publication**

Sundown Publishing will be producing
 The Rivendell Directory for 2011.
 If you wish to advertise, please call
 Craig Tirgrath at 941-485-8800.
 Rivendell residents will be given
 priority for ads submitted.

Please contact Barb Gahry by **March 15th**
 if you would like
 to change or remove your phone number or
 email address, or if you would like to make
 any other changes to the Directory.
 Barb Gahry can be reached at 941-586-3936
 or bgahry@aol.com



**The Architectural Review
 Committee (ARC)**

meets the **last Tuesday** of each month
 at the 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.
 Therefore, any applications received
 after the monthly date will have to
 wait until following month.

Manatee Viewing Center near Tampa

From now through April 15, discover a unique experience in Apollo Beach, Fla. Ideal for everyone; the Manatee Viewing Center features a mangrove exhibit, butterfly gardens, a gift shop and Tampa Electric's largest installation of solar panels. When Tampa Bay is 68 degrees Fahrenheit or colder, **watch manatees** up close in the clean, warm water discharge canal of Big Bend Power Station.

The Manatee Viewing Center's tidal walk offers more than just vibrant birdlife. On this 900-foot, ADA-compliant walkway from the center to the Tampa Bay Es-

tuary, you can identify a wide selection of native coastal plants and trees as well as a wide variety of animal life. And at the end of the walkway, you can view the manatees. Observers have spotted more than 300 manatees in the warm water discharge canal at one time.

The Manatee Viewing Center is open to the public daily from 10 a.m. to 5 p.m., November 1 through April 15. For more information, go to <http://www.tampaelectric.com/manatee/> or call (813) 228-4289. Parking and admission are free. To get there, take **Interstate 75** to Apollo Beach, **Exit #246**. Turn west on **Big Bend Road (C.R. 672)**. Travel **2.5 miles** west to the curve intersection of **Big Bend** and **Dickman** roads. The **Manatee Viewing Center** entrance is on the right.



Email Address, Please

We lack email addresses for almost 1/3 of Rivendell Residents.

We want to keep you up-to-date on community activities and to keep ALL homeowners informed.

Your email address will not be distributed to any outside agency.

Please send your name and email address to Barb Gahry at Bgahry@aol.com.

By March 15, 2011

Question? Complaint? Concern?
Contact Lighthouse
Property Management

Lighthouse Property Management
16 Church Street,
Osprey, FL 34229
Tel: (941) 966-6844

Property Manager:
Kyanne Merrill
CAM kyannemerrill@mgmt.tv
Assistant:
Hope Korte
hopekorte@mgmt.tv

ARTS and EVENTS IN SARASOTA

Gloria Musicae at the Opera House



The all-professional chamber chorus, Gloria Musicae will be performing the Mozart Requiem at the Sarasota Opera House on Monday evening, April 11 at 7:30 PM. This great choral masterpiece will also feature four soloists chosen by opera great, Marilyn Horne, and members of the Sarasota Orchestra. Following the concert there will be a champagne reception for all ticket holders in the courtyard. Tickets are \$25 and may be purchased by going to www.gloriamusicae.org or by calling the Asolo box office at 941-360-7399.



Asian Cultural Festival PUBLIC EVENT

<http://www.selby.org/events/asian-cultural-festival-0>

Selby Gardens will present the annual Asian Cultural Festival on **March 19th, and 20th, 2011**. The Sarasota Ikebana International, Sho-Fu Bonsai, and Sumi-e societies will share the exotic sights, sounds and smells of the Orient. The festivities will begin on Saturday with opening ceremonies at 10:30 a.m., including performances by taiko drummers and a lion dance by the Tang Martial Arts Center. Enjoy stunning ikebana flower arrangements, bonsai displays, and sumi-e ink paintings. Scheduled demonstrations of origami paper folding, bonsai cultivation, and Chinese brush painting will occur throughout the weekend. A diverse variety of Asian food will be available for purchase from area restaurants. **Members Free; Members' Guests \$5; Adults (age 12 and up) \$17; Children 11 and under Free; Please - No Reciprocals or Guest Passes.**

Rivendell Website Instructions

Access the Rivendell website at: http://www.lighthousepropertymanagement.net/portal_login.html

To begin, click on *Association Members Login*. Your new Login ID is your 6-digit **Lighthouse Management account number** (including leading zeros) followed by your last name, for example "001234Smith." Don't know your account number? Call Lighthouse at 966-6844.

Your temporary password is LHMTEMP123. Follow the prompts to create your own password.

Kids Corner by Judy Sokal

The *Woodlands Word* is happy to be bringing back one of its old columns for your pleasure, but in an expanded version. The Kids Corner used to feature stories, poetry, awards, etc. from the children of Rivendell. The editors decided that our many grandparents who reside here would also like to share some of the writings of, and other stories of interest about, their grandchildren. So now parents and grandparents - SEND US STUFF! Below we offer our first proud grandparents "sharing" their grandchildren's creations. If you'd like to share something too, please send your name, your child or grandchild's name and age, and the item for the newsletter to Norma Lee at nlrhines@verizon.net. We think this column will put a smile on your face.

Grandma

Beautiful and Kind
Comical and humorous
Magnificent friend

This is from my granddaughter Nancy, age 9, and was delivered via computer with her smiling picture and framed. Great present, huh? I, of course, burst into tears, which is pretty startling to a 9-year old. ~

Submitted by proud grandmother, Nancy Wettlaufer.



Windy is first on left

When is a Christmas tree a CAR?

The Cub Scouts (Boy Scouts of America) have enjoyed pinewood derby racing since 1953. Now that the Brownies (Girl Scouts) participate in the event, the "cars" have become very creative. Parents and grandparents "assist" their Brownie with their car creation starting with a block of wood made of pine, four plastic wheels and four nails. The finished car must use all nine pieces, is limited to five ounces and must not exceed a certain length.

Popular designs the boys replicate have been racecars such as Richard Petty's Plymouth Superbird. With Christmas just a month away, my granddaughter, Windy, requested help with a Christmas tree on wheels. With real tree bark on the base, a silver star on the top and red ornaments, her "car" cruised at 187.9 miles per hour winning her 10th position in a crowd of 190 participants at the Frederick Maryland Armory. Plus she won the "Best Bling" award. Who says trees can't cruise. ~
Submitted by proud grandmother, Norma Lee Rhines.



Christmas tree on Wheels



The Line-Up

What our grandson Ben did on his snow day in New Jersey



Maybe school isn't so bad after all

Shoveling snow is hard work!

Submitted by proud grandparents, Linda and Robert Pearlstein

RESTAURANT REFLECTIONS

Have you been to a restaurant recently for lunch or dinner that you'd like to tell your neighbors about? Then email Norma Lee Rhines at nlrhines@verizon.net

Lazy Greek Cafe Anita and Rev Voth

We would like to recommend a fabulous restaurant that we have tried a few times since discovering it. We both love Greek food. We dropped into a very small restaurant located in the Brickyard at 530 US Highway 41 Bypass South, Brickyard Plaza, Venice, called the "**Lazy Greek Cafe.**" It is recommended #1 out of 71 restaurants by travelers on tripadvisor.com. We love this place. They just moved into a bigger space. What used to be their restaurant/market is now just their market, and they have many more tables for dining. And the market, right beside the restaurant, is still available to purchase foods from Greece. It's AWESOME and the prices are wonderfully appropriate for what you order. So we highly recommend this restaurant to anyone who likes Greek food. It's great to support a local business, especially when it's good. 941-375-1268 <http://www.lazygreek.com/>

SERVICE PROVIDER RECOMMENDATIONS

Insurance Service of Sarasota, 941- 966-5606. We would like to recommend *Insurance Service of Sarasota* for your insurance needs (home, auto, motorcycle, boat, personal umbrella policies, etc). They have always done their very best to meet our needs. The staff are professional, organized, pay attention to details, and reliable. **Insurance Service of Sarasota** is located between the Lords Consignment store and Blackburn Point Sarasota Memorial building at 873 S. Tamiami Trail, Osprey. <http://www.insevsarasota.com> *Pam and Brian Babbitt*

Top Notch Paver Sealing and Pressure Washing, 941-256-4025. This is a full service brick paver and sealer company providing affordable prices with free estimates. They were prompt and able to seal the driveway very soon after they had provided an estimate. I was happy with the work they did and they were very nice to deal with. *Erica Davis*

For Tree Removal and Site Clean up, we recommend **Russell's Tree Service** (contact Kyle at 941-492-9356 or 429-0223) and **Alligator Stump Grinding** at 941-485-7363 (contact Kevin Twigg – a great name for someone in this business). Both are local outfits, licensed and insured. We have found them prompt to respond to us, and efficient, safe and clean in their work. *Norma Lee and Fred Rhines*

Send in your Favorites!

Send us the name and phone number of your favorite plumber, electrician, hair stylist, landscaper, you name it- and we'll list it!

If you have a service provider you'd like to recommend, please email Norma Lee Rhines at nlrhines@verizon.net

CLASSIFIED ADS

BABYSITTER Available: Molly Benkaim, 941-961-3385 10th grade Pine View female student available for babysitting. Former camp counselor and CPR certified. Please call Molly if you'd like references.

PET SITTING: Eve Day, 941-780-0821. Rivendell neighbor who does pet sitting. Will follow all instructions and pricing is very reasonable.

BOOK GROUP SCHEDULE

By Marilyn Probert

The Book Group will meet on Monday, March 14 to discuss *"The Postmistress,"* a novel by Sarah Blake. Against a World War II backdrop, Blake describes the lives of three loosely connected women and how the war affected them. Dori Davis will conduct the discussion at the home of Anita Sarno, 713 Fordingbridge Way, phone 918-1669.

On April 11 the group will analyze *"Half-Broke Horses: A True-Life Novel"* by Jeannette Walls. In her grandmother's voice, Walls describes the life and times of spunky Lily Casey Smith. Born in 1901, Lily at age 6 was helping her father break horses. At age 15, she traveled on her pony 500 miles to take a teaching position in a remote frontier town. And the rest of her life was just as adventurous! Mirinda Roy will lead the discussion, and Pat Sobczak will host at 803 Placid Lake Drive. You may call her at 918-4633 if you'd like to participate.

"Olive Kitteridge" by Elizabeth Strout will be the subject on May 9. This is a collection of short stories in which Olive is featured in either principal or peripheral roles.

Book Group meetings occur at 7:30 p.m. on the second Monday of the month. All Rivendell residents are welcome; just call the month's hostess so that she'll know how many to expect.

Medical News You Can Use Submitted by Dr. Ed Lin

Pleasured Minds More Prone to Problem Solving Study Suggests

Researchers at Northwestern University have discovered that a mind stimulated by comedy is more apt to creative problem solving through sudden insight. "What we think is happening," said neuroscientist and study author Mark Beeman "is that the humor, this positive mood, is lowering the brain's threshold for detecting weaker or more remote connections". Using brain scan imagery of test subjects Beeman's group discovered that brains pre-stimulated and in a preparatory state prior to attacking word puzzles were more likely to find out-of-box solutions. The effect of comedy - in this case watching short sketches of Robin Williams in action - showed these signatures most pronounced in the anterior cingulate cortex, resulting in a mental state more open to multiple avenues of resolution. The win-win here is that while a more stimulated brain is more likely to solve a puzzle, that very achievement ensures the pleasant dopamine rush of reward.

"D" is for Dilemma: Two Vitamin Guidelines, Two Recommendations

Medscape Family Medicine > Best Evidence Review

Charles P. Vega, MD

http://www.medscape.com/viewarticle/734963_3

Clinical Pearls on Vitamin D

- Many adults, particularly those at the highest risk for fracture, have evidence of vitamin D deficiency.
- Vitamin D supplements seem to be important in the maintenance of bone health, although doses of 400 IU or less may not be effective in preventing fracture.
- The current guidelines from Osteoporosis Canada call for vitamin D supplementation with 400-1000 IU per day among low-risk adults. There is no need to monitor 25-OH-D levels in these patients.
- The Osteoporosis Canada guidelines also recommend vitamin D supplementation at 800-2000 IU per day among moderate-risk individuals, with possibly higher doses for high-risk individuals.
- The guidelines regarding vitamin D supplementation from Osteoporosis Canada contrast with those from the Institute of Medicine, which recommends a dose of 400 IU daily for most adults.

Minutes Architectural Review Committee January 25, 2011

Attendees: Barry McClure (Committee Chair), Frank Pafumi, Allen Roeter, Gwen Stepien, John Greco - Board Liaison

Residents: Chris Hood – 713 Crane Prairie Way

Old Business: Approval of ARC minutes from December 28, 2010

The ARC meeting was called to order at 6:00 PM with a quorum of Committee members present.

The minutes of the prior ARC meeting were reviewed and unanimously approved as written.

The following applications were reviewed and decided for action.

713 Crane Prairie Way: Two Motion Security Lights at side of house. Through discussion with the homeowner at the meeting, application was modified to 1) reduce wattage in the bulb facing the back corner of the house and consider spot (directional) light in lieu of flood bulb, 2) ensure motion on neighbors' property does not trigger lights, and 3) remove the light facing front of house altogether. These modifications were to insure that the light system does not impact next-door neighbor. With these changes, shielding as shown on the application can be taken as an option, if needed to insure no impact on neighbors' property. The homeowner agreed to these modifications. Unanimously approved – Motion to Approve Barry McClure, seconded John Greco

1035 Oak Meadow Lane: Remove infested Pineapple Palm Tree from Front Yard. Unanimously approved – Motion to Approve Frank Pafumi, seconded Barry McClure

817 Placid Lake Drive: Install Wrought Iron grill over glass front door – for security purposes. Unanimously approved with the stipulation that this grill primarily covers the glass portion of the door. The color was confirmed by telephone with homeowner to be a shade of white, consistent with the look of the house, and color of the shades in the door glass. Motion to Approve Gwen Stepien, seconded John Greco.

1158 Mallard Marsh Drive: Install 4 ft. Vinyl Fence around Pool Equipment. Unanimously approved – Motion to Approve Gwen Stepien, seconded Frank Pafumi

767 Fordingbridge Way: Remove Oak Tree from Front Yard of the property. Unanimously approved – Motion to Approve Allen Roeter, seconded Barry McClure

710 Fordingbridge Way: Remove Oak Tree on property, left side of driveway.

Unanimously approved – Motion to Approve Allen Roeter, seconded John Greco

1128 Mallard Marsh Drive: Remove Oak Tree on property- roots growing under house.

Unanimously approved – Motion to Approve Frank Pafumi, seconded Allen Roeter.

691 Clear Creek Drive: Remove two dead Pine Trees at back of property and two Oak Trees in front of property.

Unanimously approved for pine tree removal - Motion to Approve Barry McClure Seconded Allen Roeter.

The two Oak Trees at front of house are on County Property and homeowner needs to contact County to seek their approval before any action is taken.

Unanimously disapproved for removal of oak trees at this time by ARC committee, due to lack of county approval.

1084 Mallard Marsh Drive: Paint House and Trim. The colors proposed are acceptable, but the disposition of this application is only given to the current homeowner and is NOT transferable to the new owner after sale closing (planned 10 Feb). So the duration of the disposition is limited to the period prior to closing, where homeowner making the application is responsible for the home. New homeowners must apply after closing.

Unanimously approved with limited duration prior to closing. Motion to approve by Barry McClure, seconded Gwen Stepien.

New Business: None

ARC meeting adjourned at 7:10 pm.

Next Meeting February 22, 2011.



Who WE are

RCA Committees 3/2011

Communications

(nlrhines@verizon.net)

Board Liaison, Judy Sokal

Chair, Norma Lee Rhines

Directory, Barb Gahry

Block Captains, Cindy Schmidl

Newsletter, Norma Lee Rhines, Linda Pearlstein, Editors: Marilyn Probert, Copy: Pam Babbitt, Reporter Assignments: Mike Bergman, Reporter Representative

Reporters: Anna Beatty, Barb Gahry, Carol Heckert, Mary Kennedy, Charles Kiblinger, Jane Lettich, Ed Lin, Kay Mruz, Meredith Pike

Architectural Review (ARC)

(ARC.BMc@gmail.com)

Board Liaison, John Greco

Chair, Barry McClure

Frank Pafumi, Allen Roeter, Gwen Stepien

Landscape/Environmental

(Kenheckert@verizon.net)

Board Liaison, John Critser

Chair, Ken Heckert

Mike Bergman, Frank Freestone, Dave Gill, Mike Gruenfeld, Carol Heckert, Sara Jones, Charles Kiblinger, Denny Pavlock, Carl Schubert, Alexis Spalding

Swimming Pool

(Tom.Faessler@nielsen.com)

Board Liaison, John Greco

Chair, Tom Faessler

Carol Heckert, Bo Potter, Lori Yohann

Document Modification

(mark@adlermail.com)

Host, Mark Adler

Access the Rivendell website at: http://www.lighthousepropertymanagement.net/portal_login.html

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John Critser, president

(jdc@mollycat.net)

Liaison to Landscape/Environmental

John Greco, vice president

(jgreco8054@aol.com)

Liaison to ARC and Pool

Bobby Merrill, treasurer

(bobbymerrill3@aol.com)

Judy Sokal, secretary

(judysokal@gmail.com)

Liaison to Communications

Mark Adler, director

(mark@adlermail.com)

Host to Document Modification

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Jayne Irene, Secretary

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Sherry Sholtis, Vice President, Secretary

Lory Turner, Treasurer

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Lighthouse Property Management, 966-6844

Deadline - Submit articles and information to pbbabbitt@comcast.net by the tenth of the month.

Your input and feedback are always encouraged and welcomed.

Application for Architectural Review Committee Consideration

Homeowner Name: _____ Phone: _____

Address where work is to be carried out: _____

If you live in the "Cottages", you are required to get approval from Unit 1 Board of Directors before submitting this application to the ARC.

Please describe the proposed work including specifications and dimensions of the work and materials to be used. (If more space is needed, please attach a separate sheet.)

Proposed commencement date: _____ Duration of Project: _____

The ARC meets on the last Tuesday of the month. Please submit this application to the address below seven days prior to the meeting.

Please attach the following to this application:

- Site Plan or Survey showing the location of the proposed work.
- A letter signed by your neighbor or a certified letter receipt sent to your neighbor for any proposed work which will have a direct effect on your neighbor.
- Color sample, color name and reference # for proposed paint.
- Plat showing names of specific plants and locations for proposed landscaping.
- Plat showing location of proposed fence with manufacturer's brochure describing the fence material.

Please refer to the **Guidelines for Exterior Alterations** while planning your proposed work. If you would like to discuss your application prior to submittal, please contact the Architectural Review Committee Chair or Board Liaison, who are listed in the Woodlands Word.

All work must conform to all Zoning and Building Regulations. Owners are responsible for obtaining necessary permits after ARC approval. Owners are responsible for any damages to common areas or other homes caused by their contractors.

If any modifications or changes to existing structures and landscaping is done without prior approval from the ARC, fines or removal may apply.

Home Owner Signature: _____ Date: _____

Submit applications to: Rivendell Community Association
 C/O Lighthouse Property Management
 16 Church Street
 Osprey, FL 34229 Phone: 941-966-6844

Rivendell Board Meeting

NEXT BOARD MEETING

WILL BE

March 3rd, 2011

at 6:00 pm at the First Baptist Church of Osprey

Address: 265 North Tamiami Trail, Osprey (just north of Bay Street traffic signal and on the west side of the street).

We Need Your Pets for New Directory!

The new Rivendell directories are coming this spring, and in addition to all the helpful information it will contain, (and we hope you have made any updates to your info already) the photographs for this issue will be the pets of our community. Barb Gahry is busy collecting photos as I type, so, if you have a high resolution photograph of your pet, and would like his or her shining face in our new directory, please send it off by **March 15th** to Barb at bgahry@aol.com. And all I can say is I think it's a grrreat idea and the cat's meow!

Let's Be Litter-Free

Litter is becoming very noticeable around our community. Soda cans, plastic bottles, and, unfortunately, many beer cans and bottles are to be found on our roads, left there either by visitors (ours are County roads) or even our own residents.

Please, everyone is encouraged to dispose of any trash accumulated in a car *at home* in recycling or trash containers.

Thank you for helping to keep our roadways free of unsightly litter so that we can all enjoy the natural beauty of our community.



Pet Waste Pollutes

According to Sarasota County environmental specialists, more than 13 tons PER DAY of dog poop are deposited on the ground in Sarasota. This waste contains disease-causing bacteria, viruses, and organisms that can cause serious health problems in humans - - this includes intestinal parasites, diarrhea, and pinworms.

Rainfall carries runoff from yards, streets, storm drains and sidewalks into creeks and bays. It all drains toward the gulf and beaches.

The little bit of pet waste from your dog, plus everyone else's, causes huge impacts. The simple act of picking up after your pet will help keep our water safe and "swimmable."

For more information about pets and water pollution, contact Sarasota County environmental specialists at 861-6220.

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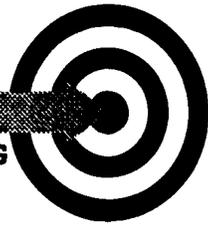
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