

# WEST WAYS

THE OFFICIAL NEWSLETTER OF THE ROTONDA WEST ASSOCIATION, INC

SEPTEMBER 2022



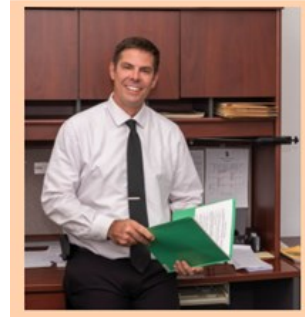
PUBLISHED BY THE ROTONDA WEST ASSOCIATION FOR ROTONDA WEST PROPERTY OWNERS.  
THE E-NEWSLETTER IS PUBLISHED MONTHLY AT [ROTONDAWEST.ORG](http://ROTONDAWEST.ORG)

## LOOK WHAT'S INSIDE!

MANAGER'S MESSAGE	Page 2	GRAY MATTERS FOR THE BRAIN	Page 18
SPECIAL EVENTS	Page 3	SUMMER MUSIC EXTRAVAGANZA	Page 19
FALL EVENTS	Page 4	ALZHEIMER'S WALK	Page 20
STAFF / BOARD OF DIRECTORS	Page 5-6	WATERING RESTRICTIONS	Page 21-22
BOD NEWS	Page 7-8	NEW BRIDGE CLUB IN TOWN	Page 22
CANDIDATE INFORMATION	Page 9-13	MUSIC BINGO, A SUCCESS!	Page 23
ELECTION NEWS	Page 14	DECORATED PUMPKIN CONTEST	Page 24
HEAT & HUMIDITY DANGERS	Page 15-16	LONG MARSH GOLF EVENT	Page 25
SCHOOL BUS SAFETY TIPS	Page 17	GWFC WOMEN'S CLUB NEWS	Page 26

**Rotonda West 50th Anniversary**  
**1972-2022**

## MANAGER'S MESSAGE



Greetings Rotonda West Association Members,

Congratulations to the candidates running for the Rotonda West Association Board of Directors. With the election season quickly approaching, now is a convenient time to remind our members that the Administration Office must have correct member information on file. Forms to change any member information can be found at [www.rotondawest.org](http://www.rotondawest.org). If that cannot be done, a member can email the R.W.A. at [info@rotondawest.org](mailto:info@rotondawest.org) and the staff can help in any way possible. Members are also invited to send an E-Mail to [joe@rotondawest.org](mailto:joe@rotondawest.org) to receive a confirmation E-Mail and a password for the Rotonda West Association Member's website. Please feel free to call the Association to get assistance over the phone, but, if not, members can always make an appointment with one of our helpful staff at 941-697-6788.

The Rotonda West Association Staff have worked diligently to locate and verify members of the Association. This information is shared with Webb, Lorah, and McMillan, the company that handles all aspects of the voting and verification of the R.W.A. Members. Webb, Lorah, and McMillan appreciate it when all the information they receive is correct. This saves the company time and money which also saves the Association time and money. We must have your correct address for where you would like all of the Rotonda West Association information to be sent. If any member is not receiving information from the Association, the address, E-Mail, and phone number likely need to be updated with the Association. Additionally, it is especially important to be current on Member Association dues or violation fines. Votes by members that are in arrears with the Association will not be counted towards the Election. The Rotonda West Association works much like other HOAs in which individuals will receive one vote per lot/tract that is owned. Members do not receive additional votes for the number of individuals that live in a home. One piece of property equals one vote.

Communication is an integral part of a well-informed Association. Whether the communication purpose is to share dates of events, meetings, prepare for dangerous weather, or to ensure safety, communication is key! During the Election season, accurate information is essential so that all candidate information is received. The Rotonda West Association Administration Staff can assist any member with questions or concerns. All members are invited to visit the Rotonda West Association Member's website at [www.rotondawest.org](http://www.rotondawest.org) login and click on governance. Additional information and timelines for the R.W.A. elections can be found there. Thank you and all the very best to the candidates running this year.





## **SEPTEMBER SPECIAL EVENTS**

- **Monday, September 5th, RWA Offices Closed for Labor Day Observance**
- **Saturday, September 17th, “International Coastal Cleanup Day” at 9 am on Englewood Beach (see page 26)**
- **Sunday, September 18th BINGO RETURNS**  
**Doors open at 12:15 pm- 4 p.m. in the Community Center**
- **Wednesday, Sept. 21st, Deed Restriction Informational Workshop 7 pm in the Community Center**
- **Saturday, September 24th, “Folds of Honor” Golf Scramble Event at Long Marsh Golf Club (see page 25 for details)**
- **Saturday, September 24th, Music in the Park**  
**2-4 pm INSIDE the Community Center, With Cary Price**
- **Wednesday, September 28th, Frank Levin Lecture**  
**“Minus Signs in the Universe” 1-2:30 pm**

## **OCTOBER SPECIAL EVENTS**

- **Saturday, October 22nd, Celebrate the Circle 10 am - 2pm**
- **Saturday, October 22nd, Pumpkin Judging Contest**  
**Drop off your decorated pumpkin 10 am– 2 pm, (see page 24)**
- **October 7th, Deadline for submitting questions for the candidates (See page 14)**
- **Wednesday, October 26th, Frank Levin Lecture**  
**“The Universe in 90 Minutes” 1-2:30 pm**
- **Saturday, October 29th, Broadmoor Park**  
**Walk to End Alzheimer’s 9 am to noon**
- **Saturday, October 29th, Music in the Park**  
**featuring “The Elderly Brothers” 4-6 pm**

CHECK THE ROTONDA WEST ASSOCIATION ONLINE CALENDAR FOR SCHEDULE OF COMMITTEE MEETINGS, CLUB AND OTHER ONGOING ORGANIZATION MEETING TIMES. GO TO: [rotondawest.org](http://rotondawest.org)

**Rotonda West Association, Inc.  
Community Outreach Committee presents**

**FALL EVENTS 2022**

All events are open to RWA members and their guests  
Rotonda West Community Center and Broadmoor Park  
646 Rotonda Circle

**August 28, Sunday @ 2pm: Music in the Park, Music Bingo**

Indoor event. Doors open at 12:30 pm. Bring your drinks and snacks. Be prepared to have fun!

**September 18, October 16, November 20, December 18, Sundays @ 1pm: Bingo**

Doors open @ 12:15. Water and snacks are available. Must be 18 years old to play.

**September 24, Saturday @ 2pm: Music in the Park with Cary Price**

Indoor event. Mr. Price will be providing ice cream floats. Come and have some fun.

**October 22, Saturday @ 10am - 2pm: 50th Anniversary Celebrate the Circle**

Watch for more information on Constant Contact. This is a family-friendly event.

**October 29, Saturday @ 4pm - 6pm: Music in the Park with The Elderly Brothers**

**October 29, Saturday @ 9am - Noon: Walk to End Alzheimer's**

Dedication @ 8:30, n Broadmoor Park with the Rotonda West Women's Club.

**November 3, Thursday @ 6pm - 8pm: Open House**

Indoor event. Information from RWA committees, clubs, local non-profits, and area representatives.

**November 26, Saturday @ dusk: Gazebo Lighting & Boat Parade**

At the Marina on Rotonda Circle across from The Hills Golf and Country Club.

**December 3, Saturday @ 2pm: Christmas Parade**

Parade Circle from Rotonda West Blvd to the Community Center.

Following, come to the Community Center for food, drink, entry viewing, and parade awards.

**December 10, Saturday @ 4:30pm: Music in the Park with The Ukulele Band**

**UPDATES CAN BE FOUND AT [ROTONDAWEST.ORG](http://ROTONDAWEST.ORG)**





### **OFFICE STAFF**

**Derrick Hedges,**  
Manager

**Tammy Birdsong,**  
Administrator

**Holly Carr, &  
Nancy Schwechel,**  
Administrators  
Deed Restrictions

**Jenny Bulle,**  
Bookkeeper

**Annette Casteel**  
Minutes Clerk

**Sheryl Ann Nowicki**  
Administrator

**Joe Harris,**  
Communications  
Specialist

**Mike Heincelman, &  
Matt Rooney**  
Compliance Officers

### **MAINTENANCE STAFF**

**Lamar Higdon**  
Maintenance  
Supervisor

**Wayne Taylor**

**Pablo Guardiola**

**Dale Anderson**

### **BOARD OF DIRECTORS 2022**

Patricia Aho, President

Patti Cowin, 1st Vice President

Sam Besase, Treasurer

Jerry Eldred, Secretary

David Kelly, Director

Andy VanScyoc, Director

Les Goodman, Director

### **WEST WAYS STAFF**

Nadine Clough, Editor

Connie Smith, Writer

Karen Harvey, Writer

Barry Kean, Writer

Deb Orchard, Writer

Grace Checuti, Writer

David Pulaski, Photographer

Wayne Mengel, Photographer

Nadine Clough, Layout & Design



## **ROTONDA WEST ASSOCIATION 2022 BOARD OF DIRECTORS**



Sitting left to right: Sam Besase (Treasurer), Patricia Aho (President)  
Patti Cowin (1st Vice President), Jerry Eldred (Secretary)

Standing left to right: David Kelly (Director), Andy VanScyoc (Director),  
Les Goodman (Director)

Photo: Deb Orchard

**ROTONDA WEST ASSOCIATION, INC.**

**646 Rotonda Circle**

**Rotonda West, Florida 33947**

**Tel: (941) 697-6788**

**Fax: (941) 697-0788**

**Email: [info@rotondawest.org](mailto:info@rotondawest.org)**



# AUGUST BOARD OF DIRECTORS MEETINGS



- **Thursday, Aug. 11th, Board Meeting (covered by Nadine Clough)**

The first of the two monthly board meetings proceeded according to the agenda plan with the approval of the last board meeting minutes, and the officers, employees, and contractor reports. RWA Manager Derrick Hedges reported that the maintenance crew is continuing the cutting and mowing cycle, and are continuing with algae treatments in the canals. Manager Hedges also welcomed a new staff member, Jenny Bulle, in the position of bookkeeper.

Director Les Goodman spoke on the upcoming Educational Seminar that will be held to help educate homeowners on the rules and responsibilities of living in a deed restricted community. He stated that the workshop will help homeowners understand the process of deed restrictions. There will be a panel of experts to explain the history and to answer questions. The date for the workshop is: **Wednesday, September 21st at 7pm, snacks included, and the workshop will be zoomed.**

Board members discussed the need to have a clear plan for handling deed restriction violations that are left from the homeowner who sold the house. Presently, the new homeowner is responsible for any violations that are present when they move in. Director Cowin suggested that a “grandfathered in” clause might be an option. Board members agreed to look into this issue in the future.

Committee reports were presented. Deb Orchard spoke for the Community Outreach Committee and had several items to be voted on by the board. Items included the purchase of reusable signs to be used for the parade, Bingo, and Celebrate the Circle events. Another item included in their packet was a letter to be sent out to sponsors for the Celebrate the Circle event. Finally, the dates and musical guest were presented for the Music in the Park events. All items were passed.

Barb Pesko spoke for the two committees that she chairs, namely the Residential Modification and the Compliance Committees.

Election Committee chair Rose Woodliff stated that she has 4 committee members to handle this year’s election. Cheryl LaTeer was voted on and passed by the board as a new member of the committee.

Just before the gavel hit the sound block, Board President Aho announced that she will be finishing her term this year and will not seek reelection. She thanked the other board members, the committee members, and the staff for their hard work and support during her three years as president.

- **Thursday, Aug. 25th Board Meeting (covered by Karen W. Harvey)**

At the August 25, 2022 meeting, the Board of Directors discussed the fact that it has been several months and they have not heard from the developer about the changes to the Deed Restrictions and until they do hear from the Developer, the Deed Restrictions stand as they are written.

At the last Board meeting, on August 11, 2022, Patricia Aho, President, mentioned to the Board that she would be resigning as soon as her house was sold and would not be seeking re-election. Patti Cowin made the motion at this Board Meeting for Andy Van Scyoc to be her 2<sup>nd</sup> Vice President. Motion failed.

Derrick Hedges, Manager of Rotonda West reported that they were over 2200 Constant Contact members receiving information, news and event happenings via electronic communication.

Jack Metz of the Budget & Finance Committee requested that the 3-year plan which includes \$1.1M of capital improvement items be placed in the Reserve Plan. Jack asked for a motion, but it was not unanimous and did not carry. Also, the ***Budget & Finance Committee is holding a workshop on September 22 at 10:00 a.m.*** This workshop will be held with the Board to review the upcoming budget for the new year.

Sam Besase of the Building & Grounds Committee mentioned that there has been slight improvements in the eco-system of the ponds and canals. The new generator will be working very shortly. The new addition to office space of the Administration Building is 99.9% through the permit process. The County is moving ahead with the new lift station at 101 Rotonda Circle.

RoseAnne Woodliff of the Elections Committee reported that there were 5 people who put forth documents to become candidates in the upcoming Board of Directors election. Two seats are up for election. The 5 candidates: Vance Absher, Sam Besase, Jerry Eldred, Les Goodman, and Jack Metz. Each candidate was primarily verified by the Elections Committee. However, the Board did not accept Sam Besase as a candidate. ***Candidates Night has been moved to October 19 at 7:00 p.m.*** The Elections Committee also had a motion to approve a question on the ballot for rollover of excess funds. Motion carried unanimously. Watch for further information about the candidates.

Les Goodman of the ***Residential Modifications Committee*** reported that there will be ***workshop for all members of Rotonda West on September 21 at 7 p.m.*** The topics that will be discussed are history of the Committee, residential modification application process, and how estoppels work. The audience will be able to ask questions.

Patti Cowin asked if the office staff could find a way to handle residential modifications in a different way when the homeowner inherited a deed violation from a previous owner. Derrick Hedges indicated that this is a very small percentage of the deed restrictions that are already being handled and he did not see the need for changing the process.



**HERE ARE YOUR  
CANDIDATES  
FOR THE  
ROTONDA WEST  
ASSOCIATION  
BOARD OF DIRECTORS**

**MEET THE CANDIDATES NIGHT: OCTOBER 19TH AT 7 PM  
(Questions excepted 9/26-10/7) see page 14**

**Name:** Jeffery Vance Absher

**Eligibility to Serve:** Yes

**Email Address:** [jvabsher@gmail.com](mailto:jvabsher@gmail.com)

**Phone:** 270-799-9525



**Born, Raised, Lived in:** Bowling Green, KY

**Education:** High School graduate, some college, multiple courses in advanced aeronautics, transportation, insurance & financial services.

**Working life:** Life and health insurance broker, commercial pilot, expedited trucking business.

**Moved to Rotonda West - year:** 2021

**Family:** Wife, Mother

**Special Interests:** Music, bodybuilding.

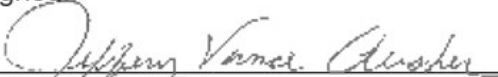
**Served on RWA committees, area committees/activities, other:** None

**Why do you want to serve?:** Being heavily invested in this community I have an intense desire to turn this association into the servant of the property owners as it was intended to be, which I believe can best be accomplished by my election to the Board.

**What do you want to accomplish?:** This is one where I could write a book. But in summary, I would like to rid this association of every single person who cannot understand and accept that the one thing that's always more important than any law, rule, or regulation is the stated purpose those laws, rules, and regulations were created to serve. In the case of RWA, as stated in the Deed Restrictions, Section 1. PURPOSE: "The purpose of these Restrictions is to produce an orderly and desirable community to protect and enhance property values in Rotonda West, Florida."

**Other information not covered above?:** I am not, nor do I intend to ever be, a politician where I am obliged to "trade favors" with other directors. My aim is to do everything I can to make this association subservient to the property owners who fund its existence. Those who share my view will be my allies. Those who don't will be my opposition.

Signed:

  
Jeffery Vance Absher



# Jerry R. Eldred



My wife Barbara, and I moved to Rotonda West seven years ago. We picked this area for its attractiveness, limited traffic and very low crime rate. We are permanent year-round residents. We love our place in paradise. Barb and I are blessed with a blended family of seven adult children and six grandchildren.

**If elected this will be my second and final term, I believe in term limits. You may contact me at: [jreldred1449@gmail.com](mailto:jreldred1449@gmail.com), PHONE- 937-620-1865 or visit my website at Jerry Eldred RWA Director, I encourage you to sign up.**

As for my background I grew up in a small rural town in Northcentral Pennsylvania. After high school graduation I attended Corning Community College in Corning NY and entered the United States Air force in 1970. Receiving an honorable discharge. I decided to become active in our community when I began learning about taxes being levied on residents living in Rotonda West through the county **MSBU District**, I firmly believe that our tax dollars are to be spent wisely on projects that will benefit the entire community. I understood the need of improving our roads, drains and bridges but the addition of a sidewalk masterplan, the initial addition of five miles of sidewalks (670,000 per mile) and beautification projects, I felt these were not needed. Our boulevard sidewalks are paid by Gas Tax funds. I promised to be open and work for the community and I will continue to do so. Currently I am **Secretary of RWA and serve on the Building and Grounds committee and the Aquatic's subcommittee. I have no hidden agenda: I want to help ensure the quality of life in our community. Sometimes as a board member you have to make difficult decisions and I try to make ones that are best for the entire community.**

## **EDUCATION**

**Masters in Arts: Public Administration**, Akron University

**Bachelor of Arts** in Parks and Natural Resources Management, Texas A&M University, College Station, Texas.

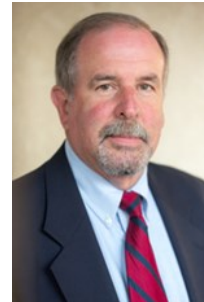
## **EXPERIENCE**

**Executive Director Miami County Park District**, Miami County Ohio, Retired (Jan. 1991-2012)

The position I retired from and loved the most was the Miami County Park District. I feel humbled that I was able to work for a governmental agency that was recognized nationwide as being unique. As a Park District in Ohio, we were created by the State Legislator in 1917, our Ohio residents may be familiar with Metro Parks found around the state. The Miami County Park District and all Metro parks are each governed by their own three-member Board of Park Commissioners **In order to be a successful Park District in Ohio you must gain voter approval by passing property tax mileage levies.** We successfully passed three **voter approved levies**, during my 20+ years. When I left the district had 13 parks and 2,500 acres, we started with 3 parks and 600 acres. The district's primary mission **is natural resource management.**

**City of Alliance**, Director of parks, Recreation and Public lands, 13 years.

Lester A Goodman  
37 Sportsman Circle  
[Lagoodman1@aol.com](mailto:Lagoodman1@aol.com)  
703-853-9237



I have been a member of the Rotonda West Association since August 2015. I moved here from Virginia but I was born and spent my first fifty years in Massachusetts.

I graduated from Northeastern University, Boston MA, with a B.S. in management.

I worked my entire career in the energy industry, specifically in engineering, operations, construction and consulting for public and private utility companies. I was on the executive staff at four companies and had several articles published in nationwide industry magazines. I have conducted numerous presentations and seminars across the country and have provided written and oral testimony regarding federal and state energy regulations. I have served on many industry committees both as a committee member and committee chair.

I am married to my wife, Arleen, and we have four grown children and five grandchildren living in Virginia, Massachusetts and Washington. We have two golden retrievers, named Marley and Fanny that we adopted two years ago.

I am currently a director on the RWA Board of Directors, chair of the Deed Restrictions Subcommittee and member of the Residential Modification Committee. I served on the Compliance Committee but had to resign in order to become a director as required by Florida statute 720.

I enjoy morning walks in Broadmoor Park, fishing and reading, both fiction and nonfiction. I am a member of Elks lodge 2710 and Moose lodge 2554.

I wish to continue to serve on the BOD as a representative for all RWA members. I have a clear understanding of our governing documents and have made numerous recommended changes to make the deed restrictions and residential modifications guidelines easier to understand and follow. All the recommendations have been discussed and developed at committee meetings open to all members and I have encouraged member input prior to making the recommendations. My main goal is to rewrite the deed restrictions because they were initially developed and recorded fifty-three years ago and should be updated to reflect the current needs and desires of our members. This could be accomplished by establishing an ad hoc committee of committee members, RWA staff and members of the community.

I am always available to discuss my views and goals with any and all RWA members.

*Lester A Goodman*



Rotonda West 2022 Board of Directors Election  
Candidate Information

Name: John (Jack) Metz

Broadmoor Lane

Eligibility to Serve: Yes, I am eligible per the Florida statute 720.306(9)(b)

Email: [jackmetz53@gmail.com](mailto:jackmetz53@gmail.com)

Phone: 267.718.4634

Background Information:

I was born and raised in Philadelphia, Pa., married to Christy Metz. I attended St. Leo University, in Florida, graduated with a degree in Social Work and Business Administration. After several years in sales and service I became the owner of a restaurant in Harleysville, Pa, a suburb of Philadelphia. During that time, I started to volunteer with the Harleysville Fire Department becoming an EMT/Paramedic. I sold the restaurant to pursue what led me to a 35 + year rewarding career in the Emergency Medical Services (EMS) industry. I worked in a variety of positions gaining experience in management, human resources, finance, budgeting, operations, and purchasing.

Christy and I lived in a HOA community in Harleysville Pa where I served as Vice President of the Homeowners Association for 16 years. My experience on the HOA Board led me to a position with First Service Residential managing 3 HOA communities in Chester County Pa., then we moved in 2017.

Relocated to Bainbridge Island, Washington in 2017 for a career move for Christy at which point I retired. At that point I became involved with the Bainbridge Island Fire Department and Bainbridge Prepares, teaching classes in CPR and Emergency Preparedness.

Christy and I moved to Rotonda West in May 2021 to enjoy a more relaxed and climate friendly location. As for accomplishments, I would get familiar with the short- and long-term goals that have been developed by the Board and continue to strengthen the financial position of the community. I also believe that the Board must remain transparent in its relationship with the community.

I would like to serve as a Board member to give back to our community and I believe that my background in management, and finance, my ability to work with other Board members, Association staff and Community members in positive and forward-thinking results will fit very well as a Board member of the RWA. I currently serve as a member of the RWA Budget and Finance Committee and using my experiences and knowledge, will add greatly to the committee's purpose.

The 3-year capital projects plan and the capital reserve projects will be very important as we move forward in addition to the almost \$2,000,000.00 annual budget.

I believe that the members of the Board must be knowledgeable of budget, finance and project management to name a few of the requirements to serve.

I wish to thank the Community for your time in reviewing my information.

Thank you again

Jack Metz



# ROTONDA WEST MEMBERS

**WHO:** ROTONDA WEST MEMBERS

**WHAT:** QUESTIONS NEEDED FOR CANDIDATES' NIGHT (10/19/2022)

**WHEN:** September 26 through 10/7/2022

**WHERE:** EMAIL TO:  
[electioncommittee@rotondawest.org](mailto:electioncommittee@rotondawest.org)



## FOUR CANDIDATES RUNNING FOR TWO POSITIONS ON THE BOARD OF DIRECTORS

**WHY:** Candidates' Night is to formally introduce the Candidates, as well as provide residents an opportunity to hear their thoughts, proposals, plans, and goals for the future of Rotonda West Association.

Once again, this year, we are providing an opportunity for residents to ask questions of the candidates, via email, in advance of Candidates Night (no audience questions or comments will be allowed during that night).

## Do you have a question or concern you'd like to ask?

**Well, now is your chance to ask --**

⇒ **Three ways to submit questions:**

- via email to [electioncommittee@rotondawest.org](mailto:electioncommittee@rotondawest.org)
- go to the Rotonda West website at [rotondawest.org](http://rotondawest.org) and click on the "submit your candidate questions" link at the bottom of the home page
- use the drop box at the office – 646 Rotonda Circle



⇒ **Questions must be submitted no later than 6 p.m. on Friday, October 7<sup>th</sup>**

- The committee reviews all questions prior to acceptance
- Your question must include your **name and address**.

No residents' addresses will be read. Name/address used to confirm RWA property ownership. We can not guarantee that all questions will be asked due to time limitations. If there are duplicate questions, the committee will combine and announce number of similar question submitted.

- Each question will be read randomly to one of the candidates whose turn it is to answer the next question in line. If you want your question to be directed specifically to a certain candidate, you **MUST** include that in your email. *Limit of 5 questions per owner.*

# Heat and Humidity Create Dangerous Sunny Florida Summer

By: Connie Smith



Surviving summer in Florida is a climactic marathon not a sprint – especially when it comes to being active outside.

When the humidity begins to build in May, until it ebbs in November, regardless of one's age or fitness level, one must listen to their body if they will be working, playing or exercising outside.

Heat stroke and heat exhaustion are related illnesses caused when a body can no longer cool itself. Ordinarily, our bodies will cool by sweating but if we continue to overheat, the loss of sodium (as well zinc, magnesium, calcium and potassium) may cause a chemical imbalance and lead to muscle cramping. If symptoms persist, the brain or other vital organs can be damaged. A good guide to stop what you are doing and get out of the heat is if you begin to feel light headed or dizzy.

But it is possible to co-exist with high humidity and a desire or need to be outside. One can plan to be out very early before the sun is at its highest or later, after it has peaked. One can be sensible in the clothing worn. In Florida, where the sun is unforgiving and ultraviolet rays are as damaging as the visible ones, it's always advisable to wear sunscreen, even under clothing. Clothing with built-in UV protection can be a great choice if you're working outside and light-colored clothing can feel cooler than dark-colored clothes. A hat with a brim is a must.

You'll hear it over and over that hydration is key to avoiding heat-related illness and often, one doesn't realize when they are suffering from dehydration – sometimes it's not a matter of thirst. Just assume you are in need of hydration. A good way to tell is the color of one's urine. If it's light-colored, that's a good sign. Dark-colored urine is a sign of dehydration.

If you know you're going to be outside in the humidity, it's a good idea to start consuming at least 16 ounces of water or an electrolyte/hydration solution two, or even three hours, before your activity. Then, continued hydration is a good idea. It is suggested that one weigh oneself before and after outdoor activity if it's very strenuous and then work to gain back any weight loss in liquid replenishment over the next 18 to 24 hours.

Continued on next page →

There are foods that are also helpful in maintaining hydration, such as strawberries, melons or tomatoes. Foods similar to those are naturally rich in water, carbohydrates, minerals and electrolytes.

Sometimes we overlook factors such as prescription drug use that may make us more vulnerable to heat-related illness. Older adults are already susceptible to dehydration so they are at a higher risk for heat-related illness. Others are the very young, pregnant women, those with mental illness and chronic diseases, including heart disease and poor circulation. Obesity, a sunburn, fever, even alcohol use can lead to dehydration and threaten well-being when combined with heat and humidity.

The bottom line is, enjoy Florida's sunny days but get out of the heat when necessary, take breaks often, keep water nearby and stay hydrated!



# BEAT THE HEAT:

## Extreme Heat

Heat-related deaths are preventable

### WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

### WHO:



Children



Older adults

More males than females are affected



Outside workers



People with disabilities

### WHERE:



Houses with little to no AC



Construction worksites



Cars

### HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes

## SCHOOL BUS SAFETY TIPS BY: Grace Chetcuti

### TWO LANE

Vehicles traveling in both directions  
**MUST** stop.

The penalty for illegally passing a stop signal is \$100. Illegally passing on the side children enter/exit is \$200.

DO  
I  
NEED  
TO  
STOP?



### MULTI-LANE PAVED ACROSS

Vehicles traveling in both directions  
**MUST** stop.

The penalty for illegally passing a stopped school bus while displaying a stop signal is **\$100**. Illegally passing on the side children enter/exit is **\$200**.

DO  
I  
NEED  
TO  
STOP?



### DIVIDED ROADWAY

On a highway divided by a median, cars traveling in the opposite direction are not required to stop but should proceed with caution.

The penalty for illegally passing a stopped school bus while displaying a stop signal is **\$100**. Illegally passing on the side children enter/exit is **\$200**.

DO  
I  
NEED  
TO  
STOP?



Resource: <https://www.fdot.gov/Safety/school-bus-safety-tips>



# GRAY MATTERS- A BRAIN WORKOUT

Presented by the Community Outreach Committee



## UPCOMING PROFESSOR FRANK LEVIN LECTURES:

Wednesday, September 28th, 1 pm to 2:30 pm, in the Community Center

### **THE MOST IMPORTANT MINUS SIGN IN THE UNIVERSE**

Minus signs are ubiquitous, ranging for example from negative numbers to characterizing losses in the stock market. Yet the most remarkable one is very likely unknown to non-scientists. Termed the most important minus sign in the universe, it is responsible for the existence of everything we are familiar with, such as life as we know it. Without it, atoms not only would be very different, but so would the Periodic Table of the Elements that organize and classifies them, if indeed there could even be one. This most important minus sign determines the structure of atoms and thus the Periodic Table.

If you find this intriguing and want to learn details, then you are invited to join Frank Levin, a retired Brown University physics professor, for a 90-minute lecture on this topic, no math or science background needed.

Wednesday, October 26th, 1 pm to 2:30 pm, in the Community Center

### **THE UNIVERSE IN 90 MINUTES**

Journey from the everyday world back to an instant after the “Big Bang” and out to the edge of the visible universe, no math or science background required.

Join Frank Levin, a retired Brown University physics professor, for a 90-minute lecture in which he describes how cosmology calibrates and explains our expanding universe, using among other analogs; an aspiring tablet a balloon, and a recipe for pickled Jerusalem Artichokes. Learn about the interplay between theory and data that has led to a determination of the age and the far future behavior of the cosmos, to an estimate of the diameter of its visible portion, and to a timeline of the universe starting at a micro-second after the “Big Bang”.

Both lectures will be presented at the Rotonda West Community Center at  
646 Rotonda Circle, Rotonda West.

**Rotonda West Association Presents**

**SUMMER  
MUSIC  
EXTRAVAGANZA**

**CONCERT AND ICE CREAM  
SATURDAY SEPT 24<sup>TH</sup> 2:00 PM**

**FEATURING CARY PRICE**

**ON THE FABULOUS LOWREY ORCHESTRA!!**

**He will play Music from the 50's to the 90's !!  
Rock n' Roll, Country, Big band/Jazz, Musicals  
Broadway, Easy Listening/Movie Themes,  
Disco & even March/Polkas!!**



**We'll also do some FUN!!  
Musical Trivia!!  
Bring you favorite cup for  
Ice cream Floats!!  
Please Sign-up!!**

## ROTONDA WEST WALKS THE WALK



Alzheimer's isn't waiting and neither are we. The GFWC Rotonda West Woman's Club (a proud member of the General Federation of Women's Clubs) will again be participating in the Walk to End Alzheimer's. This will be our 5th year of raising funds and awareness for Alzheimer's care, support and research. Will you stand with us and join our team?

Thanks to the Rotonda West Association we will be walking in Broadmoor Park, 646 Rotonda Circle, Rotonda West on:  
**October 29th.**

Check in is at 8:30 am. and walk beginning at 9 am.

Register to walk or make a donation by visiting our team page at:  
**[act.alz.org/goto/RotondaWest](http://act.alz.org/goto/RotondaWest)**

We thank you in advance for your support.

Sincerely,

GFWC Rotonda West Women's Club

**JOIN OUR TEAM!**

# **WATERING RESTRICTIONS**

Information provided by  
Charlotte County



## **LAWN WATERING DAYS & TIMES:**

Lawn watering is limited to two days per week (if needed)

Based on the last number in your service address:

- Even number addresses may water on Thursday and/or Sunday before 10 am and after 4 pm
- Odd number addresses may water on Wednesday and/or Saturday before 10 am and after 4 pm
- Locations without a discernable address, such as rights-of-way and common areas inside a subdivision, may water on Tuesday and /or Friday before 10 am or after 4 pm

Hand watering and micro-irrigation of plants (other than lawns) may be done on any day and any time.

## **New Lawns & Plants (30/30)**

New lawns and plants have a “30-30” establishment period,

On the day of installation, watering is allowed on any day at any time.

During the first 30 days, watering is allowed on any day during the allowable hours.

During the second 30 days, watering is allowed three days per week:

- Even-numbered addresses may water on Tuesday, Thursday & Saturday
- Odd-numbered addresses may water Monday, Wednesday & Saturday
- Locations without a discernable address may water on Tuesday, Friday & Sunday

continued



## Reclaimed Water

Reclaimed water remains subject to voluntary watering hours unless blended with another water source or restricted by the local government or utility.

## Fountains, Car Washing & Pressure Washing

There are no specific restrictions on fountains, car-washing and pressure washing.

These and other water uses should be conducted as efficiently as possible, such as using a shutoff nozzle on each hose to adhere to the general restriction prohibiting wasteful water usage.

To report a violation of these water restrictions, please call us at: 941-764-4300. You can also report violations to the district by calling the toll-free number below.

If you have additional water restriction questions, contact SWFWMD by email at: [Water.Restrictions@WaterMatters.org](mailto:Water.Restrictions@WaterMatters.org) or by calling their Water Restrictions Hotline at 1-800-848-0499 anytime or 1-800-836-0797, ext. 2298 during business hours (Florida only).



## THERE'S A NEW BRIDGE CLUB IN TOWN

Come check out our welcoming, fun and friendly game!



Greater Venice Duplicate Bridge Club has opened at Christ Lutheran Church Fellowship Hall, 701 N. Indiana Ave. We hold ACBL-sanctioned games at 1pm every Tuesday, Thursday, Friday and Sunday afternoon. It's a fun, friendly game and our venue is bright, clean and spacious.

Game fee is \$8 per person and partnerships can be arranged.

Please visit our website:

**The Greater Venice Duplicate Bridge Club, Englewood FL ([bridgewebs.com](http://bridgewebs.com)) or contact club manager Margaret Tominosky (call or text: 941-223-3712, email [motominosky@comcast.net](mailto:motominosky@comcast.net) for more information. Reservations are not required but please bring proof of vaccination the first time you come.**

Hope to see you there,  
Margaret Tominosky  
Club Manager

# MUSIC BINGO

## A HUGE SUCCESS!

By: Nadine Clough

Pictures by: Community Outreach  
Committee members

*"It was a great event! Hope we can  
do it again!!"*

*"Super terrific event! So much fun in  
the room!"*

*"I played Bingo and listened to some  
great tunes!"*

*"I sang so much, I was hoarse!"*

Those were just a few of the very positive comments shared regarding the "Music Bingo" event held on Sunday, August 28th.

Approximately 70 Rotonda West residents came to the Community Center and enjoyed a brand new type of bingo, Music Bingo! If you have never played Music Bingo, it is an exciting game using song titles instead of the normal letter/number squares.

The was an "inside" Music in the Park event sponsored by the Community Outreach Committee. Music was provided by Andy Geremia, also known as "Mr. Game Show".

Watch for future Music in the Park events here in West Ways and on Constant Contact.



Many were singing and dancing



A well-attended event!



"Let's do this again!"



**Celebrate The Circle**  
**Saturday Oct 22, 2022**  
**DECORATED**  
**PUMPKIN**  
**CONTEST**

**Entry**

1. Open to all RWA residents and members and their guests.
2. There is no entry fee. Only one entry per person.
3. Fill out the entry registration form when you drop off your decorated pumpkin.
4. Drop off on Saturday, October 22, 2022 between 10:00 am to 12:00 noon at the Rotonda West Community Center, 646 Rotonda Circle.

**Rules**

1. Your entry must have a title.
2. The main part of each entry must be a pumpkin
3. Pumpkin may not be larger than 2' x 2' x 2'.
4. The pumpkin can be carved, painted, drawn on and decorated any way you want! Objects, papers and materials of any kind may be pinned or glued to the pumpkin, and you can dress it up.
5. There must be minimal parental help for children decorating the pumpkin.
6. No purchased pre-decorated pumpkins are allowed.
7. All light must be battery operated. NO open flame candles or electrical plug-in cords are allowed.
8. All entries must be picked up the day of the event no later than 3 pm or they will be discarded.

**Judging starts at 12:00 noon. Awards Ceremony at 1 pm.**  
**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places will be awarded in each age group.**

**Entries will be judged according to the following criteria:**

- √ Originality
- √ Ingenious use of inexpensive materials
- √ Suitability of the title
- √ Quality of the work considering the participant's age

**Age Groups:**

4-6 years  
7-9 years  
10-12 years  
13-15 years  
16-110 years

Please contact the RWA Community Outreach Committee if you have any questions.

[communityoutreach@rotondawest.org](mailto:communityoutreach@rotondawest.org)





FOLDS OF HONOR  
USA GOLF BAG RAFFLE



# FOLDS *of* HONOR

## **4 PERSON SCRAMBLE**

### SEPTEMBER 24TH - LONG MARSH - 8:30AM SHOTGUN

Fold of Honor provides post-secondary education scholarships for children and spouses of military service men and women killed or disabled while serving our great nation. To this date over 20,000 scholarships have been awarded  
MENS, LADIES, COUPLES, MIXED FLIGHTS

**Food, Prizes and 50/50 Raffle**  
NON MEMBERS: \$55 - MEMBERS: \$35 INCLUDES CART FEE

SPECIAL FLAG TEES FOR LADIES

SUPPORT A GREAT CAUSE!

HOLE SPONSORSHIPS AVAILABLE

LUNCH AT THE HILLS!



#### Entry Form

Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____



Call SGM (R) Harold Kennedy  
for information 941.698.0918





## **GFWC Rotonda West Woman's Club, Inc.**

Donna Krabbe, Former-President

**WHERE COMMUNITY SERVICE MEETS FRIENDSHIP!**



Summer 2022 continued our time of Love, Respect and Kindness throughout the community. Our members Walked to Remember with Gold Star Family Mike and Janice Dalglish on Memorial Day. In November, we will once again participate in Wreaths Across America at Sarasota National Cemetery.



The club's Diversity and Kindness Library Program extended to Lemon Bay High School in time for the new school year. Grateful for a grant from the Kiwanis Club of Englewood/Cape Haze, we were able to provide 35 hardcover copies and a Teacher's Guide of the very recent Memorial Edition of NIGHT by Elie Wiesel. The books are the newest and most accurate translation and will be used in class for LBHS 11<sup>th</sup> and 12<sup>th</sup> Grade Students. Shown Left to right: Paige Beamesderfer, LBHS ELA Department Chairman; Debra Sigismondo, RWWC Education & libraries Chairman; Kim Grossenbacher, LBHS Media Specialist.

As focus on the Environment increases, on Saturday, Sept. 17<sup>th</sup> at 9:00 am, we will once again participate in the International Coastal Cleanup sponsored by Keep Charlotte Beautiful. Meet us at the Englewood Beach Playground area to join with another local group to cover as much beach as possible. Take some time to "go to the beach" on Sept. 17<sup>th</sup>. Sign up via Email to: [rwckathryn@gmail.com](mailto:rwckathryn@gmail.com)



October 29<sup>th</sup> will mark the fifth year for the club's participation in the Walk to End Alzheimer's. Please consider being a part of GFWC Rotonda West Woman's Club partnership with the Rotonda West Association for this important event. Every step helps YOU fight against Alzheimer's and every dollar donated provides patient care and scientific research to END ALZ.

Welcome Back! September General Meeting at the RWA Activity Center on Thursday, September 15<sup>th</sup>. Refreshments and social time at 9:00 am. Business meeting 10:00 am to 11:30 am. Let's share our vacation memories!

**TO ALL ROTONDA WEST RESIDENTS,**  
**Have you signed up for the**  
**Rotonda West Association Website yet?**  
**ALLOWS YOU TO:**

- **Keep up to date on Rotonda's events & news**
- **Download applications & forms (see below)**
- **Have the ability to vote online (in the future)**
- **Have the ability to pay assessments online**
  - **Receive West Ways each month**

**Sign yourself up and help a neighbor sign up too!**

**JUST GO TO: [www.rotondawest.org](http://www.rotondawest.org)**

**APPLICATIONS & FORMS AVAILABLE ON WEBSITE:**

- **Residential Modification Application**
  - **Change of Address Form**
- **Yearly Assessment Credit Card Form**
- **Committee Membership Application**
  - **Sign Approval Application**
  - **Community Center Application**
    - **Permission to E-mail**